

How To Keep Your Kids Safe!

Dear Parent and Friend,

First, I would like to thank you for allowing our law firm to come into your home every month. I sincerely hope to make a positive impact on your family through "TidBit's for Today." I want you to know what's going on in your kids' lives, know what their interests are, and most importantly know their friends. Have their friends over to your house for a party. Yes, that's right! I said have them over to your house for a party.

Unfortunately kids live in a world that many of us never had to deal with. There are guns, drugs, teenage pregnancy, suicide, and pedophiles to deal with.

We didn't have too many of those things going on when we were young growing up. Kids these days deal with much more serious issues than we ever did. One of the best ways to fight this is by keeping your kids involved and by being involved in their lives. Know who they hang around with, know where they go to and have their friends come to YOUR house so you can be close, not to meddle in their business, but just so you will be there if needed.

May Events

May 1: May Day
May 3: National Day of Prayer
May 13: Mother's Day
May 19: Armed Forces Day
May 22: Victoria Day, Canada
May 28: Memorial Day

Tell a Friend about "TidBits for Today"

We sincerely love sharing our monthly publication with all our good friends and clients who tell us how much they enjoy receiving our newsletter. Now you can give a FREE subscription to a close friend, family member, or co-worker simply by calling our office at **(847) 854-7700** and giving our staff the person's name and mailing address.

We will send them a welcome letter along with the first issue letting them know that you gave them a free subscription to our monthly "TidBits for Today" publication. This is a wonderful way to help your friends and loved ones enjoy the most out of life.

Pet Reptiles Pose Dangers!

The Centers for Disease control and Prevention report that more than 70,000 people contact salmonella infections each year from pet reptiles and amphibians, including snakes, lizards, and turtles.

Salmonella causes diarrhea, fever, and stomach pain. It can be deadly to small children and those with compromised immune systems. If you have such a pet, here are some safety guidelines from the CDC:

1. **Wash your hands** thoroughly with soap and warm water after handling reptiles or their cages.
2. **Don't nuzzle** or kiss your pets.
3. **Don't keep reptiles** in house with small children under 5 or anyone who has a weakened immune system.
4. **Don't let reptiles roam** freely through your home.
5. **Keep reptiles out** of kitchen sink to bathe your pet or to wash their dishes, cages, or aquarium.
6. **If you use the bathtub for these purposes, clean it thoroughly and disinfect with bleach.**

INJURED ON THE JOB ? Want to learn your RIGHTS ? CALL
David N. Rechenberg at **(847) 854-7700** so he can answer all your questions and start working on your case right away !! www.IllinoisWorkInjuryLawyer.com

Gum Disease Can Wreck Your Smile And Your Health!

Don't take gum disease lightly. It could kill you. More than 100 million Americans are believed to suffer from some form of this hidden health epidemic. And sometimes it signals serious life threatening conditions including heart disease, impending strokes and diabetes. Knowing this information could help you avoid these health risks.

It wasn't too long ago that inflammation below the gum line, often accompanied by bad breath and occasional bleeding, was considered an easily treated infection. But new studies now show that gum disease, gingivitis and periodontitis can be symptomatic of many ailments. It is even lined to bringing on preterm labor in pregnant women. Dr. Sally Cram, a consumer advisor for the American Dental Association and president of the Washington, D.C. Dental Society said, "That's the bad news. The good news is that it's totally preventable."

In the early stages, gingivitis can usually be removed with regular cleaning. Untreated, it can develop into more stubborn periodontitis, which leads to bacteria and toxins capable of spreading to other parts of the body where they can settle and wreck havoc, warns Dr. Cram. And Dr. Michael P. Rethman – president of the American Academy of Periodontology says, "Not only does destruction caused by periodontitis take away a persons ability to speak, eat, and smile with comfort and confidence, the mountain evidence suggests that it also contributes to heart disease, the risk of premature, underweight births, and poses a serious threat to people whose health is already compromised by diabetes and respiratory disease."

Dr. Mark Ryder, chairman of periodontology at the University of California, San Francisco, added, "We're now pretty sure that those with moderate to severe gum disease have other ailments at a higher rate including heart disease and stroke."

Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred our law firm to their friends and neighbors last month! Our practice is built based on positive comments and referrals from people just like you. We just couldn't do it without you. Please keep the referrals coming!!

11 Secrets for Raising Successful Kids:

1. If you have young infants, sit on the floor with them and communicate at their level.
2. Teach them about money. How to earn it, save it, invest it, spend it, and why it's important to give.
3. Listen to them and speak to them at their level.
4. Ask more, say less.
5. Hug a lot more, nag a lot less. Choose your battles. Decide what is most important to stand up to and let go of the rest. Children don't stay young for too long.
6. Show your kids affection even after they think they are too big for it.
7. Teach them the really important things: kindness, charity, love, forgiveness, compassion, respect, honesty, responsibility, and how to have fun.
8. Never lie to them. Never tolerate any lie from them.
9. Encourage your children to develop their own uniqueness. Don't try to mold their personalities. Let them be who they are and let them become what they want to become, not what *you* want them to become. They have God given talents, gifts and abilities that simply need to be developed with positive encouragement and with love that only a parent can give.
10. Do not overprotect them. Let them make their own mistakes and suffer the consequences. The lesson is in the consequences.
11. They need love more than they need material things.

Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David B. Franks at (847) 854-7700 NOW !

Attention: E. Coli Alert!

Uncooked hamburgers are not the only source of the potentially lethal E. coli bacteria. The Centers for Disease Control and Prevention (CDC) recently said that petting zoos, farms, country fairs, and other sites that allow human contact with farm animals are a factor in the spread of the germ. Farm animals that can carry the bacteria include goats, cows, and chickens. Those at highest risk are children, the elderly, and pregnant women. To reduce the chance of transmission, the CDC recommends:

1. **AVOID hand-to-mouth activities:** such as eating, drinking, smoking, biting fingernails, or sucking on pacifiers when around petting farm animals or when you're near their pens or fences.
2. **MAKE sure to** wash hands immediately after exposure to farm animals.

Are You Trying To Have Children?

Did you know that eating rich ice cream and drinking milk helps reduce ovulation-related infertility? In a **Harvard University** study, researchers found that those who ate at least one portion of high-fat dairy food a day had 27 percent lower risk of ovulation-related infertility than those who ate only one serving a week.

And the more ice cream the women ate, the lower their risk of infertility. A woman eating ice cream two or more times a week had 38 percent lower risk than a woman who ate ice cream less than once a week.

"The idea is not to go crazy and start to have ice cream three times a day," says Dr. Jorge Chavarro of the Harvard School of Public Health.

"But it is certainly possible to have a healthy diet with low saturated fat intake by having one serving of high-fat dairy per day." Women wanting to conceive should consider switching from low-fat to high-fat dairy foods, including ice cream.

What You Really Need to Know About BOTOX!!!

Americans are flocking to "Botox parties" to get injected with Botulinum Toxin- a deadly poison that can perform cosmetic wonders.

Last year, 1.6 million Americans shelled out \$310 million for the wrinkle-smoothing injections, and experts predict the annual total will soon rise to \$1 billion.

But how safe is Botox- and does it really work? The facts are in. If used properly, Botox can truly make people look younger. However, in the wrong hands it can also have unwanted side effects.

"Botox" is a prescription drug that must be used carefully under medical supervision," said Lenore Gelb of the FDA, which has approved Botox in April 2002, for reducing wrinkles. Dr. Rod Rohrich, chairman of plastic surgery at the University of Texas Southwestern Medical Center in Dallas, declared "Botox is safe, simple and effective, but it's not like applying anti wrinkle cream."

He worries that unsuspecting Americans could fall prey to unscrupulous practitioners, and that some people who shouldn't get the injections will.

These Botox parties, usually sponsored by physicians who charge up to \$650 for the injections are "a marketing tool to attract clients. Some doctors even send out invitations to people without first evaluating them for the injections."

And beware – Dr. Rohrich warns that consuming alcohol at a Botox party is more likely to cause bruising at the site of the injection. Harvard-trained cosmetic dermatologist Dr. Jessica Wu, who has a large and growing following among Hollywood stars, recently presided at a Beverly Hills Botox party where only sandwiches and Perrier were served.

While Dr. Wu won't reveal the names of her celebrity patients, she said that she makes regular calls to the sets of TV shows to touch up the cast members. I even made house calls to three actresses before this year's Academy Awards.

(Continue on page 4)

DO YOU HAVE A WILL? If not call, Franks & Rechenberg, P.C. to schedule an appointment for a Will, Durable Health Care Power of Attorney and Living Will. Don't leave home without one.

THE COOKIN' CORNER...For May!
Shrimp with Garlic and Herb Butter
Preparation and cooking time: Preparation time about 10 minutes, cooking time 10 minutes. Serves 2 people.

- ✓ ½ lb. lightly salted butter
- ✓ 1 tbsp. finely chopped parsley
- ✓ 1 tsp. lemon juice
- ✓ 1 drop Tabasco sauce
- ✓ ½ tsp. Worcestershire sauce
- ✓ ½ tsp. freshly ground pepper
- ✓ ½ tsp. sea salt
- ✓ ½ tsp. finely chopped shallots
- ✓ ½ tsp. finely chopped garlic

SHRIMP:

- ✓ ½ lb. (8 to 10) raw shrimp
- ✓ 1 tbsp. butter
- ✓ 2 tbsps. Dry white wine

Soften the butter in the microwave. Whip the butter and all the other ingredients together with an electric mixer, food processor or wire whisk. Set aside.

Preheat oven to broil. Peel and devein shrimp. Butter a flame proof baking dish, just large enough to accommodate the shrimp, in a single layer, with the 1 tbsp. of butter. Arrange shrimp; lightly salt and pepper. Add white wine, place over direct heat and bring to a boil. After the wine boils, turn the shrimp over, allow to cook for less than 1 minute and remove from heat. Be careful not to overcook.

Dot shrimp with 2 tbsps. garlic and herb butter and place under the broiler until the butter melts. Serve immediately.

From the book, Two For Tonight by Jacques E. Haeringer. Published by Bartleby Press, Silver Springs, MD. 20902.

**FREE...FREE...FREE! We Now Have
FREE SPECIAL REPORTS Available To
Answer Most Of Your Legal Questions...**

We'd love to hear from our good friends and clients who enjoy reading our newsletter. If you have a question regarding *car accidents, work injuries, criminal, DUI or traffic* please feel FREE to call our office directly at **(847) 854-7700**

In fact, we've published several Special Reports that you can request at no obligation by calling our office **24 Hours A Day** and leaving a message on our office voice mail.

**Inspirational Thoughts By
Norman Vincent Peale For May
Positive Thinking Every Day!**

- ◆ *At least ten times per day affirm "I expect the best and with God's help will attain the best."*
- ◆ *Formulate a goal; not a fuzzy, vague goal, but one that is sharp, clearly defined, and specific. Pray about it. Hold the image until it sinks into your unconscious. Then give it all you've got of thought, effort, imagination, and innovation.*
- ◆ *Practice hope. As hopefulness becomes a habit, you can achieve a permanently happy spirit.*

**What You Really Need to Know
About BOTOX (Continued)!!!**

Botox works by paralyzing the facial muscles that cause crow's feet and frown lines. The wrinkles vanish in a day or two. All it takes is a few shots across the forehead or around the eyes and patients are set for four to six months.

Then they have to do it again because the wrinkle-smoothing effects of the injections wear off. "It's a miracle drug for baby boomers," said Botox devotee Diana Garo, 51, from Cleveland. "I love the stuff." And 55-year old Jane Krasnow of Washington, D.C., said Botox makes her look 20 years younger. "It's an unbelievable procedure. It's almost like a miracle."

But not everyone who gets the shots is happy with the result, because along with wrinkles, facial expressions vanish too, a horrible handicap for an actor. The trick according to Beverly Hills dermatologist Arnold Klein, is to use Botox sparingly. "You don't want to make people unable to move their faces," said Dr. Klein. Whose patients include Michael Jackson and Cher. "When it's overdone it looks bad."

And for the 28 million Americans who suffer from migraine headaches, Botox can provide immediate and long-term relief.

Kicking The Tires Is Simply Not Enough!

Getting your car's oil changed every 3,000 miles and refilling the windshield wipers are good habits, but your car needs a little more TLC than that. The National safety council offers the following pointers to keep your car in tip-top shape.

- ✓ Inspect tires to see if they are low or flat, and that the treads are not worn out.
- ✓ Make sure there is enough windshield wiper fluid, and that the wipers are functional.
- ✓ Look for leaks underneath the car.
- ✓ Check the side mirrors, turn signals, headlights, taillights, and brake lights for cleanliness and make sure they're not broken.
- ✓ Fully close and lock all doors.
- ✓ Adjust the seat and headrest to your comfort.
- ✓ Have all passengers belt in.
- ✓ Make sure all gauges (fuel level indicator, speedometer, engine) work correctly.
- ✓ Oil level (learn how to use that dipstick).
- ✓ Windshield wiper fluid (make it a habit to keep it at least half full).
- ✓ Tire inflation (tire gauges can be found at gas stations and auto part stores).

Monthly (or before long trips, in addition to above)

- ✓ Check fluid levels for brakes and automatic transmission, and add more if needed. Instructions can be found in your car's owner's manual.

Bi - Annually:

- ✓ Replace brittle or cracked wiper blades.
- ✓ Have your tires rotated.

Expiration Date for Every day Foods...

Here is a helpful guide for when you should toss it

- Mayonnaise**- Unopened, forever; opened 3 months.
- Maple syrup**- Unopened or opened, 1 year.
- Soy sauce**- Unopened, 2 years; opened 3 months.
- Soda**- Unopened in glass bottles or cans, 9 months from "best by" date; opened, doesn't go bad, but tastes funny. Soft drinks in plastic bottles unopened, 3 months from "best by" date; opened doesn't go bad, but also taste funny.
- Ground coffee** - Unopened, 2 years; opened, 1 month in the refrigerator.
- Bottled juice** - Unopened, 8 months from production date; opened 7 days.
- Peanut Butter** - Unopened, 8 months from production date; opened 6 months.
- Bottled salad dressing** - Unopened, 1 year after "best by" date; opened 9 months if refrigerated.
- Olive oil** - Unopened or opened, 1 year.
- Vinegar** - Unopened or opened, 3 ½ years.

Smart Insulin Pen...

(Now There Is More Help For Diabetics)

There's new help for diabetics. Eli Lilly has come out with a computer chip-equipped insulin pen that keeps track of the last 16 dose delivered.

Called the "Memoir," the device helps diabetics maintain their daily insulin dosing schedules. "The concept is beautiful," says Dr. William Hsu of the Joslin Diabetic Center, but he wonders if the pen's \$100 price tag is too expensive for many patients.

The sweet news: Lilly says it will offer coupons to doctors so patients can buy the new pen for \$45.00. The cartridges are sold separately.

David N. Rechenberg Settled another Workers Compensation Wage Differential Case !!!!

In April Rechenberg obtained a very favorable wage differential settlement for an injured worker (the present value of wage differential benefits for life).

David N. Rechenberg will get you the big money from your personal injury case! Call today to schedule an appointment for a free audit of your case!

TV Makes Kids FAT!!!

Shut off that tube! TV viewing is a major culprit behind the epidemic of childhood obesity sweeping America, according to a study of 3-year-olds.

Researchers found that children consume 46 extra calories for every hour they spend watching television, mostly with more fruit juice and junk food. These early eating habits can lead to full-blown obesity by the early teens, warns Dr. Matthew Gillman, director of the Obesity Prevention Program at Harvard.

Experts all agree that no more than two hours of screen time per day.

FREE...FREE...FREE!!! Do You Have Questions To Certain Legal Issues That You Need Answered?

We love to hear from all our good friends and clients who enjoy reading our monthly newsletter. If you have a question regarding *car accidents, on the job injuries, criminal, traffic, or DUI* please feel FREE to give us a call at (847) 854-7700 In fact, we've published several Reports on these topics that you can request for FREE by simply calling our office and asking for **Marlo** She'll send you or a friend one of our informative Special Reports for FREE!

Diesel Fumes Linked To Ovarian Cancer

Warning: If you are a women driving behind a diesel truck hold your breath! Scientists in Finland report that women who are regularly exposed to diesel fumes have more than 3.5 times the risk of ovarian cancer.

If you work around diesel trucks, drive a diesel car, or have a history of ovarian cancer in your family, speak to your doctor about doing an ultrasound exam to check for the disease.

"Watch a Great Movie or Stay At Home and This Weekend...Bill Harris tells you what's HOT and what's NOT!"

Hollywood movie reviewer Bill Harris of cable's E! Entertainment Television has spent years on ShowTime, "Entertainment Tonight" and "At The Movies." His syndicated radio show features air nationwide. NOW, TV's number one authority presents his written review.

Pride (PG)

More than just another sports movie "based on true events," **Terrence Howard** plays a 70s teacher and former competitive swimmer out to organize an inner city swim team in a tough Philadelphia hood. With **Bernie Mac** as a gruff old-timer who quickly dives into help, and **Kimberly Elise** as a teammate's sister a little suspicious of Howard (at first). Terrence complains he "wasn't ripped," but looks great.

The Last Mimzy (PG)

Two TV favorites go sci-fi, as **Rainn Wilson** ("The Office") and **Joely Richardson** ("Nip/Tuck") star in the tale of two youngsters who discover a mysterious box with some strange devices they think are toys. But as they play with them, they seem to get smarter, growing beyond genius.

The younger child tells mom that a stuffed rabbit named Mimzy "teaches me things." When a major blackout shuts down the area and things spin out of control, the kids say that Mimzy has a serious message from the future. *Hmmmmmm*. Probably better listen. As Joely tells us, there are "no big scares or cheep gags to make you jump." Co-stars include Timothy Hutton, Michael Clarke Duncan and two sensational kids.

Now On DVD

Rocky Balboa

Sylvester Stallone said it was "50 times harder to make than the original," as American's favorite heavyweight champ climbs into the ring one more time.

ARRESTED FOR A CRIME? Don't know where to turn? Help is just a phone call away ! Call Franks & Rechenberg, P.C. at (847) 845-7700.

Going To Work Sick Is Bad For Your Heart

Going to work when you're sick could be deadly. Researchers at the University College of London found that employees who went to work with even a slight fever or cold could put their hearts under tremendous strain.

Of the 10,000 civic servants studied in a 10 year period, about a third of those who were ill but showed up to do their jobs anyway, had twice the risk of coronary heart disease.

"People think they are doing good," says Prof. Sir Michael Marmot, "when in fact, they are increasing their risk of an early death."

What You Should Do In Case Of A Car Accident - Safety Tips To Remember!

If you're ever in a car accident here are some safety tips that can save your life and protect your family.

1. **DON'T** make any sudden moves to your head and neck. You may have sustained a serious injury that could be aggravated by sudden movements.
2. **TURN** the engine off **IMMEDIATELY!**
3. **MAKE** sure that everyone in your car is conscious and hasn't sustained any cuts or lacerations.
4. **IF** you have small children in the car make sure that they're OK.
5. **IF** you have a cell phone **call 911** for help.
6. **IF** you smell gas fumes get out of your car at once.
7. **BEFORE** getting out of your car make sure that no other car is coming.
8. **IF** you're OK to get out of your car check on the other driver.
9. **IF** you don't have an auto accident handbook, please contact our office and we'll send you a **FREE** copy! Make sure to call **TODAY!**

A Word Of Thanks...And A Great BIG Welcome To Our Family!

I would like to welcome the following new clients to our firm and "Thank You" for being our client. If you would like to receive a **FREE** Auto Accident Handbook just call our office at (847) 854-7700. When you call for your booklet, make sure to get one for each car in your family. It's a great idea to have one in every car.

Congratulations To Our Client Of The Month!

Every month, we choose a very SPECIAL client. It's our way of acknowledging our great clients and saying thanks to those who support our firm by telling others about us.

This month's Client of the Month is Betty Hendrix. We're treating Betty Hendrix and her Husband to the movies!

Do You Realize What You're Saying To Your Kids?

Hey son, you wanna light my cigarette? Could you dump the ashtray while you're at it?

Turns out that parents who ask their children to perform such tasks are unknowingly encouraging them to try smoking, according to a year long study that surveyed more than 3,600 seventh graders in San Diego.

The study found that more often than not, parents were not aware they had their children bring them cigarettes, 25% of the parents said yes, but when the children were asked the same question, the figure was decidedly greater at 59%. When children have easy access to cigarettes or believe they are doing something good by lighting a parent's cigarette, the risk of their smoking increases, Dr. Rafael Laniado told a conference of American College of Chest Physicians in San Diego.

Mission Statement

It the mission of Franks & Rechenberg, P.C. to continuously earn our reputation as a pre-eminent local law firm by always providing our clients with responsive, zealous, cost-effective and highly competent legal service and representation, in a professional, courteous and respectful manner.

www.FnRlaw.com

Is DIVORCE in your future? If so, call Franks & Rechenberg, P.C. at (847) 854-7700 to protect your children and yourself before it is too late!

TidBits for Today...!

is a FREE monthly newsletter from your friends at

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What's Inside?

1. How To Keep Your Kids Safe.....(Page 1)
2. 11 Secrets For Raising Successful Kids....(Page 2)
3. What You Need to Know About BOTOX!...(Page 3)
4. More Help For Diabetics.....(Page 5)

The *Answers* To These And Many Other
Questions Are Inside The **May 2007** Issue!