

# Shannon Law Group

A Professional Corporation

## Where Compassion Meets Justice

# People Making a Difference

### Anne Shannon, Principal, HR Talent Source, Inc.



We like to highlight people and businesses that are making a difference in our lives and our communities. This one will be easy.....because we will be highlighting Joe's sister **Anne Shannon**.

The eighth of ten children of Tom and JoAnne Shannon, Anne has lived in the Seattle metro area for over thirty years. Over the last 25 years, Anne has lead Human Resources Management teams in iconic companies such as Harman Consumer Group, Amazon, Starbucks, Colliers International and most recently leading the Human Resources team at Boeing Employee Credit Union (BECU), one of the top 5 credit unions in the United States.

In 2016, Anne joined forces with Rosy Coe at **HR Talent Source, Inc.** as a Principal in the company. For the past 20 years, **HR Talent Source, Inc.** has been the "go to" point resource for companies who need quality Human Resources professionals on a permanent or interim/temporary basis. The fit was perfect. Based on Anne's 25 years of experience working for the world's leading companies, Anne has hit the ground running consulting with companies on attaining great talent in areas of Talent Acquisition, Training and Development, Strategic HR Business Partners, Talent Management, Compensation and Benefits, HRIS systems and Operations. They also have higher level strategic consulting talent to fill key short to mid-term projects.

In Anne's own words: "Great employees are the key to any great company. I've hired and trained thousands of employees in some of the most successful companies in the world. I know the characteristics of employees who thrive in the Human Resources world. At this point in my career, I feel I can be of greatest service to both companies who are seeking strong, talented, hardworking and ethical professionals in the Human Resources world as well as employees looking for a meaningful role in a great company. I partnered with Rosy Coe because I personally experienced superior level service as a client and as a candidate! Both Rosy and my experience and network built over the years allow us to bridge those seeking great employees and employees who are seeking a meaningful role in a company.

I am in this for the long haul. I take each transaction personally. I do not take this business as one transaction at a time. I want to be the first call for clients who want a great result. I want my clients to be clients for years to come. I look forward to serving you.

If you need our services, I can be reached at [anne@hrtalentsource.com](mailto:anne@hrtalentsource.com) or (425) 451-2050."



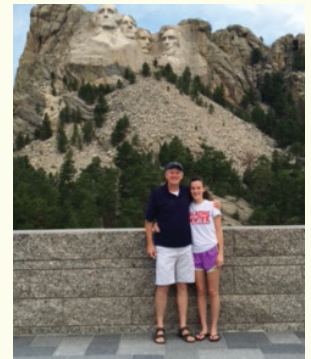
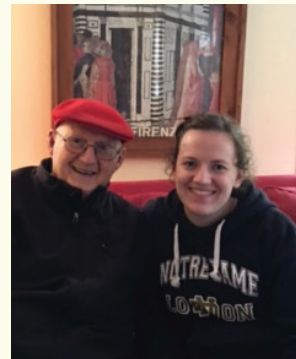
## The Drive

Since I was a youngster in Yakima, Washington, my family would spend one week a summer at the Oregon coast. Starting out in Seaside and Cannon Beach and now in Manzanita, I've had great memories of the 65 degree days and the 65 degree water temperature over the years. Since our family has been in the Chicago area for nearly 25 years, we've tried to continue the tradition of traveling west and jumping into the Pacific Ocean. We missed a few years, but not many.

Over the years, we've taken the nearly 4 hour flight across the country. My family has been great hosts for us over the years. Last year and this year, we decided to drive our family vehicle west and back. Well, it's about a 2200 mile plus drive...each way...and I'll report to you, it is a great drive. This year, my 16 year old Will and I set up a tent and camped in the Gallatin National Forest. We crossed the Beartooth Pass at 10,947 feet. We drove through Yellowstone and were stopped in our tracks by a herd of buffaloes which were crossing the highway. We stopped in Spokane to visit my uncle Father Jim Conyard and the Poor Clare Nuns in Spokane. What a delightful visit! They continue to pray for our family as they have done so for over 90 years. They asked us to pray for vocations to the Poor Clares as well. I am so impressed with the integrity of these women, we are running their People Making a Difference section one more time. See below.

Will drove through Montana and enjoyed the 80 miles per hour speed limit. I think he also enjoyed staying a few nights in Yakima. We had a great time attending Mass at St. Paul's Cathedral, visiting with one of my best friends growing up Jeff Stohr, playing golf with Chuck Stillwaggon at the beautiful Sun Tides Golf Course and eating a nice dinner with Chuck at the Cowiche Canyon Restaurant. I'm already looking forward to my next visit to my childhood home so I can visit with a lot of my old friends.

It was great to see a lot of our family in Seattle, Enumclaw and in Oregon. It was very special to celebrate my sister Mary Jo's birthday with a lot of family and friends. On the way back, we had a great time seeing the beauty of Washington, Idaho, Montana, South Dakota (Mt. Rushmore), Wyoming, Minnesota, Wisconsin and Illinois. We are so blessed to live in such a beautiful country. You get that perspective when it takes 60 plus hours to drive it all. It was also a great time to just sit and talk with a "captive audience." I hope we get to do it again sometime.



## People Making a Difference

We highlighted the Poor Clares of Spokane last year. I wanted to highlight them again because after visiting them this summer, I was struck by how meaningful and happy their lives are. They constantly are serving others. Their message resonated with me:

"To commit one's life to God through a life of prayer is a life of unbelievable joy. Joy because through prayer we place our yesterdays, our today's and our tomorrows in the full security of God's care. We do this not only for ourselves but for the whole of creation....In prayer we place our trust that God can change the course of the world. We live in simple confidence that God is bigger than all the problems or obstacles set before us as individuals or the whole of humanity."

Have someone in your life who needs a prayer request? Go to their website at [calledtojoy.com](http://calledtojoy.com) and request prayers or telephone them at (509) 327-4479. THEY ANSWER THE TELEPHONE. You may find more background on these special women at [calledtojoy.com/prayer.shtml](http://calledtojoy.com/prayer.shtml)

To top it off, the Poor Clares run a radio station called Sacred Heart Radio. You can find it at [sacredheartradio.org](http://sacredheartradio.org). It beams on the radio waves to Seattle, Spokane, Yakima, Kodiak and Olympia.

These holy women have made a big difference in the lives of my grandparents, my parents and my family. I can't think of a more worthy charity than the Poor Clares of Spokane who have dedicated their whole life to serving others. Contributions may be directed to the Poor Clares at 4419 N. Hawthorne St., Spokane, WA 99205 or on their Facebook page. ●

# New Options for Migraine Sufferers

Migraine episodes are miserable, frequently involving intense, throbbing pain, generally on one side of the head; nausea; vomiting; and visual disturbances. The effects may last for hours, or even days; may occur several times a week; and can be downright debilitating.

For some people, medication helps; for others, however, medication might prove woefully inadequate. Fortunately, new technology may be of assistance.

Cefaly® is a headband-like device that sits across the forehead and over the ears. It is battery-powered and delivers an electric current to stimulate the trigeminal nerve, which has been associated with migraines, producing a relaxing effect. Twenty minutes per day is the recommended usage time. A prescription is required, and the unit may be purchased.

Another advance is transcranial magnetic stimulation (TMS). A handheld device—think of a small box with two handles—is pressed against the back of the head when the first symptoms of an impending migraine present themselves. Just push a button to release a focused magnetic pulse that interrupts hyperactivity in the part of the brain affiliated with migraine pain. A prescription is required for TMS, and the unit can be rented on a month-by-month basis.

Cefaly and TMS for migraines were both approved by the FDA in 2014 and are now available to the public. They are noninvasive treatments, produce minimal (if any) side effects, can diminish the use of migraine medications, and have been shown to be effective in alleviating or warding off migraine pain in the majority of patients who tried them.

There is no cure for migraines, but advancing technology is improving the quality of life for many migraine sufferers. •



## Upcoming Dates

**August 5** – Opening Ceremonies 2016 Olympic Games    **August 11** – Feast of St. Clare  
**August 19** – First Day of Classes Benet Academy    **August 22** – First Day of Classes St. Joan of Arc  
and Univ. of Illinois    **August 27** – Feast of St. Monica (patron saint of mothers)  
**August 29** – First Day of Classes Marquette University

## Do You Know Why Marathons are 26.2 Miles Long?

In 490 B.C. the Greeks defeated the invading Persians on the plain of Marathon. Legend has it that a Greek messenger, Pheidippides, ran from the battlefield to Athens to announce Greece's victory, after which he collapsed and died. The distance he covered was...a shade under 25 miles.

The first modern Olympics, held in 1896 in Greece, honored Pheidippides with the inaugural marathon, using the roughly 25-mile distance. However, in the 1908 London Olympics, Queen Alexandra allegedly wanted prime vantage points for the start and finish of the marathon. To accommodate the queen, roughly 1.2 miles were added to the race. The new distance stuck, as the British Empire imposed its will over Ancient Greece. •





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Difference – pg 1

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## Road Construction Zone Danger Cuts Both Ways



Each year, hundreds of road construction workers across the country are killed in work zones due to traffic incidents. One of the top causes is drivers who pass on the outside of the construction zone and collide with workers, equipment, or other vehicles. Drivers passing through work zones need to pay attention, follow instructions, and observe the speed limits.

However, construction zones can be dangerous for passersby as well. According to a study conducted by the Federal Highway Administration in 2010, construction zones were the sites of roughly 87,000 vehicular accidents per year, nationally, leading to over 37,000 injuries, not to mention damage to property.

Work zones containing incorrect, improper, or confusing signage; insufficient warnings on lane closures, merges, or shifts; sudden speed changes; missing cones or barrels at key points; dangerously uneven pavement or unblocked, unmarked holes in the road; poor lighting; and construction vehicles entering and exiting the roadway in a reckless manner are a few of the hazards that may lead to accidents.

Road repair/construction is inevitability. Roadways in a state of disrepair will be a source of danger to motorists and need to be fixed. But it needs to be done with the highest standards of safety and care in mind. All of the situations mentioned previously are completely avoidable.

If you are the victim of negligence at a road construction zone, you may file a claim against a worker, the construction company, the city, or other entity involved in the situation. Contact an auto accident attorney to safeguard your rights. •