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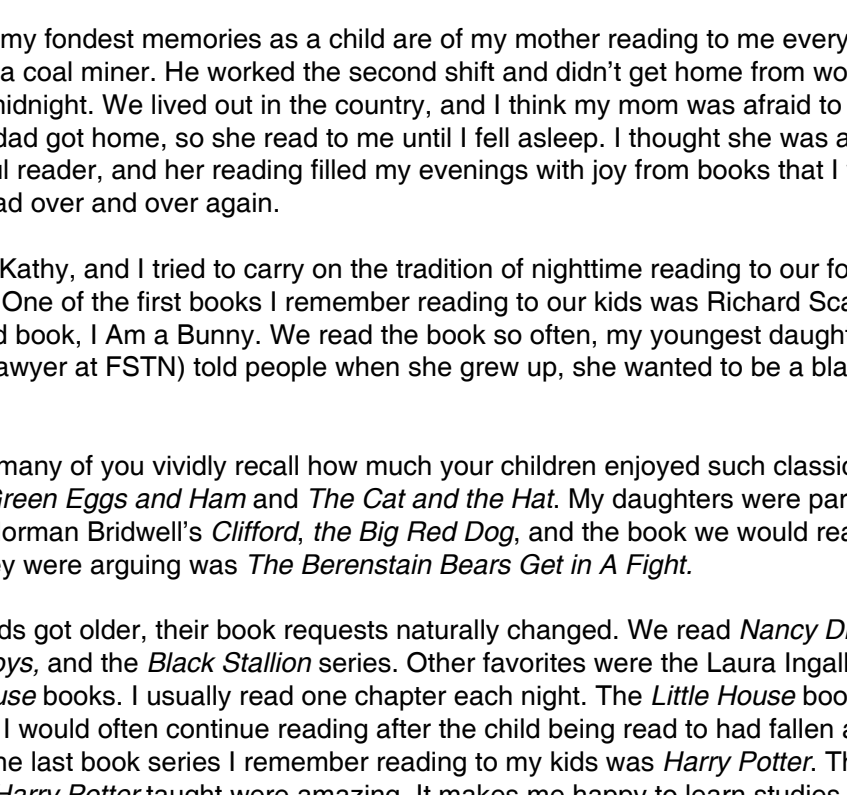
Newsletter

June 2021

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Want to Invest in Your Child's Future? Read to Them Every Day.



By the time you receive our June Newsletter, hopefully you will be enjoying warm beautiful summer days. If you have children or grandchildren, you may be concerned how you can enhance their education during summer vacation. I have a suggestion I guarantee will help your kids or grandkids become better students, become lifetime learners, and provide you a lifetime of memories.

Some of my fondest memories as a child are of my mother reading to me every night. My dad was a coal miner. He worked the second shift and didn't get home from work until around midnight. We lived out in the country, and I think my mom was afraid to go to bed until my dad got home, so she read to me until I fell asleep. I thought she was a wonderful reader, and her reading filled my evenings with joy from books that I wanted her to read over and over again.

My wife, Kathy, and I tried to carry on the tradition of nighttime reading to our four children. One of the first books I remember reading to our kids was Richard Scarry's illustrated book, *I Am a Bunny*. We read the book so often, my youngest daughter (Katie - now a lawyer at FSTN) told people when she grew up, she wanted to be a black bunny rabbit.

I'm sure many of you vividly recall how much your children enjoyed such classics as Dr. Seuss' *Green Eggs and Ham* and *The Cat and the Hat*. My daughters were particularly fond of Norman Bridwell's *Clifford, the Big Red Dog*, and the book we would read them when they were arguing was *The Berenstain Bears Get in a Fight*.

As our kids got older, their book requests naturally changed. We read *Nancy Drew*, *The Hardy Boys*, and the *Black Stallion* series. Other favorites were the Laura Ingalls Wilder *Little House* books. I usually read one chapter each night. The *Little House* books were so good, I would often continue reading after the child being read to had fallen asleep. Finally, the last book series I remember reading to my kids was *Harry Potter*. The life lessons *Harry Potter* taught were amazing. It makes me happy to learn studies show the *Harry Potter* books help kids become more responsible, caring, self-loving adults. I was just trying to enjoy time with my kids; I didn't realize I was helping them become better adults.

Now we have two grandsons and two granddaughters, and we feel privileged to start the reading cycle once again. Unfortunately, not all children are read to by their parents or caregivers. If you don't read to your child or grandchildren, start this summer. You'll love it, and so will they. Just don't tell them you're reading to them is going to: 1. Set them up to succeed; 2. Develop language skills; 3. Exercise their brains; 4. Enhance their concentration; 5. Develop imagination and creativity; 6. Develop empathy; and 7. Be a great way for you and them to relax, enjoy each other's company and create stronger bonds.

By: Steve Fleschner

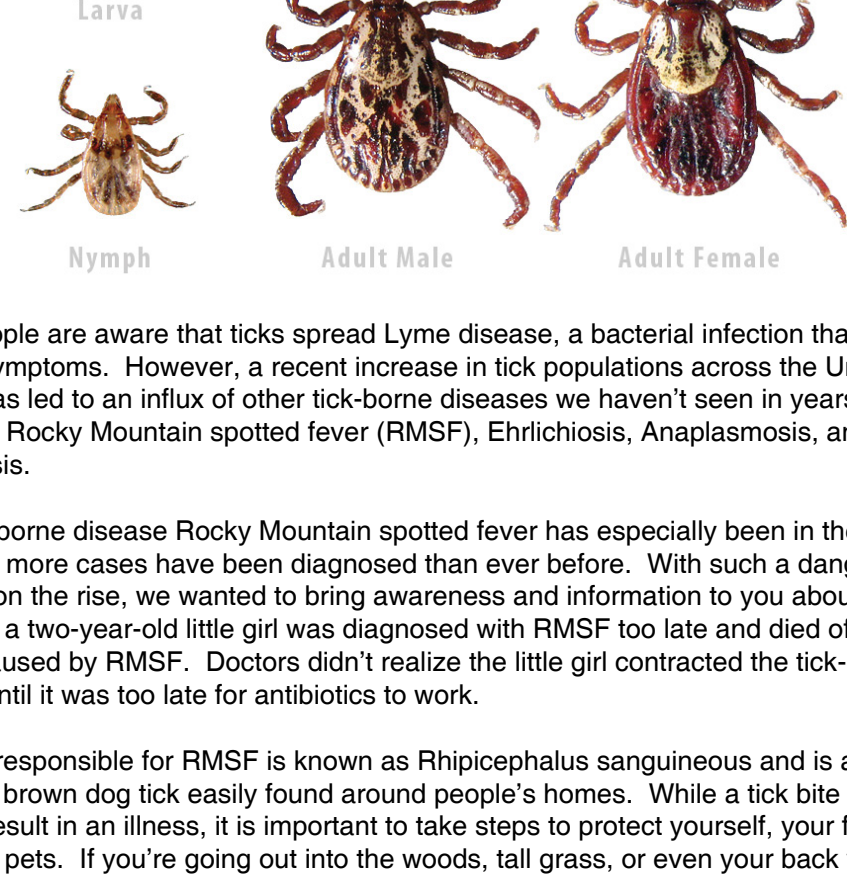
The 17-Year Cicadas are back!

If you live in the Southeast, mid-Atlantic and Great Lakes regions, there's a good chance you've heard all the buzzing and seen the Brood X cicada in person by now. The last time they emerged was in 2004, and now after 17 years, they're back to swarm around, make a lot of noise and reproduce. Dr. Michael Raupp from the University of Maryland is an entomologist and bug enthusiast who studies Brood X cicadas. He said it remains a general mystery as to how the cicadas know when 17 years has passed or what triggers their reemergence. However, he did say that soil temperatures likely play a crucial role. It turns out that they use the varying levels of trees sap in roots to measure annual cycles. At year 17, when the soil temperature reaches 64 degrees Fahrenheit a foot below the surface, they begin to emerge from the ground.



While Brood X, or Brood 10, is not the largest group of periodical cicadas, it is unique because it is known as "the big brood" and has the largest geographic distribution, ranging from Georgia up to New York. Raupp said that on bright, sunny days is when the greatest number of cicadas are active. The noise created by Brood X can be as loud as 80 to 100 decibels, which is the sound equivalent of a lawnmower or jet aircraft going overhead. There are also three distinct species of cicadas in Brood X that all have distinct calls. Female cicadas are silent, but the males gather to sing and call potential mates. Also, males only sing during the day because they are clumsy flyers and can't see very well in the dark. They stay quiet after sunset because they just can't find each other.

During their 17-year stay underground, the cicadas aren't exactly napping. They are busy eating tree roots and digging tunnels. The cicada nymphs will scale trees after emerging from the ground, latching on and then metamorphosing into their adult form. The adults, which are equipped with wings, will then set out in search of mates. The incredible sounds they make are associated with the mating process, and once they mate, their lives are on a timer. Once the insects lay eggs, they will die off. The juveniles will hatch and proceed to live the next 17 years underground until the year 2038. Just think of how old you or your children will be the next time they are here.



Although they look "creepy", may fly at your face, and make very loud noises, they pose no harm to humans. They don't even post that much harm to your garden. Their main goal is to find each other, to mate and then make the next generation of cicadas. They do not bite, sting, poison or destroy crops or plants. Many cicadas will fall victim to predators like birds, rodents, marsupials, reptiles, fish, insects, arachnids, family pets, and even humans. Even though all this, enough will survive to produce a new generation. Once the cicadas mate, the females fly from branch-to-branch laying eggs. They cut slits in young branches with their sharp ovipositors, leaving roughly 30 eggs behind. Each female can lay 400 – 600 eggs in total and will spread these eggs out over a forest canopy. This process will normally last around 4 – 6 weeks.

Not only are they a feast for wildlife, but they rejuvenate the soil, and their activity is profound for the ecosystem. The mass emergence of cicada nymphs from underground aerates the soil and creates thousands of tiny holes that directly water the roots of host trees. Once the adult cicadas die in early summer, all their bodies fertilize the soil.

If you are in an area that currently has Brood X cicadas, do your best to enjoy them and learn from them. After all, you'll only see this phenomenon four to five times in your lifetime!

"In the Know" – Keeping You Informed

They can be as small as a pinhead, have a bite that often goes undetected, they enjoy a feast of mainly blood, and can actually kill you. Regardless of where you live in the country, you've more than likely had an experience with this parasitic arachnid. Of course, we are talking about ticks, and they have really been in the news lately!



Most people are aware that ticks spread Lyme disease, a bacterial infection that causes flu-like symptoms. However, a recent increase in tick populations across the United States has led to an influx of other tick-borne diseases we haven't seen in years, including Rocky Mountain spotted fever (RMSF), Ehrlichiosis, Anaplasmosis, and Babesiosis.

The tick-borne disease Rocky Mountain spotted fever has especially been in the news lately, as more cases have been diagnosed than ever before. With such a dangerous disease on the rise, we wanted to bring awareness and information to you about RMSF. Recently a two-year-old little girl was diagnosed with RMSF too late and died of organ failure caused by RMSF. Doctors didn't realize the little girl contracted the tick-borne illness, until it was too late for antibiotics to work.

The tick responsible for RMSF is known as *Rhipicephalus sanguineus* and is a common brown dog tick easily found around people's homes. While a tick bite does not always result in an illness, it is important to take steps to protect yourself, your family, and your pets. If you're going out into the woods, tall grass, or even your back yard, always check yourself, your children, and your pets when you come inside. Wear long pants and light-colored clothing so you can spot the ticks. Wear bug spray containing at least 20% DEET. Keep your yard grass cut low, and remove woodpiles and debris that can attract ticks. One of the best ways to make sure disease-carrying ticks aren't clinging to your clothing, is to strip down and throw all your clothes in the dryer as soon as you come inside. Run the dryer on high heat for about ten minutes before you put the clothes into the washer. It's not the heat that kills them, it's the dryness.

If you do find a tick on your body, the best and safest way to remove it is by using fine-tipped tweezers. Grab the tick close to the skin's surface and pull upward with even pressure. Beware of using twisting or jerking motions that can cause the tick's mouthparts to break off in the skin. Avoid squashing the tick, because spreading tick blood in the bite wound might increase the risk of infection. Wash the area with soap and water and watch for symptoms like headache, rash, pains, or fever develop. Just remember, ticks typically require hours of feeding before they can successfully transmit infections, so prompt and proper tick removal is an important step in preventing tick-borne illnesses.

If you have been bitten by a tick and are unsure of how long it was feeding, you need to keep a close eye out for symptoms. The first symptoms of Rocky Mountain spotted fever (RMSF) typically begin 2-14 days after the bite of an infected tick. Since a tick bite is usually painless, about half the people who develop RMSF do not remember being bitten. The following is a list of symptoms commonly seen with this disease, although the number and combination of symptoms varies from person to person.

- Fever
- Rash (occurs 2-5 days after fever, may be absent in some cases)
- Headache
- Nausea
- Vomiting
- Abdominal pain
- Muscle pain
- Lack of appetite
- Conjunctival injection (red eyes)

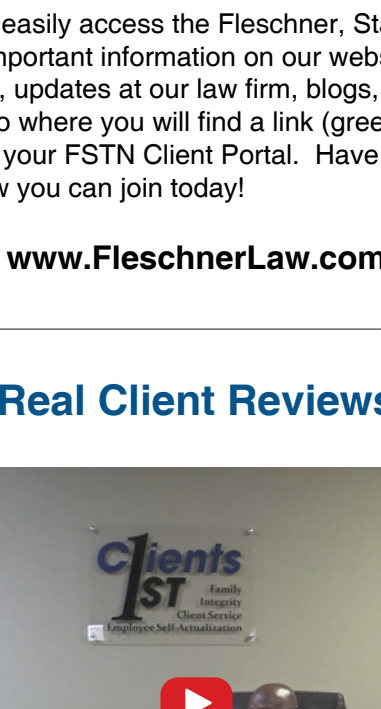
RMSF is a serious illness that can be fatal in the first eight days of symptoms if not treated correctly, even in previously healthy people. Doxycycline is the first line treatment for adults and children of all ages and should be initiated immediately whenever RMSF is suspected. Treatment is most effective at preventing death if doxycycline is started in the first 5 days of symptoms. If the patient is treated within the first 5 days of the disease, the fever will generally subside within 24-72 hours. In fact, failure to respond to treatment suggests that the patient's condition might not be RMSF.



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Whether our attorneys are helping people across the United States get their Social Security Disability (SSD) benefits, or we're protecting the rights of Indiana and Illinois motor vehicle accident victims here at home, we pride ourselves on being a trusted law firm our clients can depend on. From using every resource available to build strong cases, to encouraging open communication with our clients, we want to be more than just your law firm—we want to help you move forward with your life.

Employee of the Month



Congratulations to our June Employee of the Month, Courtney Lutz!!

Courtney has been with the law firm for nine years and is the Intake Department Manager. She oversees all operations in the Intake Department, communicates with other managers, lead providers, and other law firms. She creates and implements new policies, procedures, and meets with staff members to keep everything running smoothly.

Courtney says her favorite thing about her job is her co-workers. People who voted for Courtney said this, "She has grown her department and is an excellent manager."

Here is some fun questions Courtney answered for us!

1. **If you could pick a superpower, what would you choose?** Teleportation! It would help with my busy schedule.
2. **Do you have any strange phobias?** Maybe not strange, but heights and small spaces.
3. **If you were stuck on an island what three things would you bring?** My family, a tent, and some snacks
4. **What tv show/movie are you ashamed to admit you love?** I'm ashamed to admit I love the cheesy love story movies on Netflix, especially the Christmas ones.

Recipe of the Month



Stephanie's White Chocolate Macadamia Nut Cookies

Ingredients

- 2 sticks butter
- 1 cup brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 2 teaspoons vanilla
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 1/4 cups flour
- 1 cup macadamia nuts
- 1 cup white chocolate chips

Directions

Preheat oven to 375 degrees F (175 degrees C).

In a large bowl, cream together the butter, brown sugar, and granulated sugar until smooth. Beat in the eggs, one at a time, then stir in the vanilla. Combine the flour, baking soda, and salt; gradually stir into the creamed mixture. Mix in the macadamia nuts and white chocolate. Drop dough by teaspoonfuls onto ungreased cookie sheets.

Bake for 10 minutes in the preheated oven, or until golden brown.

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!

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Real Client Reviews

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