

Happy Father's Day

Any Man Can Be a Father, But It Takes A Special Person To Be Called Dad.

The idea for creating a day for children to honor their fathers began in Spokane, Washington. A woman by the name of Sonora Smart Dodd thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909.

Having been raised by her father, William Jackson Smart, after her mother died, Sonora wanted her father to know how special he was to her. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19th of June, 1910.

In 1926, a National Father's Day Committee was formed in New York City. Father's Day was recognized by a Joint Resolution of Congress in 1956. In 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June. So Father's Day was born in memory and gratitude by a daughter who thought that her father and all good fathers should be honored with a special day just like we honor our mothers on Mother's Day.

Joke Of The Month...

Knock – Knock...

Who's there?

Police.

Police who?

Police let us in; it's cold out here!

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 Marlo or Chris 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.

Taming The Late-Night Munchies...

For some, eating right goes well all day...until the after-dinner snacking starts and a perfect day is ruined by a bowl of ice cream or too many handfuls of chips. People who struggle to manage their weight, often say that late night munchies is their biggest challenge. In order to conquer this challenge you must first start by tackling the late-night hunger bug by realizing what drives you to eat late and then determine the best strategy for either changing your behavior or simply dealing with it.

Here Are Three Major Reasons for Late Night Munchies:

1) **You're Bored**

You may be bored or dealing with another emotion like depression, stress, sadness, and use this time to have an all out party with food.

2) **Restricted Caloric Intake**

You have restricted your calories so much during the day that you are famished and have to eat NOW!

3) **Taboo**

The psychological nature of "dieting" prompts you to feel as if late-night eating is "off limits," which in turn, creates an intense desire to eat even more. Sometimes when we tell ourselves we can't have something, it drives us to want it even MORE!

INJURED ON THE JOB ? Need to get your Bills PAID? **Want to turn your injury into Cash? What is your case worth? CALL David N. Rechenberg at (847) 854-7700** so he can answer all your questions and start working on your case right away!!

Early Jobs of Famous People

Sylvester Stalone the lion cage cleaner:

Sylvester Stalone, always the tough guy, was once employed as a lion cage cleaner. At fifteen, his classmates voted him the one "most likely to end up in the electric chair." In the 1960s, Stallone attended the University of Miami for three years. He came within a few credit hours of graduation, before he decided to drop out and pursue an acting career.

Rod Stewart was a grave digger:

Rod Stewart is the youngest of five children and was born in High gate, North London to parents who owned a newsagents shop there. Minutes before Stewart was born, a German V-2 rocket scored a direct hit on Highgate Police Station just down the street. Rod Stewart had trials with the football clubs Celtic, and Brentford (based in West London). He then worked as a grave digger. He soon switched to a career in music joining folk singer Wizz Jones in the early 1960s as a street singer traveling around Europe; this resulted in his being deported from Spain for vagrancy.

Jennifer Lopez, the legal assistant:

Long before Jennifer Lopez sang, danced and acted her way to superstardom, she briefly traded in her velour tracksuit for a suit of the pin-striped variety while working at a law office.

Oprah Winfrey, the young reporter:

Oprah Winfrey was born in Kosciusko, Mississippi, to a Baptist family. Her parents were unmarried teenagers. Winfrey's grandmother taught her to read before the age of three and took her to the local church, where she was nicknamed "The Preacher" for her ability to recite Bible verses. Winfrey was self-helping her way to the top long before the world ever heard of Dr. Phil. Arriving at a radio station to collect a watch she had won through a promotional contest, a 16-year-old Winfrey read for producers and secured herself a spot as an on-air reporter earning \$100 per week.

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 the positive comments and referrals from people just like you. We just couldn't do it without you. Please keep the referrals coming!!

Famous People with Dyslexia and other Learning Disabilities and/or AD/HD

Did you know that many successful and famous people grew up with learning disabilities (LD) and/or Attention-Deficit/Hyperactivity Disorder (AD/HD)? Actress Whoopi Goldberg, business leader Charles Schwab, and Olympic diver Greg Louganis, to name a few, are all inspirations. If you have a child that is diagnosed with learning disorder now would be a great time to share some of these wonderful stories. I would like for you to talk with your kids about some of these great people who have made it against all odds. This will help them to understand that they're not alone with there struggles and will foster hope for a bright future.

ARTISTS & ARTISANS...

Chuck Close is one of the nation's most celebrated contemporary artists.

Andrew Dornenberg an award-winning chef says that cooking "saved" him from his struggle with dyslexia. Sculptor **Robert Graham** struggled with dyslexia. His wife, actress Angelica Huston, explained, he didn't realize he had a form of dyslexia until his own son was diagnosed. But Robert's artistic gift immeasurably outstripped his difficulty."

Tommy Hilfiger is an internationally-known fashion designer.

ATHLETES ...

Billy Blanks, world class martial artist and television and movie actor, has created a foundation to promote self-sufficiency among high-risk women and children.

Terry Bradshaw, former NFL quarterback, now host of Fox's NFL pre-game show, recently wrote a book in which he reveals that he has AD/HD.

Scott Eyre, San Francisco Giants pitcher, was diagnosed with AD/HD at 30. (Continued on page 3)

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 leave home without them.

Famous People with Dyslexia and other Learning Disabilities and/or AD/HD

Bruce Jenner, 1976 gold medalist in the Olympic decathlon, is described as the "World's Greatest Athlete."

Greg Louganis, received an Olympic gold medal in diving in the 1984 and 1988 games and advocates for AIDS awareness.

John E. Morgan, PGA champion, was bullied as a kid because of his learning disabilities.

Neil Smith, NFL professional football player, is defensive end for the San Diego Chargers.

Jackie Stewart is a race car driving champion who has been inducted into the Grand Prix Hall of Fame.

BUSINESS LEADERS...

Richard Branson, is an enormously successful entrepreneur and founder of 150 enterprises that carry the Virgin name, such as Virgin Airlines.

John T. Chambers, CEO of Cisco Systems, has revolutionized the technology industry and is recognized as one of the most fascinating business leaders of our times.

Barbara Corcoran, founder of one of New York City's largest residential real estate agencies, recently authored "Use What You've Got & Other Business Lessons I Learned from my Mom."

Ingyar Kamprad, Swedish founder and chairman of IKEA stores, claims he adapted the inner workings of his business to compensate for his dyslexia.

Charles Schwab, is the founder, chairperson, and CEO of the Charles Schwab Corporation, the largest brokerage firm in the U.S. He also has dyslexia.

Donald Winkler, CEO of Ford Motor Credit, has inspired businesses to overcome obstacles to success. He actively supports individuals with LD.

ENTERTAINERS & CELEBRITIES

Princess Beatrice of England, daughter of Prince Andrew and fifth in line to the throne, speaks out about dyslexia.

Singer **Tony Bennett**, best known for his hits Rags to Riches, Fly Me to the Moon, and I Left My Heart in San Francisco is a 2005 Kennedy Center honoree and the recipient of 12 Grammy Awards.

Four Quick Diet Tips To Turn Things Around

Tip #1: Get More Fiber

A diet high in fiber is going to be one low in calories and high in satisfaction. Fiber has zero calories and slows the digestion process. Eating high fiber foods keep you feeling full longer, making weight control much easier. Choose high fiber F&R foods such as 100-percent whole grain bread and pasta, green vegetables, legumes and bran cereal. Women need at least 25 grams of fiber each day and men need at least 38 grams of fiber each day.

Tip #2: Eat Fresh Fruits and Vegetables

Have you been giving into sugar cravings and eating candy, ice cream, cookies and other high calorie sweet treats? Dump the sugar and satisfy your sweet tooth with fruits. If a bowl of strawberries doesn't seem sweet enough to you, go ahead and sprinkle a teaspoon of sugar on the top. Adding a teaspoon of sugar will only add 16 calories and the strawberries will give you lots of vitamin C and fiber, plus phytochemicals that will help to keep you healthy. Don't forget to eat fresh vegetables, too. Scoop up your favorite dip with fresh, crisp vegetables instead of greasy potato chips.

Help For The Incurable Procrastinator

"You don't have to see the whole staircase, just take the first step." - **Martin Luther King, Jr.**

The ability to get things done and overcome procrastination is one of the most important skills to master if you wish to attain good mental health. The point is not just to check things off your "To Do" list, but to make sure you're doing the things which are most important and not just urgent or things which make you "feel good."

New purposes are revealed to you as new tasks are placed before you. And by responding to the needs of life around you, whether it be a hungry bird or a thirsty tomato plant, you'll find your place in the interdependent web of life. A web in which you are not the center (which is easy to forget), but a key participant. The ripples of your action reverberate throughout the universe. Take action and come join the dance.

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.

Stocking Up A Healthy Pantry...

You may be tempted to order takeaway if your pantry is bare and you can't face the thought of going to the supermarket. The secret is to stock long-life ingredients that can be combined in any number of ways to create interesting dishes. Suggestions include:

- 1) Buy extra of long lasting vegetables like potatoes, carrots and onions, which can form the basis of soups or casseroles.
- 2) Stock plenty of dried pasta, such as spaghetti, fettuccine, macaroni and spiral varieties.
- 3) Keep a selection of other long-life carbohydrates like rice (stock different varieties such as white, brown, arborio and jasmine), Asian-type dry noodles, lentils and couscous.
- 4) Use tinned tomatoes, tomato paste, tinned corn and other vegetables (look for 'no added salt' varieties) for pasta sauces, soups or casseroles.
- 5) Stock a range of canned meats including tuna, salmon, ham, crab meat, sardines, beef and chicken.
- 6) Keep tins of legumes on hand (for example kidney beans, three bean mix, chick peas).
- 7) Include canned and packet soups.
- 8) Have a stock of oils and vinegars including olive oil, sesame oil, balsamic vinegar and red wine vinegar.
- 9) You can make a wide range of salad dressings or marinades with these ingredients if you include a dash of herbs and lemon juice.
- 10) Stock dried herbs including basil, coriander, mint, thyme, oregano and mixed herbs.
- 11) Useful condiments include tomato sauce, mustard, mayonnaise, relish, stock cubes, ready-made stock, soy sauce and chilli sauce.
- 12) Dried goods to stock include pine nuts, curry powder, sun-dried tomatoes and shiitake mushrooms.

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 defense or DUI* please feel FREE to call our office directly at

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 For Being Positive Everyday!

"The attitude you take toward problems and difficulties is far and away the most important factor in controlling and mastering them."

Rev. Norman Vincent Peale

"Stamp CANCEL on any self-defeating image you place in your head. If you think "poor me" thoughts, CANCEL those thoughts for the moment and begin to think in some kind of self-enhancing way."

Dr. Wayne Dyer - Speaker and Author

"Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored." **Earl Nightingale - 1921-1989, Radio Announcer, Author and**

Survival Tips For Those Late Night Munchies

To combat those cravings, here are some real-life survival tips for winning the war on the munchies.

- 1) When you feel the tug to comfort yourself with a late-night snack, investigate other things you consider comforting: reading a good book or even going to bed early.
- 2) Picking a low-fat snack is a sound idea like: graham crackers, yogurt, and fat-free pretzels. However, many note that it's important to take out the portion and walk away from the container before eating.
- 3) Other ways to monitor your behavior include "closing" the kitchen and not walking back in or brushing your teeth.
- 4) Another sound idea is making sure that eat enough throughout the day: Start by evaluating your level of hunger first thing in the morning when you wake up. After an eight-hour stretch, you should be moderately hungry within 30 minutes of waking up. If you're not hungry, you probably ate too much the night before. Of course, if you're starving, then maybe a well-planned, healthy snack soon after dinner is just what the refrigerator ordered.

The Best Men In Our Lives, Our Fathers

“He opened the jar of pickles when no one else could. He was the only one in the house who wasn’t afraid to go into the basement by himself.”

“He cut himself shaving, but no one kissed it or got excited about it. It was understood when it rained, he got the car and brought it around to the door.”

“When anyone was sick, he went out to get the prescription filled. He took lots of pictures, but he was never in them.”

- Emma Bombeck

Kids & What They Say About Dad...

“When your dad is mad and asks you, ‘Do I look stupid?’ don’t answer him.” -*Heather, age 16*

Game Of The Month...Spell Off and What?

Required: Interesting words, paper and markers

Players: Small to medium groups

Category: Skill Games

Gather a list of words that are interesting, long or hard to spell and make sure you know the correct spelling and definitions. The words can even be names of places or destinations around the world.

Each team of 3-5 people will have paper and marker to record their answers or they can use small white boards.

After you say each word, teams will be given 10-15 seconds to write out the correct spelling and to either give the definition or location. Only one answer per team will be accepted.

The teams will receive 1 point for correct spelling and 2 points for the definition or location. The team that ends up with the most points wins the game.

Created by R. Scheel, Fun-Attic Inc.

Breakfast Burrito Recipe

Ingredients:

1/2 pound bulk pork sausage
1 onion, peeled and finely chopped
1 can (4 oz.) diced green chilies
10 large eggs
1/3 cup milk or cream
About 1/2 teaspoon salt
About 1/2 teaspoon pepper
6 flour tortillas (10 in.)
3 cups shredded cheddar - jack cheese - divided

Directions

In a 10- to 12-inch nonstick frying pan over medium-high heat, stir sausage, onion, and chilies until meat is crumbled and browned, about 15 minutes. Drain off and discard fat. In a bowl, beat eggs to blend with 1/3 cup milk, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Pour eggs into meat mixture in frying pan; with a wide spatula, stir over medium-high heat, scraping pan bottom often, until eggs are set to your taste, about 3 minutes for creamy eggs - 5 for firm.

Lay flour tortillas flat on a counter. Spoon an equal portion of the meat and egg mixture in a band down the center of each tortilla to within 1 inch of opposite edges. Sprinkle mixture evenly with 2 cups of cheese and roll burritos up snugly. Set burritos slightly apart, seams down, in a 10- by 15-inch pan; seal pan with foil. If making up to 1 day ahead, chill.

Bake in a 200° oven until cheese is melted - 15 to 20 minutes; if chilled, bake in a 325° oven until hot in the center, about 15 minutes - remove from oven and sprinkle with remaining cheese, put back in the oven uncovered till cheese melts. *Serve Hot!*

What Makes A Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it ... Dad

Author is unknown

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.

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!! May's T-Shirt winner was **Sharon Nation** Congratulations to Sharon! What a fine addition to her wardrobe and just in time for the summer fashions.

Fire Prevention and Safety Tips

The key to preventing home fires and injuries comes down to planning, prevention and practice. Here is where to begin:

☐ **MAKE A PLAN** – Draw a floor plan of your home. Meet with everyone who lives in your home and talk about how you might get out if the fire was in different places. "Move" the fire around and plan alternate escape routes on the paper.

☐ **MENTAL PREPARATION** – Live and visualize the fire from every room in your home. Go to each room, close your eyes and find the exit, then find a second one in case the first is not available.

☐ **PRACTICE, PRACTICE, PRACTICE** – Imagine what you would feel along the escape routes to determine if you were going the right direction to get out during a fire and couldn't see. Smoke is deadly – and it not only makes it difficult to breathe but to see.

☐ **IN CASE OF EMERGENCY** – Remind everyone in the family that in case of fire, DO NOT stay in the house, get out of the house and call 9-1-1 from a neighbor's home. Be sure that younger children know what to do in an emergency.

Remember it's critical to stay low when escaping a fire. Standing up can be deadly as heat and toxic gasses fill a burning room from the top down. It's also good habit to sleep with bedroom doors closed. This slows or prevents the spread of a fire as well as toxic gasses and smoke.

Rags To Riches Billionaires

Here are some great inspirational stories you can share with your children to get them fired up about following their dreams. Enjoy dreaming BIG!

Sheldon Adelson, United States

Net worth: \$26.5 billion

Age: 73

Son of a Boston cabdriver borrowed \$200 at age 12 to start selling newspapers. Later did stints as a mortgage broker, investment advisor and financial consultant. The high school drop out and Broadway enthusiast studied voice in his teens, but it was another kind of stage that called him: trade shows, where he made his first fortune. Later gambled on casinos in Las Vegas, Macau and Singapore. Took his Las Vegas Sands public in December 2004. Says Adelson, "I loved being the outsider."

J.K. Rowling, United Kingdom

Net worth: \$1 billion

Age: 41

Born in Bristol, England into a middle class family. Hit hard by the death of her mother, who suffered from multiple sclerosis, and left for Portugal where she married and had a daughter. Returned to Edinburgh a single mom; lived on welfare while finishing her first Harry Potter tale. The seventh and last book in the series will be published this July along with the release of the fifth film, Harry Potter and the Order of the Phoenix. The magic will continue at a new Orlando theme park set to open in 2009.

Ralph Lauren, United States

Net worth: \$5 billion

Age: 67

Son of Russian immigrants was born and raised in the Bronx where he shared a bedroom with two of his brothers. By age 12, worked after school to help pay for his fancy taste in clothes. At one time worked in department stores. Eventually dropped out of City College to launch Polo Fashions with a \$50,000 loan. Took group public a decade ago.

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 !

If You Or Someone You Know Has Recently Been In A Car Accident And Would Like To Increase The Value Of Your 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, 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 David N. Rechenberg for a free audit of your case.

What Should You 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!

We welcome and would like to introduce the newest member of the **FRANKS & RECHENBERG, P.C.** team **Chris Petrovich**. Chris brings with her 10 years of legal experience as a legal secretary. In addition to her friendly and outgoing personality, Chris takes a personal interest in keeping your file current, organized and in "tip top" shape. She has been a great addition to our team. The next time you stop by the office, make sure you say "hello" to Chris.

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 **Fred Santoro**. We're treating Fred and a friend for popcorn, soft drinks and tickets to the movies!

Four Quick Diet Tips To Turn Things Around

Tip #3: Eat More Fish

Fish is high in omega-3 essential fatty acids that are good for your skin, your brain and will help keep your heart healthy. Fish is also low in calories as long as you don't fry it or drown it in heavy cream sauces. Oily ocean fish like herring, salmon and tuna are great sources of omega-3 essential fatty acids. Order a salmon steak instead of a saturated fat laden beef steak or have a tuna sandwich on whole grain bread instead of a hamburger. If you don't like fish, get your omega-3 essential fatty acids from walnuts, soy, canola oil and flax seeds.

Tip #4: Don't Skip Meals

Many people think that skipping a meal makes it easier to cut calories. But, the increased hunger will make you miserable and you will be more likely to overeat later in the day. That's why you should eat three balanced meals per day plus two small healthy snacks like fresh fruits, nuts or cheese.

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 **June 2008** Issue!