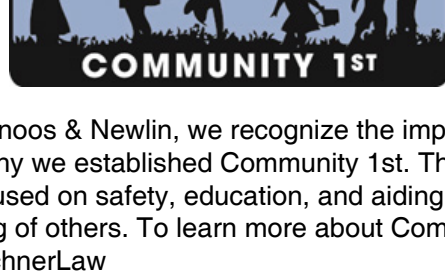




FSTN News

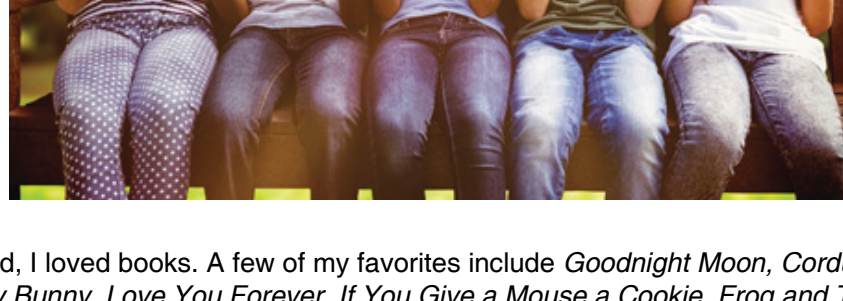
#FSTNGivesBack



At Fleschner, Stark, Tanoos & Newlin, we recognize the importance of giving back to our community. That is why we established Community 1st. This all-encompassing charitable program is focused on safety, education, and aiding organizations committed to improving the wellbeing of others. To learn more about Community 1st, visit www.facebook.com/FleschnerLaw

If You Give A Child A Book...

Children's Book Day was celebrated last month, and I wanted to recognize the special day. In 1967, the International Board on Books for Young People declared April 2 as Children's Book Day.



As a kid, I loved books. A few of my favorites include *Goodnight Moon*, *Corduroy*, *The Runaway Bunny*, *Love You Forever*, *If You Give a Mouse a Cookie*, *Frog and Toad Are Friends*, *Green Eggs and Ham*, *The Giving Tree*, *Madeline*, *The Berenstain Bears*, *Amelia Bedelia*, *Miss Mopp's Lucky Day*, *Harriet the Spy*, and *Little House on the Prairie*. The list goes on and on.

For me, the love of reading was more than just the love of the books; it was the whole experience of immersing myself in the story. I loved the time spent by my parents' sides as they brought the stories to life. My mother, a teacher and mother of four, knew just how to read the cadence of each sentence. It was like listening to the story as a song — every word sounded beautiful and perfect in its place. My dad's reading voice was rich and strong, but gentle. Listening to him read bedtime stories was like being enveloped in a cozy hug before dozing off to sleep each night.

When I was pregnant with my oldest son, I daydreamed about the childhood memories I hoped he would make. I wanted to surround him with books, and I hoped he could experience books like I had as a child. It might sound weird, but I began reading to both of my children when they were still in my belly. I went through my parents' stash of old children's books and brought a pile home with me. The book I read the most was I'll Teach My Dog 100 Words.

My first child loved books from the day he was born. My second child could not care less about them until he was about 2 years old. He now loves books and has memorized the words of his favorite stories. There are lots of ways to provide opportunities for children to read books, but here are some of the ways our family incorporates books into our lives.

- We have a crate full of books in our playroom, in the family room, and in the kitchen. A variety of books are in full view and easily accessible to our kids at any time.
- Each child has a bookcase in his room with books to choose from to read before bed every night.
- We find a time to read that works for us. When my first son was very young, I began reading to him while he ate in his highchair. That transitioned to me reading to both my kids at dinner (and sometimes breakfast and lunch). I love sitting at the table with them and reading while they eat. When I am reading, they don't get out of their seats, pick at others' food, or behave in a way that distracts from their meal. It makes dinner go more smoothly, and it also makes that time together unique.
- We make blanket forts in our family room and bring books into the fort to read.
- In the spring and summer months, we enjoy reading books outside. We bring a blanket outside, set it up under a shade tree, and read while we listen to the birds sing and the breeze blow through the leaves. It's one of my favorite warm weather activities. Sometimes we set up a tent in our front yard and read there as well.
- We have a stockpile of books in the backseat of the car for the kids to choose from whenever we are traveling.
- We have grown fond of audiobooks. If the kids are bored and we are trying to limit screen time, they enjoy listening to audiobooks. We can play them almost anywhere if we have a compatible device. They've listened to them in the car, in the bathtub, at breakfast, while coloring, and so on.

What if I don't have a child to read to, you say? Bring the children's books anyway. I enjoy reading them myself as much as I enjoy reading them to my kids. Many stories impart simple lessons that somehow get lost along the way to adulthood. It also can be very grounding to read a book that transports me to a time in life when things were simpler. Of course, the memories alone that come with the books, such as the sound of a loved one's voice reading the story, make reading the books worthwhile.

— **Katie Fleschner McMullen**

May is Mental Health Awareness Month



According to ADAA (Anxiety and Depression Association of America), nearly 450 million people worldwide are currently living with a mental illness, yet nearly two-thirds of people with a known mental illness never seek treatment. Please check on your friends and family during this quarantine and make sure they are doing well.

How a Pandemic Stole a Senior Year



Many high school and college seniors are experiencing something few other generations have ever faced. Graduation ceremonies, proms, senior skip day, and even just that last school lunch with friends have all been canceled due to the COVID-19 (the coronavirus) pandemic. We recognize this loss and are looking at ways to help students and their parents get through this difficult time together.

5 Students On How The Coronavirus Has Affected Senior Year

What did senior year mean to you? While most of us were happy to finally be done with high school or college, that last year still holds a lot of fond memories and important events. What's it like to have all those expectations stolen away? Vox spoke with 5 students to get their firsthand accounts on how the COVID-19 pandemic changed their senior year.

Dear High School Senior: You Were Robbed. It's Unfair. You'll Get Through This.

Not sure how to comfort your high school senior about their lost school year? This open letter from Louisiana Teacher of the Year Chris Dier may help. Dier was a senior in high school when Hurricane Katrina devastated his community. In this letter, Dier speaks of his own experience of having his senior year stolen from him and offers comfort and advice to today's high school seniors who face an uncertain future.

How To Help Your High School Senior Cope With Having Their Year Cut Short

In the face of death and job loss, not getting to walk across a stage and collect a diploma seems like a small thing. But many high school seniors are grieving the loss of their commencement ceremony and many other rites of passage they have looked forward to for years. Here are some ways you can help your high school senior get through this difficult time.

Just For Fun: 18 Best Graduation Gifts Of 2020

You might not be able to attend the commencement ceremony or throw a big graduation party, but you can still celebrate the milestone with a great graduation gift.

Our hearts go out to all the high school and college seniors who were impacted by the pandemic. We recognize all your hard work and know you'll overcome this hurdle and do great things in the future.

Here's to the Class of 2020!

Employees of the Month

**Congratulations to our May Employees of the Month,
TC Newlin and Stacy Large!**



We normally only have one Employee of the Month, but this month we had to honor these two together. They have both done SO much for our law firm over the years and ESPECIALLY the past few months! The transition for our law firm to work remotely has been seamless and quite successful, thanks to these two. We all thank you from the bottom of our hearts!

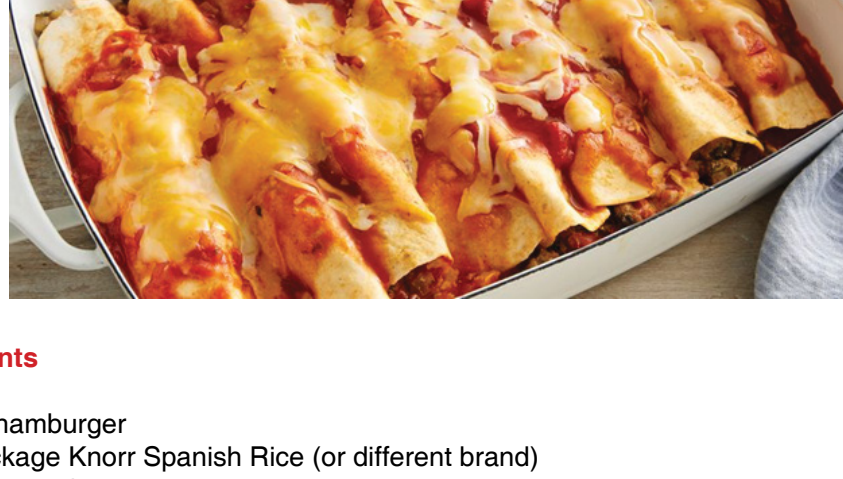
TC has been with the law firm for ten and a half years now. He is a social security disability attorney, as well as our Human Resources Manager. He attends social security hearings with clients, communicates with clients, and does file reviews for them. He also creates and imposes procedures at the law firm and helps manage the social security disability department. When asked about his favorite thing about his job, he said "I get to do a lot of different things every day, and all of those things are with the goal of helping people who really need it."

Stacy has been with the law firm for twelve and a half years. She is the CEO of our Social Security Department and manages and oversees all operations. She works very closely with the partners to grow and better our Social Security Department every day. She also works with all the department managers and employees to ensure our clients are cared for and helped during the entire process. Stacy said this about her job, "I love working at FSTN for many reasons. It is extremely rewarding knowing we help thousands of people every year in their most difficult time of need. I love all the wonderful things we do for our community and last, but not least, I truly enjoy working with everyone at FSTN. One of our core values is family, and I am blessed to be a part of the FSTN family."

People who nominated TC and Stacy said this, "For all they have done during the COVID-19 Quarantine. They saved jobs and maybe even the firm!"

Recipe of the Month

Easy Beef Enchiladas



Ingredients

- 1 lb. hamburger
- 1 package Knorr Spanish Rice (or different brand)
- 1 jar Taco Sauce
- 1 package Shredded Cheese
- 1 package soft tortilla shells - large

Directions

1. Heat oven to 375 F.
2. Fry and drain hamburger meat.
3. Cook Spanish Rice, according to directions on package.
4. Mix hamburger and Spanish rice together in bowl.
5. Spray 13x9 inch baking dish with cooking spray.
6. Lay soft tortilla out, fill with hamburger/rice mixture, shredded cheese, and taco sauce.
7. Roll tortilla and place in baking dish. Continue until hamburger/rice mixture is gone.
8. Top with remaining taco sauce and shredded cheese.
9. Cover with foil and bake for 30 minutes or until cheese is melted.

Check Out Our Website!

Click on the following link to easily access the Fleschner, Stark, Tanoos & Newlin website. We have a lot of important information on our website, including active Mass Tort Claims we are handling, updates at our law firm, blogs, Attorney bios, and much more. The main page is also where you will find a link (green box) in the top left corner to quickly and easily access your FSTN Client Portal. Have you joined the Portal yet? Ask your Case Manager how you can join today!

www.FleschnerLaw.com

Real Client Reviews

"Exceptional service and delivered as promised. They were fast and affordable. I would highly recommend them!"

— *Jeffrey*

"When we needed helped with our son's disability claim after fighting ourselves for two years, we hired FSTN and within months they got him approved! We can't thank them enough!"

— *Amber M.*

Case Types We Handle

Did You Know We Handle All of These Types of Cases?

- Bicycle crashes
- Car accidents
- Pedestrian injuries
- Slips, trips, and falls
- Brain injuries
- Medical malpractice
- Wrongful death
- Social Security disability
- Family law
- Real Estate Law
- Wills & Estate Planning

Whether you were injured in a car crash or disabled due to a medical condition, you deserve experienced attorneys fighting for you. At Fleschner, Stark, Tanoos & Newlin, our firm's success depends on getting results for you. Contact us at 1-800-618-4878 or www.fleschnerlaw.com.

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