



**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)

**These Sweet Recipes Will Spice Up Your Summer!**



Hit the farmers market, fire up the grill, and grab some marshmallows! Summer vacation means summer cooking. With all the fresh produce and opportunities for outdoor cooking, it's no wonder the food is so good this time of year. Let us help you have the best summer ever with these amazing cooking tips and recipes. Your mouth will be watering before you're done reading!

**Essential Grilling Tips You Need to Know**

It's not summer vacation without a barbecue. We have Memorial Day, Fourth of July, Labor Day, and plenty of sunny weekends in between to delight your family with delicious meats and vegetables hot off the grill. There's a certain art to grilling, so whether you've been a grill master for countless summers or you're about the light the coals for the first time, these tips can help make your next barbecue a breeze.

**15 Summer Soup Recipes to Beat the Heat**

What's your favorite kind of soup? The classic chicken noodle? Hearty sausage, potato, and spinach? What about a chilled lemon basil avocado soup? While soup might have a reputation as the perfect meal on a cold winter's night, there are plenty of fresh, fun soup recipes that celebrate summer. Liven up your next family dinner and try a bowl of goodness!

**Creative S'mores Recipes**

Don't forget dessert! Nothing says summer like campfire s'mores, and there are countless memories waiting to be made with this sticky treat. But don't think you have to stick to the traditional graham crackers, milk chocolate, and marshmallow formula. From sweet berries to salty potato chips, this collection of creative recipes will make you say, "Can I have s'more?"

**Just For Fun: Hilarious Cooking Fails**

Breaking out a new recipe is a fun adventure, but often, you're left with an end product that looks nothing like the beautiful pictures online. Don't despair! As these culinary catastrophes prove, it happens to everyone.

Enjoy the tastes of summer!

**Simple Tricks to Grow Your Own Food**



When grocery stores began experiencing stock shortages, we saw an interest in homegrown produce skyrocket. Home gardens are growing in popularity, and it's not too late to start your garden this year. We've tracked down some resources that prove you don't need to have a green thumb to grow a beautiful garden.

**Tips to Start Your Vegetable Garden**

If you've never started a vegetable garden before, you might feel overwhelmed about where to start. From picking the right seeds to identifying the perfect plot to plant in, there's a lot to consider. Don't go in blind! These strategies from "The Old Farmer's Almanac" website can get you on the right path to a truly bountiful garden.

**Growing Enough Food to Feed A Family**

If you're serious about growing your own produce as a viable food source, then you need to make sure you're growing enough food. The amount of food you need to grow to feed your family depends on what you want to grow, how much space you have, and how many people you need to feed. This video breaks down the math and gives recommendations for what kind of food you should plant.

**How to Grow Vegetables Indoors**

Don't have acres of space outdoors to plant a sprawling vegetable garden? Don't worry! You can still plant a very successful indoor garden. This isn't the easiest gardening method, but certain vegetables grow very well indoors. Check out these tips on what vegetables to grow, methods to use for gardening indoors, and how to keep gardening all year long.

**Just For Fun: Garden Vegetable Soup**

Need a way to use up all the extra veggies you're sure to have? Check out this recipe for a tasty garden vegetable soup!

Happy gardening!

**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 time and make sure they are doing well.

**Employee of the Month**

**Congratulations to our May Employee of the Month, Sheri Long!**



Sheri has been with our law firm for nine years and is the Pre-Hearing Department Manager. She oversees the Pre-Hearing Case Managers, helps with status checks, calls clients, and helps with incoming mail. Her favorite thing about her job is knowing they are helping clients get approved for disability. She also loves all of her co-workers and wouldn't be able to do her job without them!

People who nominated Sheri said this, " Sheri has been working tirelessly to make sure things are getting done for not only our clients, but her employees as well. Sheri goes above & beyond to help others. Since moving to the Teams concept, there have been some hiccups along the way. That has not stopped Sheri from pushing forward & making sure everything is taken care of. Sheri is a hardworking, dedicated member of the firm!"

**Here are some fun questions Sheri answered:**

- 1. What technology or invention would you love to see in your lifetime?** A robot that can fold and put away laundry.
- 2. Can you play any instruments?** I haven't played recently but I played clarinet for 5 years.
- 3. If you were stuck on an island what three things would you bring?** My family because I cannot go a day without seeing and talking to my kids, a raft with rows and a knife.
- 4. Do you have a favorite quote?** Success is not final; failure is not fatal: it is the courage to continue that counts. -- Winston Churchill

**Recipe of the Month  
Stephanie's Oatmeal Raisin Cookies**



Stephanie Bartlett has been a part of the FSTN family for over 20 years. We love it when she brings in cookies, particularly when they're oatmeal raisin. They are the best.

**Ingredients**

- 2 sticks (1/2 pound) margarine or butter, softened
- 1 cup firmly packed brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt (optional)
- 3 cups oats
- 1 cup raisins

**Directions**

1. Heat oven to 350 F.
2. Beat together margarine and sugars until creamy.
3. Add eggs and vanilla; beat well.
4. Add combined flour, baking soda, cinnamon, and salt; mix well.
5. Stir in oats and raisins; mix well.
6. Drop rounded tablespoons onto ungreased cookie sheet.
7. Bake 10–12 minutes or until golden brown.
8. Cool 1 minute on cookie sheet; remove to wire rack.

**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)

**Real Client Reviews**

"To: Michel Starkey, Melissa, April, Brandi, Kayla, Jamie, Erin and Kerri. Thank you so much for your outstanding performance on my case ending in a victory. This firm has operated as a well-oiled machine from start to finish. Your professionalism and courtesy were exemplary! Your firm has set a standard that other firms should aspire to. Your dedication and hard work have ended a long nightmare for me by your competence in handling my case. I was at the end of my rope in fillings. Your victory for me saves an old warrior from a continuing life of misery in the horrible VA medical system. I will see to it that every disabled veteran that I know learns about your good works."

*Sam G. Patterson Jr. Infantry- USA Retired, 100% DDD.*

"This Firm is extremely professional, and the customer service is superior! From the initial contact to the conclusion of my case, this Firm stayed in contact with me every step of the way, especially in the midst of the COVID19 pandemic. I highly recommend their services and will certainly refer this Firm to anyone I know that might need their help. Outstanding group!"

*Ken G.*

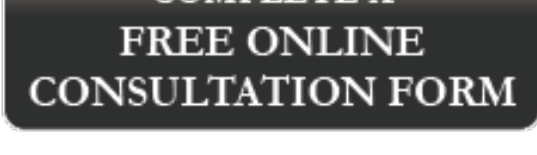
**Case Types We Handle**

**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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