

6 Flat-Belly Foods For Summer

As summer goes into full swing and the weekends at the beach grows louder, we have plenty of reasons to slim down in a hurry! But with all of the neighborhood barbecues, pool parties, and vacations come a slew of dubious dietary intruders — it's like the world is against you having six pack abs (for the guys) and sexy curves (for the ladies), and we're all grabbing the large fries to go with our crispy clam strips.

(And oh, make sure to save some room for a double scoop waffle cone later with the crushed peanut butter cups on top!) The problem is, there couldn't be a worse time to lose control of your waistline; showing a little skin is one thing, turning into the a jiggle juggernaut is quite another.

To combat the cravings and the extra poundage that comes during the summer months, here are eight best foods to eat every day to keep you fit and trim. Beyond being packed full of life-extending, disease-fighting nutrients, these foods will also help keep you feeling full, because they're loaded with fiber and protein, the sultans of satiety.

Find a way to work these high powered super-foods into your diet everyday, and you'll curb cravings before they hit, crowding out much of the junk we turn to when hunger calls. The result could mean saving 600 calories (or more) per day. Couple that with 30 minutes of moderate exercise, and you can shed as many as 12 pounds in six weeks — just in time to strut your stuff on the beach!

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Joke Of The Month...

Why Don't Blind People Like To Sky Dive?

...Because It Scares The Dog!!

Tell Your Friends 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 idea to help your friends and loved ones enjoy the most out of life.

Independence Day Pops

Recipe Ingredients:

- 1) 3 cups of vanilla yogurt
- 2) Red food coloring
- 3) Blue food coloring
- 4) Waxed paper
- 5) Sugar cones
- 6) Popsicle sticks

1. To make a half dozen pops, tint 1/2 cup of the yogurt with red food coloring and 1 1/2 cups with blue food coloring. Leave the rest plain.

2. Make waxed paper cone liners by folding six 12-inch square sheets into triangles, wrapping each around a sugar cone, and using tape to hold the shape. Then place the paper cones inside the sugar cones.

3. Fill each cone with 1 tablespoon red yogurt, followed by 2 tablespoons white yogurt, then 3 tablespoons blue yogurt. Insert a Popsicle stick and freeze the pops until firm, about 4 hours, using the cone box to keep them upright (as shown).

INJURED ON THE JOB ? Need to get your Bills PAID? **What is your case worth?** CALL David N. Rechenberg at **(847) 854-7700** so he can start working on your case right away!! **Rechenberg** just settled a wage differential case for \$250,000.00

6 Flat-Belly Foods For Summer

1. Spinach

It may be green and leafy, but spinach is no nutritional wallflower. This noted muscle-builder is a rich source of plant-based omega-3s and folate, which help reduce the risk of heart disease, stroke, and osteoporosis. Bonus: Folate also increases blood flow to the nether regions, helping to protect you against age-related sexual issues. Aim for 1 cup fresh spinach or a half cup cooked per day.

Here Are Some Great Ideas: Make your salads with baby spinach; add spinach to scrambled eggs; drape it over pizza; mix it with marinara sauce and then microwave for an instant dip.

2. Yogurt

Fermentation spawns hundreds of millions of reinforcements for the battalions of beneficial bacteria in your body. That helps boost your immune system, provides protection against cancer, and even does duty as a cavity-fighter. Not all yogurts are created equal, though, so make sure the label says “live and active cultures.” And watch out for high-fructose corn syrup; stealth sugars are worth avoiding in yogurt and everywhere else.

Here Are Some Great Ideas: Yogurt topped with blueberries, walnuts, flaxseed, and honey is the ultimate breakfast — or dessert. Plain low-fat yogurt is also a perfect base for creamy salad dressings and dips.

3. Tomatoes

There are two things you need to know about tomatoes: Red are the best, because they’re packed with more of the antioxidant lycopene, and processed tomatoes are just as potent as fresh ones, because it’s easier for the body to absorb the lycopene. Studies show that a diet rich in lycopene can decrease your risk of bladder, lung, prostate, breast, skin, and stomach cancers, as well as reduce the risk of coronary artery disease. Aim for 22 mg of lycopene a day, which is about eight red cherry tomatoes or a glass of tomato juice.

Here Are Some Great Ideas: Dress sliced heirloom tomatoes with torn basil and olive oil; guzzle low-sodium V8 and gazpacho; roast cherry tomatoes and serve over grilled fish or chicken.

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!!

4. Carrots

Most red, yellow, or orange vegetables and fruits are spiked with carotenoids — fat-soluble compounds that are associated with a reduction in a wide range of cancers, as well as a reduced risk and severity of inflammatory conditions such as asthma and rheumatoid arthritis — but none of them is as easy to prepare, or have as low a caloric density, as carrots do. Aim for a half cup a day.

Here Are Some Great Ideas: Snack on baby carrots; grate raw carrots into salad; toss a carrot into a breakfast smoothie with frozen mango and OJ; roast carrot chunks with olive oil, salt and cumin.

5. Blueberries

Host to more antioxidants than any other North American fruit, blueberries help prevent cancer, diabetes, and age-related memory changes (hence the nickname “brain berry”). Studies show that blueberries, which are rich in fiber and vitamins A and C, also boost cardiovascular health. Aim for 1 cup fresh blueberries a day, or a half cup frozen or dried.

Here Are Some Great Ideas: Mix fresh blueberries into plain yogurt; blend with ice, yogurt, banana, and OJ for a 60-second smoothie; toss with baby spinach, red onions, goat cheese, and raspberry vinaigrette for a summer salad.

6. Black Beans

All beans are good for your heart, but none can boost your brain power like black beans. That’s because they’re full of anthocyanins, antioxidant compounds that have been shown to improve brain function. A daily F&R half-cup serving provides 8 grams of protein and 7.5 grams of fiber, and is low in calories and free of saturated fat.

Here Are Some Great Ideas: Wrap black beans in a breakfast burrito; use both black beans and kidney beans in your chili; puree 1 cup black beans with 2 Tbsp olive oil and roasted garlic for a healthy dip; add favas, limas, or

DO YOU WANT THE STATE TO DECIDE HOW TO DISTRIBUTE YOUR ASSETS AND WHO SHOULD BE THE GUARDIAN OF YOUR CHILDREN IF YOU DIE? If not, call Franks & Rechenberg, P.C. (847) 854-7700 to schedule an appointment for a Will, Durable Health Care Power of Attorney and Living Will. Don’t go on vacation without them.

How to Throw An Awesome Fourth of July Mega Bash They Will Never Forget!

What better way to enjoy the Fourth of July than a festive barbecue? So break out the watermelon, shuck the corn on the cob and fire up coals to celebrate Independence Day in style.

Things You'll Need:

1. Baseballs
2. Flying Discs
3. Patriotic CDs
4. Barbecue Grills
5. Party Supplies
6. Footballs
7. CPSC- Approved Fireworks
8. American Flags
9. Coolers
10. Summer Time Foods
11. Croquet Set
12. Sunscreen
13. 4th Of July Party Supplies
14. Insect Repellents

Step 1: Send out invitations as soon as possible.

Step 2: Make the party a family affair by inviting friends and their kids and ask everyone to wear red, white and blue.

Step 3: Decorate with a patriotic theme. Purchase tablecloths, plates, cups and napkins in red, white and blue. Remember to mix and match.

Step 4: Play patriotic music, such as "Yankee Doodle Dandy," "America the Beautiful" and - of course - Sousa marches, especially "The Stars and Stripes Forever."

Step 5: Serve "all-American" foods such as hamburgers, hot dogs, potato salad, deviled eggs, corn on the cob, watermelon, lemonade, apple pie or gelatin desserts made in patriotic colors. Have a small supply of tofu dogs or veggie burgers for any vegetarians in the group.

Step 6: Stock a cooler with cold drinks and consider making fresh-squeezed lemonade or a big batch of iced tea.

Step 7: Play games like baseball, croquet or Capture the Flag with teams comprised of adults and kids. Give small party favors (such as mini-American flags) to the team members who win.

Step 8: Have your barbecue early in the afternoon. Afterwards, take the group to a fireworks show, symphony concert or other community event nearby.

Secrets For Living Longer

Lucille Ball once said: *"The secret to staying youthful is to live honestly, eat slowly and lie about your age."*

In ancient Rome, a newborn child could expect to live to 22. In the 1900's, in the US, 49 was the average life expectancy. In 1991, the average life expectancy was 75 years. With these statistics in mind, you can see how quality of life has become increasingly important. Good health is an important factor in quality of life, and proper nutrition is vital for continuing good health.

Many Americans consume too many calories and too much fat, cholesterol and sodium. Such diets are a major cause of America's high rate of obesity and diseases such as heart disease, high blood pressure, stroke, diabetes and some forms of cancer. Here are **five factors** - called biomarkers - that can help you live a lot longer, while having a higher quality life.

1. Diet: As the body ages, it requires fewer calories. Men and women 55 and older need 150 to 200 fewer calories per day than those younger than age 55. This decrease may be due to a natural decline in metabolic rate and/or decreased physical activity. However, the need for essential nutrients does not change. Thus, there is not much room for high calorie, low nutrient foods. According to the USDA's Human Consumption Survey, those over 55 were found to consume less than 70% of the RDA for B6, B12, calcium, magnesium and vitamin A.

2. Lean Body Mass (LBM): Lean body mass, or muscle mass, generally decreases at a rate of 2% per decade after age 40. When LBM decreases, disuse syndrome occurs, resulting in obesity, fragility, depression and decreased cardiovascular function.

3. Body Fat Percentage: Keeping body fat down and lean body mass up is important in preventing injury and disease.

4. Aerobic Capacity: Exercise aerobically at least 3 times a week, keeping the heart rate at about 70% of maximum for 30 minutes or longer.

5. Strength: Weight bearing exercise is especially important in reducing the risk of osteoporosis. Dr. Bill Evans studied a group of people at age 90 who needed assistance with daily tasks and had a history of falling. Dr. Evans had the group lift 80% of their one repetition maximum weight for an eight week period. After eight weeks, the group increased muscle strength by 60% and increased LBM by 10%.

THE COOKIN' CORNER...

Bold and Spicy Steak with Chipotle Butter

A marinade of chipotle peppers blended with A.1. Original Steak Sauce gives these rib eye steaks bold Southwestern flavor.

INGREDIENTS

3/4 cup A.1. Original Steak Sauce
4 (8 ounce) boneless beef ribeye steaks
2 tablespoons lime juice
3 tablespoons chipotle peppers in adobo sauce,
chopped, divided
1/3 cup butter, softened

DIRECTIONS

Mix steak sauce, lime juice and 1 tablespoon of the chipotle peppers until well blended. Remove 1/2 cup of the steak sauce mixture for brushing onto steaks as they cook. Pour remaining steak sauce mixture over steaks in large re-sealable plastic bag; seal bag. Turn bag over several times to evenly coat steaks. Refrigerate 30 minutes to marinate.

Meanwhile, mix butter and remaining 2 tablespoons chipotle peppers until well blended; cover. Refrigerate until ready to use.

Preheat grill to medium heat. Remove steaks from marinade; discard bag and marinade. Grill steaks 8 to 10 minutes for medium-rare to medium doneness, turning occasionally and brushing with the reserved steak sauce mixture. Remove steaks from grill; cut in half. Top with the butter mixture before serving.

FREE Monthly T-Shirt Contest !!

Every issue of Tidbits for Today will have hidden inside the newsletter an "F&R" (including this issue). The first person to call our office and correctly identify where the "F&R" is located in the newsletter will win a stylish Franks & Rechenberg, P.C. T-shirt. One winner per household per year. GOOD LUCK!!
June's T-Shirt winner was **Karen Flemming**
Congratulations to **Karen** !
What a fine addition to her wardrobe and just in time for the summer fashions.

Inspirational Thoughts For July... *Positive Thinking Every Day!*

"Stop focusing on what you do not have, and shift your consciousness to an appreciation for all you are and all that you do have."

– Wayne Dyer

"The negative principle negates. The positive principle creates. The negative principle doubts. The positive principle believes. The negative principle accepts defeat. The positive principle goes for victory."

– Norman Vincent

Peale

"Loyalty is something you give regardless of what you get back, and in giving loyalty, you're getting more loyalty; and out of loyalty flow other great qualities." - Charles "Tremendous"

Long Distance Relationships

When it comes to developing relationships with potential mates, if the distance is only a couple of hours travel time, it should not be much of a problem in this day and age of fast-speed travel to develop a healthy, lasting relationship.

If the distance involved is half way around the world, then you may have problems developing a lasting relationship with someone you want to be significant unless you have a big budget. Long distance relationships seldom work out as it is difficult to get to know another individual without spending some time with them.

If you are unable to spend time together with someone you feel could be your significant other, you may consider relocating (which you would have to do should you decide to marry) or look around for someone else closer to home.

Sometimes we get fooled into wanting what we know we can not have and end up putting that person on a pedestal and are blinded to the real person. If he or she is unreachable, find someone who is reachable that you can spend time with and get to know.

DIVORCE IN YOUR FUTURE? Need to protect your assets? Help is just a phone call away! Call Franks & Rechenberg, P.C. at (847) 854-7700.

Finding A Babysitter

Let's face it, regardless of how much you love your children, there are times when you need to leave them in someone else's care while you go to work, run errands, go to the doctor, or even take a stress break. Since your world pretty well revolves around your children right now, you don't want to leave them with just anybody. Hopefully you can find someone who loves children and welcomes the opportunity to share their life with them for a few hours. (Yes, there are plenty of people like that.) Get recommendations from friends, neighbors, or coworkers. Youth groups at church or school are good places to find teens looking to earn some extra cash. Conduct an interview with potential babysitters with your children present to see how the babysitter interacts with your children. If they don't take an interest in your child, keep looking.

Tips For Handling Your Ex-Spouse (Don't Expect Too Much)!

Be realistic in your expectations. You were married to this person and probably know them better than they know themselves. Therefore you can probably predict their behavior and response to certain situations. Don't deliberately try to antagonize or upset the other person to get revenge.

Learn the true meaning of forgiveness and get on with your life. If you harbor un-forgiveness and bitterness, it will hinder your future. Let go of the past and look forward to the future.

Give your ex time for his/her wounds to heal. Don't expect too much from them. Take it one step at a time and try to work toward a harmonious relationship for your children's sakes.

Sometimes you may be able to compromise on issues, other times you may have to agree to disagree, but try to find a workable solution. Just don't expect too much cooperation too soon. Be sincere at all times and don't play games!

How To Deal Effectively With Stress

Your body cannot tell the difference between a positive or negative stressor. In either case, your body experiences the same stress effects. If you are not able to let off steam and relax, these effects can be harmful. You may feel tired, depressed, or anxious. You may experience physical symptoms such as a clenched jaw or backache. During periods of stress, take care of yourself by getting plenty of rest, eating healthy, exercising, and relaxing without alcohol or drugs. Your body will thank you for it.

To help keep things in their proper perspective, it may help to make a list of things that are most important to you and that you consider to be priorities in your life. Some suggestions: spending quality time with someone you care about (like your children), physical exercise for you and your children's health, and quiet times to meditate/pray to assist you in keeping your priorities in order. Having the latest fashions or the cleanest home are not priorities.

Relax and pay attention to your breathing. Breathe in slowly, breath out, and pause. Slowly repeat. Direct your awareness away from whatever is going on in the outside world. Tune into the out-breath, and visualize the tension and stress flowing out of you. It may take 10-15 minutes at first to get into a deep relaxed state, but with practice, it can be accomplished in a minute or two.

Resolve to start each day with a clean slate. Before your day ends, find a way to release any built-up stress that has accumulated during the day. Take a brisk walk, shoot some hoops with your child, go for a daily run, or spend time in prayer/meditation.

Physical exertion helps your body cope by rushing fresh oxygen into your body and releasing harmful stressors that have accumulated. Stress can accumulate in your body and cause serious illness and weaken your resistance to infections. So, dump the stress *daily*.

Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David Franks at (847) 854-7700 NOW! www.Illinois-DUI-Counsel.com
Find out the only three (3) legal field sobriety tests

Sleep Deprived Kids

Many kids today are not getting enough sleep, as evidenced by kids falling asleep on the school bus and having difficulty focusing on assignments in class. When they are not walking around like a zombie, they are acting up and acting out.

These kids are often mistaken as having attention deficit disorder (ADD) and given stimulants. If your child is showing symptoms of ADD, you may want to monitor how much sleep your child is getting. Try increasing their sleep time to 8-9 hours a night and see if their behavior improves.

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 client newsletter. If you have a question regarding *car accidents, work injuries, dog bite cases, criminal defense, or DUI* please feel FREE to call us 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 voice mail. We'll send you or a friend our Special Report for FREE!

Stop Looking For The Ideal Mate!

Trying to find an ideal relationship is worse than looking for a needle in a haystack. Rather than spending time and money on personal ads and dating services, try investing your time and energy into things you enjoy doing.

Many good relationships happen by chance meetings at the grocery store, auctions, PTA meetings, soccer and baseball practices and games, etc. Pursue a hobby and an activity you enjoy. Who knows, you may find your ideal partner out there on the walking trail or browsing the museum. Let love find you where you are, just make sure you are out there and not sitting at home!

Personal Goal Setting Find Direction – Live Your Life Your Way

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn this vision of the future into reality. The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that would otherwise lure you from your course.

More than this, properly-set goals can be incredibly motivating, and as you get into the habit of setting and achieving goals, you'll find that your self-confidence builds fast.

Achieving More With Focus:

Goal setting techniques are used by top-level athletes, successful business-people and achievers in all fields. They give you long-term vision and short-term motivation. They focus your acquisition of knowledge and help you to organize your time and your resources so that you can make the very most of your life.

By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals. You can see forward progress in what might previously have seemed a long pointless grind. By setting goals, you will also raise your self-confidence, as you recognize your ability and competence in achieving the goals that you have set.

Starting to Set Personal Goals:

Goals are set on a number of different levels: First you create your "big picture" of what you want to do with your life, and decide what large-scale goals you want to achieve. Second, you break these down into the smaller and smaller targets that you must hit so that you reach your lifetime goals. Finally, once you have your plan, you start working to achieve it.

We start this process with your Lifetime Goals, and work down to the things you can do today to start moving towards them.

ARRESTED FOR A CRIME? Worried about what will happen? Need Answers? Call David Franks at (847) 854-7700. He is a former Assistant States Attorney in McHenry and Cook County.

If You Or Someone You Know Has Recently Been In A Car Accident And Would Like To Increase The Value Of The Case...Read THIS!

IT'S TRUE...Allstate's (auto insurance giant) own documents show that, "consumers with attorneys filing claims against Allstate receive 2-3 times more in awards!"

"NOT represented \$3,464.00, represented \$7,450.00!" Your insurance adjuster might **NOT** have told you EVERYTHING when you signed legal documents. *Don't let this happen to you!* Just call our office at (847) 854-7700 and ask for David N. Rechenberg for a free audit of your case.

Grilling Tips For The 4th of July

- 1) Be sure your grill is hot enough before starting.
- 2) Grill meat and veggies about 4 inches from heat source and chicken about 6-8 inches away.
- 3) To add more flavor, try adding pre soaked chunks of natural hardwoods like Hickory.
- 5) Make sure grill is clean before cooking.
- 6) To prevent sticking, brush or spray a light coating of oil on grid.
- 7) If your grill has a top, close it to allow smoke to add it's flavor.
- 8) To keep poultry from drying out, grill with bone in and baste continuously.
- 9) Poultry dark meat takes longer than white meat so start it sooner.
- 10) Sear chicken on the skin side first.

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. Also call for our Construction Injury brochure.

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 **Dulce Juarez**. We're treating **Dulce** and her husband **Juan** to the movies!

How To Build Self-Esteem In Your Kids

Be honest and sincere in your praise. Focus on things your child has done well and provide encouragement in areas that could use some improvement. Affirm that you know they have the capability to do something, but it is like learning to ride a bicycle or learning to play a musical instrument, some things just take practice.

Find something noteworthy to praise, just don't praise everything. Praise them for doing a good job in making their bed, cleaning their room, or emptying all the trash as instructed.

Praise a good grade or improved performance on a test, or homework. Notice the little things, such as the good choice he/she made in coordinating that day's outfit, or opening the door for you. Both of you will feel better and it will encourage similar choices in the future.

Don't however constantly tell them how cute or handsome they are (especially if they really are) or they will become overly concerned about their appearance and conceited. Focus on their character, not their beauty.

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

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!

TidBits for Today...!

is a FREE monthly newsletter from your friends at :

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**“The Answers To These And Many Other Questions Are
Inside The July 2008 Issue!”**