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WELCOME, JON!

I am thrilled to be joining the team at Shannon Law Group!

As Joe said in his introduction, I grew up in Lisle and attended St. Joan of Arc and Benet Academy. After high school, I attended Marquette University and went on to study at John Marshall Law School. As the oldest of four children, my family has deep roots in the Chicago area. My mother, Jane Corcoran Svitak, is a Southsider and Mother McAuley graduate, and my father, Jon, is a Fenwick graduate. My parents met at Northern Illinois University.

For the past three years, I have worked in a litigation practice. I relish the opportunity to continue my career with Joe and Pat and the team. In just the first month, I have worked on vaccine injury cases, trucking cases, and other serious injury cases. I will work with our Spanish-speaking clients as well.

A lot of changes have occurred in the past few months. However, the biggest and best change will happen this month. I was very fortunate to meet my fiancée, Samantha Donne, while attending law school. We graduated together from

John Marshall, and Samantha practices law in Chicago. Sam and I will be tying the knot on Feb. 17. When we're both away from the office, you can find us exploring our Chicago neighborhood.

I am grateful to be joining such a tremendous team. I hope to meet a lot of you in the coming year. Please do not hesitate to contact me with a question or legal issue.

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OUR NEWEST TEAMMATE

Introducing Attorney Jonathan Svitak

When our clients come to us for help, they typically have a problem that they are unable to handle alone. Maybe they are badly injured and vulnerable. Perhaps they are unable to work and medical bills are piling up. They don't know it yet, but they are about to start to battle a number of insurance companies, sometimes including their own insurance company. By the way, insurance companies are in the litigation business — our clients are not.

Clients come to us to level the playing field and to delegate the stress of dealing with these issues to us. It's a responsibility we don't take lightly. Demand for our services has increased dramatically over the last few years. We want to help more clients, and the only way to do that while still providing exceptional service is through increasing the size of our team. As such, we added another attorney to the roster. Let me introduce our newest attorney, Jonathan Svitak.

A Lisle native, Jon is a graduate of John Marshall Law School, Marquette University, Benet Academy, and St. Joan of Arc School. At Marquette, Jon majored in history and Spanish. He also studied in Spain for a year in a Spanish language immersion program. Jon is fluent in speaking, reading, and writing in Spanish.

Jon graduated from Marquette in 2011 and then later studied at the John Marshall Law School in Chicago, Illinois. Since then, Jon has concentrated his practice on personal injury cases. From the moment he joined Shannon Law Group, P.C., this year, Jon has hit the ground running. He will be working on vaccine



injury, trucking crash, mesothelioma, and other litigation cases. Jon will also work with our Spanish-speaking clients.

When we interviewed Jon, we knew he was a perfect fit for our practice. He is a great attorney, a compassionate young man, and involved in the Chicago community. Jon is highly motivated to fight for justice for our clients in the courtroom with Pat Cummings, his St. Joan of Arc, Benet, and Marquette classmate.

We are very lucky to have brought Jon on board. When we began the process of hiring another attorney, we knew we wanted somebody that reflected our values as a practice. Jon is hardworking, tireless, humble and community-minded. He is accustomed to putting the needs of others before his own. Jon knows what it means to fight for our clients who need us to stand up to powerful interests. I am confident Jon will be a terrific advocate for our clients. Please join us in welcoming Jon to our firm. Jon can be reached at jsvitak@shannonlawgroup.com.

-Joe Shannon

On the third Monday in February, the entire nation celebrates Presidents Day ... sort of. While the holiday is known colloquially as Presidents Day, its official federal name is still Washington's Birthday. If that wasn't confusing enough, different states officially know it as "Presidents Day," "Lincoln/Washington/Presidents Day," "Washington-Lincoln Day," "George Washington Day," and more. Let's untangle how all these variant names came about and delve into the fascinating history of the holiday.

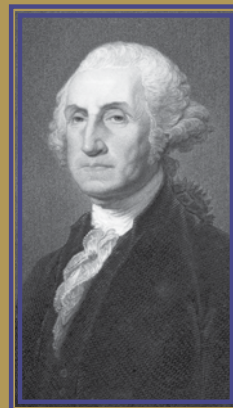
Washington was born on February 22, 1731. Given his incredible contribution to the founding of the United States, it's understandable that a national holiday would be established to commemorate his legacy. The holiday was first established in 1879 for employees in Washington, DC. Six years later, it was expanded to include all federal offices nationwide. And for the next century or so, nothing changed.

However, in 1971, Congress passed the Uniform Monday Holiday Act. This bill officially moved holidays that were once celebrated on specific dates, like Memorial Day and Columbus Day, to a particular Monday in a given month. This allowed for three-day weekends and, hopefully, encouraged retail sales with an extra day of shopping. But this,

unintentionally, moved Washington's birthday celebration to a day between his actual birthday and the birthday of another venerated president, Abraham Lincoln.

By the late 20th century, Lincoln's reputation and legacy were as titanic as Washington's. Because Lincoln was born on February 12, 1809, many states found it appropriate to make the day a commemoration of two great presidents rather than just one. By the 1980s, "Presidents Day" was the more widely acknowledged name, if not the official designation.

Why it hasn't received a uniform federal name is anyone's guess, but at least when you say "Presidents Day," everyone knows what you're talking about. No matter what you call it, the day is a chance to celebrate some of the people who've made lasting contributions to our nation's history. If you look at any president ranking, Washington and Lincoln are probably No. 1 and No. 2. It's fitting, then, that we celebrate their birthdays in tandem.



PAT SPOTLIGHTS A LOCAL CHARITY

LINCOLN PARK COMMUNITY SERVICES

by Pat Cummings



This month, I want to bring to your attention a local charity that I believe in: Lincoln Park Community Services. Located about two blocks from our house in Chicago, LPCS has been committed to serving adults in Chicago who have been experiencing homelessness for over 30 years. Caitlin and I were introduced to LPCS by our friend Danny Hart, who is a member of the Associate Board and has been volunteering at LPCS for years. Over the last few years, Caitlin and I have had the chance to attend several fundraisers and meal preparations at LPCS. We have seen firsthand the great work that these folks do on a day-to-day basis.

At LPCS, more than 400 individuals each year receive interim housing, personalized case management, meals, access to resources, community outreach programs, and an array of social service programs. LPCS relies on more than 2,000 volunteers and the support of committed community partners. There is a volunteer on-site in some capacity 24/7, from meal volunteers and mentors to class instructors and overnight volunteers.

For more information on how to be part of the LPCS volunteer community, please visit lpcsonline.org/get-involved or contact them at volunteer@lpcsonline.org.



GARDEN PREPARATION FOR SPRING

Pruning, Trimming, and Rejuvenating

By Kate Refine

My goal for my February garden (as soon as we get a nice 50-degree day) is to prune the overgrown viburnums that form a hedge along the side of my backyard. They are at least 15 years old, very leggy, and in need of rejuvenating. They are a fragrant variety with an early spring bloom. I realize I will be sacrificing this year's blooms, but the shrubs are so unruly at this point that it's a sacrifice I'm willing to make. I choose to do it at this time of year because there is still no leaf growth, which allows me to see into the interior of the shrub and thin out the limbs with relative ease.

First, I will take out all the older, dead limbs with a lopper. Next to go are all the crossing branches — the branches that lean on or

touch another. I will also take out any water sprouts — growth that emerges vertically from the limbs from latent buds. After this is done, I will trim the bush back by one-third. All this pruning should leave me with a shrub that looks more controlled and one that hopefully I can enjoy for a few more years.

This type of rejuvenation pruning works great on viburnums, dogwoods, burning bushes, lilacs, and other dense, deciduous shrubs. It's important to know the bloom time so you don't prune away the flower buds. If you are uncertain what type of shrub you are working with and you want to prune it back, you can always send us a photo. Maybe we can help identify it. We'd love to help.



SWEET AND ZESTY DETOX SALAD

Hoping to shave off those extra holiday pounds or keep up with your New Year's resolution? Look no further than this easy winter detox salad!

Ingredients

For the Salad

- 3 cups chopped kale leaves
- 2 cups chopped broccoli florets
- 2 cups chopped red cabbage
- 1 cup matchstick carrots
- 1 cup chopped cilantro
- 1/2 cup toasted slivered almonds
- 1/3 cup sliced green onions
- 1 diced avocado

For the Dressing

- 1 large carrot, roughly chopped
- 1/4 cup rice wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon finely chopped ginger
- 1 tablespoon honey
- 1 tablespoon white miso
- 1/2 teaspoon sesame oil
- Salt and pepper, to taste

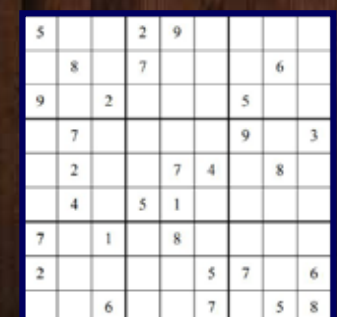
Directions

1. To make the salad, add all ingredients to a large bowl; toss to combine.
2. To make the dressing, add all ingredients to a blender or food processor. Pulse until smooth. Season to taste with salt and pepper or add extra honey for a sweeter taste.
3. Drizzle dressing over salad and serve immediately.

Recipe inspired by GimmeSomeOven.com

FEBRUARY 2018 DATES OF CONSEQUENCE

February 10	Benet Mother Son Casino Night at Benet 7:00 PM
February 11	Nora SJA basketball at St. Mary's of Gostyn 4:30 PM
February 17	Johnny Lisle Park District basketball 11:00 AM
February 18	Nebraska at Illinois basketball 2:30 PM
February 21	St. Johns at Marquette basketball 7:30 PM
February 24	Men's Day of Reflection at St. Joan of Arc 8:15 AM
February 24	St. Joan of Arc School Annual Auction 7:00 PM
February 28	Pittsburgh at Notre Dame basketball 7:00 EST



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