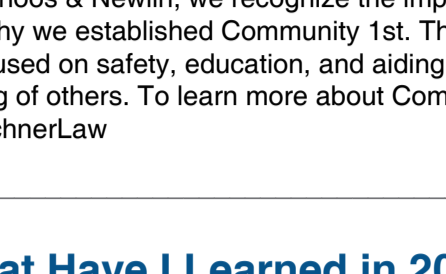




FSTN News

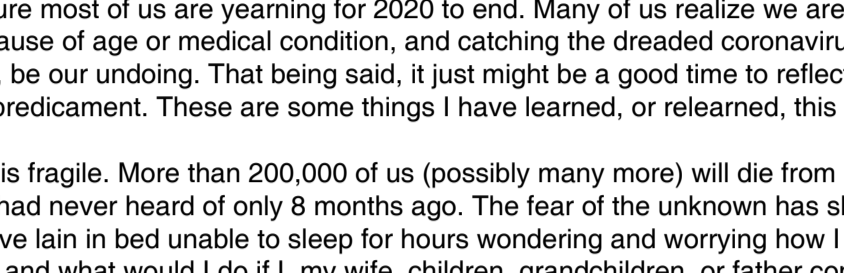
#FSTNGivesBack



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

What Have I Learned in 2020?

It Has a Lot to Do with Love



I am sure most of us are yearning for 2020 to end. Many of us realize we are "high risk" because of age or medical condition, and catching the dreaded coronavirus could, or would, be our undoing. That being said, it just might be a good time to reflect on our present predicament. These are some things I have learned, or relearned, this year:

1. Life is fragile. More than 200,000 of us (possibly many more) will die from a disease we had never heard of only 8 months ago. The fear of the unknown has shaken us. I have lain in bed unable to sleep for hours wondering and worrying how I would feel and what would I do if I, my wife, children, grandchildren, or father contracted the coronavirus. This fear is debilitating. One of our loyal staff members told me when this all started, she "sobbed" herself to sleep worrying about what might happen to her family and friends. Finally, she told herself she had to get on with her life, which leads me to the next life lesson.
2. We (all of us) can/will adapt and change. I could never have imagined how our dedicated staff of nearly 100 people almost overnight developed a plan to work at home and continue to skillfully represent our clients. In fact, in many ways, we have developed strategies that have improved client service. If we look around, we can see innumerable positive examples of how individuals and businesses have adapted. Throughout history, humanity has dealt with incredible adversities. The coronavirus was not the first, nor will it be the last, threat we must overcome. We need to remind ourselves that no matter how bleak life seems, humans can adapt, learn, innovate, grow, and overcome by solving the problems that beset us. The process can be painful, but we will solve the coronavirus threat.
3. Humans are inherently good. We may have a streak of meanness from time to time, but ultimately, the heroes in us rise to the occasion. This has been demonstrated time and time again by our nurses and doctors, first responders, teachers, and front-line workers. They have shown us our better selves by sacrificing for the common good of all of us.
4. It is relatively easy for us to change our emotional outlook, even in these dark times. During my absence from the office, I have realized instead of worrying if I am proactive, my mood improves. Some of the activities that have helped me are long bike rides, walks with our dogs and family, listening/learning meditation and yoga, reading and listening to spiritual podcasts, and spending more time with my dad, wife, children, and grandchildren.
5. Relearn the proper definition of success. It is just one word — love. Just a few days ago, Warren Buffett turned 90 years old. Mr. Buffett is one of the five richest people in the world. Wikipedia reports he is worth over \$80 billion dollars. I read that Mr. Buffett was questioned by business students about what standards they should look at to judge their success. They were surprised by his answer when he told them: "Basically, when you get to my age, you'll really measure your success in life by how many of the people you want to have love you actually do love you. That's the ultimate test of how you have lived your life. The more you give love away, the more you get." I think the coronavirus is showing that Mr. Buffett is right. Living our lives with kindness and love will allow us to be happy and successful, no matter what adversity we are forced to confront.

Hope you are having a good September. Stay safe.

H. Stark

September is Self-Improvement Month!



September is Self-Improvement Month and a nice reminder that we all need to take better care of ourselves. The difficult thing about self-improvement is that it does not come without self-awareness. We must access our own lives to find out what areas need to be improved, but we must also be brutally honest with ourselves at the same time. We need to look at the whole picture, including mental, physical, and spiritual health.

The past several months has been very hard on everyone and more than likely taken a toll on our personal wellbeing. Now, more than ever, is a time to make sure we are the best version of ourselves, so we can withstand all that is going on around us. Look deep inside and ask yourself if you are truly happy. If there are some things you would like to change, start now! We've come up with a few tips and tricks to get started.

- **Start Small** – Make small changes first and try to stick to them. Try to only change one thing at a time if that is easier for you. If you try to do it all at once, you will inevitably set yourself up for failure. Accomplish one task, and you will feel so much better about yourself! Maybe start with drinking more water, getting your heart rate up every day for 20 minutes, or taking quiet time to read a book or sit in silence.
- **Form a Habit** – Recent studies have shown that, on average, it takes more than two months before a new behavior or habit becomes automatic (66 days to be exact). Keep a calendar, and mark off every day you have accomplished what you set out to do. Once you see the calendar filling up with marks, you will feel great about yourself and motivated to just keep going! After a while, it will just become second nature to you.
- **Don't Beat Yourself Up** – Remember, we are all human, and we all make mistakes. If you slip up on a goal you set, just move on, and get back on track the next day. Life will go on, and so can your goals! The only person in charge of your destiny is you yourself, and you are the only person who can hold yourself back.
- **Slow & Steady Wins the Race** – Don't jump all in and expect changes to happen within the first few weeks. Reward yourself for small accomplishments and celebrate the victories. Any step you are taking to improve yourself, (in any way) is a step in the right direction. After three months, reassess your goals, and accomplishments.
- **You Don't Have to Do It Alone** – Remember, you never have to do these things alone. There are millions of books, podcasts, videos, classes, and therapy sessions that can help you. If you are struggling to accomplish your goals, investigate one of these resources to help. After all, that is why those are there!

Ultimately, YOU are the only one who can decide and commit to self-improvement. If you really want to make a change and stick to it, just remember the tips we gave you, and keep your chin up! Positivity can go a long way with self-improvement.

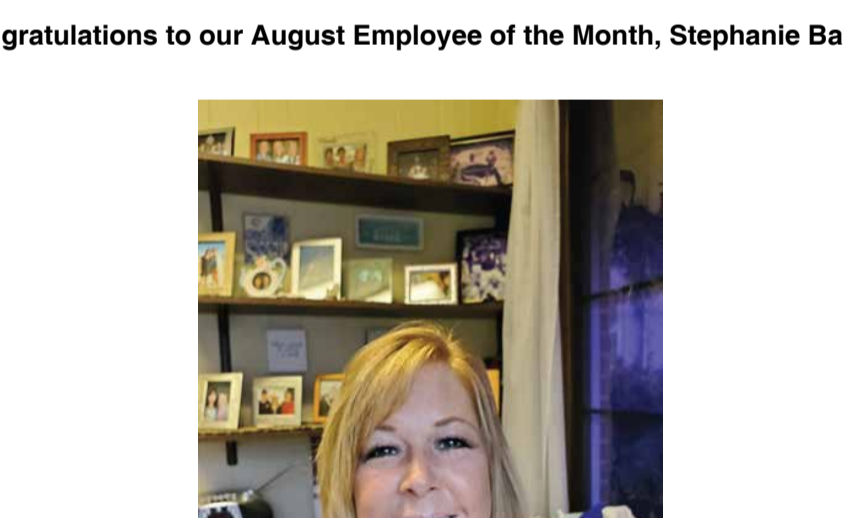
Back to School Supplies!



It's that time of year again for Back to School Supplies! We like to purchase school supplies for all our employee's children and grandchildren each year. We don't know what this school year will look like, but at least they will be prepared!

Cases of Interest:

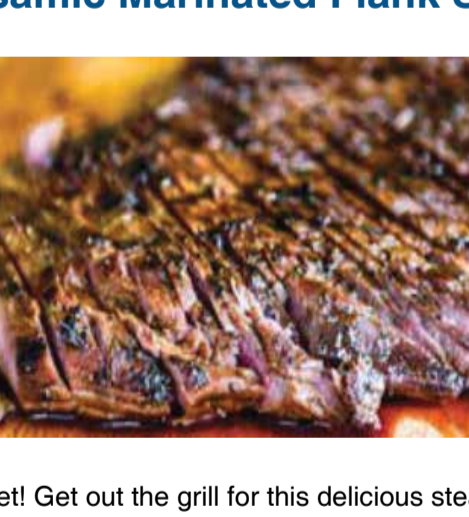
Premises Liability Cases



Many personal injury firms won't accept what are called premises liability cases. These cases often involve clients who fell and were seriously injured at a business establishment. The reason these cases are rejected by many law firms is that they are difficult and expensive to handle. They almost always involve lengthy litigation. We are not claiming we win all these cases, but we have had great results this year. One recent case involving a serious foot injury was settled a few weeks before trial. The first offer by the insurance company was a little less than \$25,000. It took a lot of work, but we were able to settle for nearly 16 times the original offer. Another one was a leg injury case, and it was settled for more than five times the original offer of \$50,000. These settlements changed our clients' lives for the better. If you or someone you know was injured in a premise's liability case, give us a call. We will investigate your claim and let you know if we can help you.

Employee of the Month

Congratulations to our August Employee of the Month, Stephanie Bartlett!

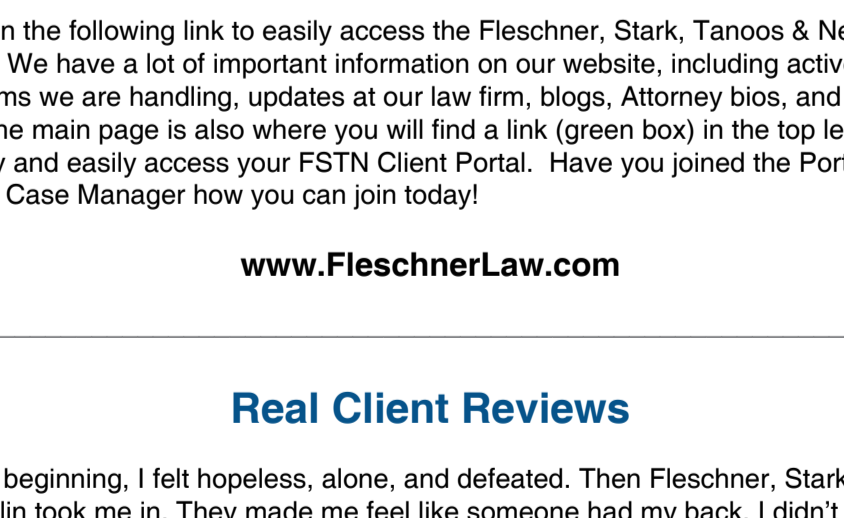


Stephanie has been with the law firm for 22 years and is the executive legal assistant to Tom Newlin. She performs a variety of duties, including scheduling appointments, keeping his calendar updated, and assisting him with estates, guardianships, real estate matters, and other miscellaneous case types. She also assists other attorneys when needed. Her favorite thing about her job is the people she gets to work with. She said, "The attorneys are wonderful, and I am never bored."

People who nominated Stephanie said this, "She has been a 'rock' during this crisis, always here and doing everything for all."

Recipe of the Month

Balsamic Marinated Flank Steak



The summer isn't over yet! Get out the grill for this delicious steak dinner.

Ingredients

- 2 garlic cloves, sliced
- 1 tbsp fresh rosemary leaves
- 1 tbsp dried oregano
- 2 tbsp whole-grain mustard
- 1/2 cup balsamic vinegar
- 1 cup extra-virgin olive oil, plus more for grilling
- 1 3-lb flank steak
- Kosher salt, to taste
- Freshly ground pepper, to taste

Directions

1. Combine garlic, rosemary, oregano, mustard, and vinegar in a blender. Purée until garlic is minced.
2. Add oil and continue blending until creamy, then season with salt and pepper to taste. Reserve 1/4 cup.
3. Place steak in a ceramic or glass baking dish and cover steak with the remaining marinade. Turn to coat the other side, cover, and let marinate in the fridge for at least 4 hours.
4. Remove steak from marinade and let excess marinade drip off. Sprinkle the steak lightly with salt and pepper.
5. Light grill and oil grates with olive oil.
6. Grill steak over moderate heat for 10–12 minutes, turning halfway through, until steak is lightly charred, and the internal temperature reaches 125 F.
7. Let the steak rest for 5 minutes. Thinly slice, drizzle reserved sauce, and serve.

Inspired by FoodandWine.com

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

"In the beginning, I felt hopeless, alone, and defeated. Then Fleschner, Stark, Tanoos & Newlin took me in. They made me feel like someone had my back. I didn't feel alone or defeated anymore. God bless you all."

-Tanya M.

"Everyone is very friendly, patient, helpful, and kind, and they answered all the questions I had in a timely manner. My caseworker, Michelle, was a tremendous encouragement and support. They kept me informed of what was going on during the whole process and got me the win! I would recommend them to anyone seeking an attorney for disability. They took my case when no one else would. I have nothing but good words to say about them!"

-Chris H.

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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