

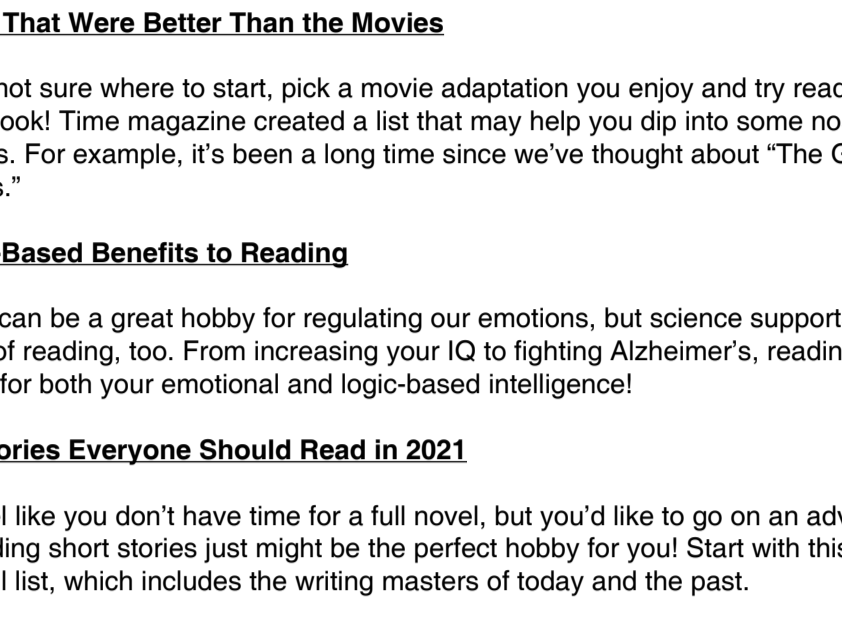
## FSTN News

### #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](http://www.facebook.com/FleschnerLaw)

## Escape Reality the Old-Fashioned Way



Before video games or movies, the best escape was achieved through books. There are several reasons why people read books for pleasure. First, as mentioned, readers may desire an escape from reality. Second, they may want a reality check — whether it's through historical, political, or other nonfiction books. Lastly, readers may want to learn new skills or information.

### 7 Books That Were Better Than the Movies

If you're not sure where to start, pick a movie adaptation you enjoy and try reading the original book! Time magazine created a list that may help you dip into some nostalgic memories. For example, it's been a long time since we've thought about "The Golden Compass."

### Science-Based Benefits to Reading

Reading can be a great hobby for regulating our emotions, but science supports the benefits of reading, too. From increasing your IQ to fighting Alzheimer's, reading can do wonders for both your emotional and logic-based intelligence!

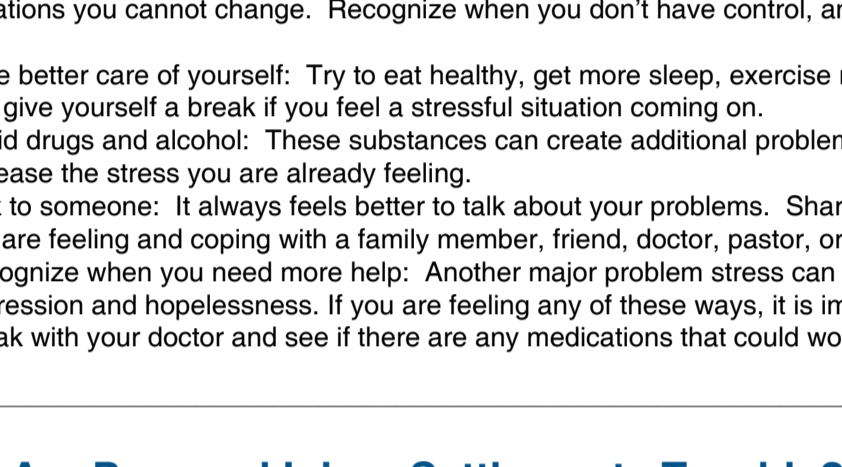
### Short Stories Everyone Should Read in 2021

If you feel like you don't have time for a full novel, but you'd like to go on an adventure, then reading short stories just might be the perfect hobby for you! Start with this wonderful list, which includes the writing masters of today and the past.

### Just for Fun: Watch Daniel Radcliffe Go Undercover on Reddit, YouTube, Quora, And Twitter

The "Harry Potter" series is one of the most popular book series of all time, so it's no surprise that the books each received their own movie adaptation. The titular character was played by Daniel Radcliffe, and his iconic portrayal of Harry Potter has earned him a spot in the hearts of fans all over the world. But he's much more than the Boy Who Lived, as he shows in this video segment where he surprises fans all over the internet! Happy Reading!!

## Stress & How It Can Affect Your Health



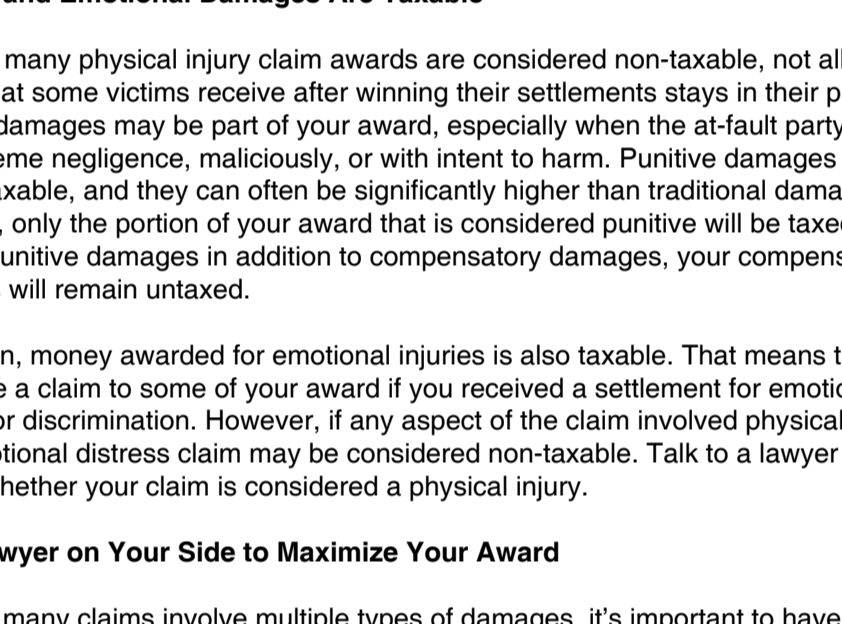
It's safe to say that most of the country, and world even, have had a stressful year. An unknown virus came into our lives, causing mayhem, stress, and fear. With April being Stress Awareness Month, we think it is more important now, more than ever, to check-in with your mental health and stress.

The most common explanation for stress is a physical, mental, or emotional strain or tension that causes a reaction to a situation where the person feels anxious or threatened. It is very important to learn different ways to recognize stress and learn how to cope with it before it can affect your health. Long-term stress can even lead to headaches, stomach issues and depression. If untreated, it can also lead to more serious issues like stroke and heart disease.

Here are some helpful ways to deal with stress and avoid it's affects on your health.

- Learn to overcome issues you cannot change: Try to avoid getting anxious about situations you cannot change. Recognize when you don't have control, and let it go.
- Take better care of yourself: Try to eat healthy, get more sleep, exercise regularly, and give yourself a break if you feel a stressful situation coming on.
- Avoid drugs and alcohol: These substances can create additional problems and increase the stress you are already feeling.
- Talk to someone: It always feels better to talk about your problems. Share how you are feeling and coping with a family member, friend, doctor, pastor, or therapist.
- Recognize when you need more help: Another major problem stress can lead to is depression and hopelessness. If you are feeling any of these ways, it is important to speak with your doctor and see if there are any medications that could work for you.

## Are Personal Injury Settlements Taxable?



After an injury that wasn't your fault, getting compensation for your expenses is likely a big priority for you and your loved ones. You may be hurt to work, and that means no paychecks for weeks, months, or years. In addition, your injuries may require extensive medical treatments. With no income, it can be difficult to afford those treatments, let alone your daily living expenses.

At Fleschner, Stark, Tanoos & Newlin, it's our goal to get injured victims' maximum compensation for their injury-related expenses. But whether money is awarded via a settlement or a jury decision, many of our clients worry about how to report the money on their taxes. After all, it's a foregone conclusion that large lump sums such as those awarded in injury settlements are heavily taxed, right?

### Settlements for Physical Injuries Aren't Taxable Income

Thankfully, you don't owe the IRS or your state of residence, whether it's Illinois or Indiana, a single penny for any money you receive as part of a settlement for a physical injury. That includes settlements for injuries caused by auto accidents, truck accidents, slips and falls, and more.

In addition, personal injury settlements are considered non-taxable regardless of how they're awarded. What does this mean? If our Indiana personal injury lawyers negotiate a fair private settlement with the insurance company, that money will not be taxable. Unfortunately, insurance companies don't always cooperate. When that happens, we don't hesitate to go to trial. If a judge or jury rules in favor of you and awards you a settlement, you don't have to pay taxes on the damages you receive in this manner either.

### What Are Physical Injuries?

When it comes to determining if an injury settlement is taxable, it's important to define what a "physical injury" is. Physical injuries are considered injuries or illnesses that cause victims to incur lost wages, medical bills, emotional distress, pain and suffering, loss of consortium, and even attorney fees. That means physical injuries cover everything from physical accidents to medical malpractice to even being negligently exposed to viruses or bacteria that result in infectious disease.

### Punitive and Emotional Damages Are Taxable

Although many physical injury claim awards are considered non-taxable, not all the money that some victims receive after winning their settlements stays in their pockets. Punitive damages may be part of your award, especially when the at-fault party acted with extreme negligence, maliciously, or with intent to harm. Punitive damages are always taxable, and they can often be significantly higher than traditional damages. However, only the portion of your award that is considered punitive will be taxed. If you receive punitive damages in addition to compensatory damages, your compensatory damages will remain untaxed.

In addition, money awarded for emotional injuries is also taxable. That means the IRS may have a claim to some of your award if you received a settlement for emotional distress or discrimination. However, if any aspect of the claim involved physical injury, your emotional distress claim may be considered non-taxable. Talk to a lawyer if you are unsure whether your claim is considered a physical injury.

### Get a Lawyer on Your Side to Maximize Your Award

Because many claims involve multiple types of damages, it's important to have a law firm on your side that knows the differences between them and can help you ensure that they're clearly divided in the language of the settlement. Remember, the insurance company doesn't care what happens to the money after it pays you, and that means you may be in for a rude awakening if the IRS decides it has a stake in a sizable percentage of your settlement.

With our lawyers on your side, you'll get peace of mind knowing that we've not only worked hard to maximize your settlement, but also that we've structured your award in a manner that preserves your take-home money. You're injured and deserve compensation for what you've been through—the last thing you need right now is to pay a huge chunk of taxes on money that's rightfully yours.

Need a savvy law firm that knows what it takes to win and help you keep as much money as possible after a favorable settlement? Contact us today.

## Employee of the Month

### Congratulations to our April Employee of the Month Lisa Jones!



Lisa has been with the firm for almost fourteen years! She is the Mailroom Clerk and processes all the incoming mail for Case Managers and the law firm. She also responds to all live chat sessions on our Fleschner website. She said her favorite thing about her job is being able to do a variety of different tasks with the mail, as well as being able to go into each building and give a quick "hello" to anyone in the office while gathering and distributing the mail.

Here's some fun questions Lisa answered:

- If you could pick a superpower, what would you choose? Strength
- What technology or invention would you love to see in your lifetime? Medical cures/better treatment for debilitating conditions and terminal illnesses.
- Do you have any strange phobias? Swimming in deep lake water
- If you were stuck on an island what three things would you bring? I would take my phone, a wine slushie machine and my dogs.
- Imagine you could step in a teleport for a day and go to any place and time in history. Where and when would you travel to? I would go to ancient Egypt. The wonders of this era fascinate me, and I would love to see the pyramids in all their glory.

People who nominated for Lisa said this, "She has been in-office, handling the mail ever since Covid hit in March of 2020, and always has a smile on her face!"

## 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](http://www.FleschnerLaw.com)



If you know someone who has been injured in an accident, we'd be honored if you would tell them to call us!

**1-800-618-4878**

**www.FleschnerLaw.com**

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Advertising Material

## Real Client Reviews

"God Bless All the People that were involved in my case!!! They worked so hard for all the years it took to get where I am now! All of them have made my Golden Years a lot better & secured! Again, Thanks for what all of you do!!! Highly recommended!!! Peace and Love ♥"

- Carla L.

"These Guys know what they are doing. From start to finish. They kept me informed and fought the good fight for me. I am VERY pleased with the service they provided. The best compliment I could think of for anyone providing this type of representation is simple, I would highly recommend them to a friend or family member."

- Scott B.

## 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](http://www.fleschnerlaw.com).

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