

This Should Be Posted In All Schools And Everywhere Else!

Love him or hate him, he sure hits the nail on the head with this! To anyone with kids of any age, here's some advice. Bill Gates recently gave a speech at a High School about 11 things they did not and will not learn in school. He talks about how feel-good, politically correct teachings created a generation of kids with NO concept of reality and how this concept set them up for failure in the real world.

Rule 1: Life is not fair - get used to it!

Rule 2: The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

Rule 3: You will NOT make \$60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.

Rule 4: If you think your teacher is tough, wait till you get a boss. (Continued on page 2)

Nutrition Tips For Diabetics

Here are our law firm we sincerely care about you and your family. Please read this next article and give it to someone you love who has diabetes. This information could help them live a lot longer. The diabetic diet needs to fit the person's lifestyle. A good meal-plan will fit in with their schedule and eating habits. The meal plan helps if the person with diabetes needs to gain weight, lose weight, or maintain weight. It will also help keep the blood sugar in control, and prevent heart and blood vessel disease.

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

In Pursuit of True Love

Finding your perfect relationship is like finding a hidden treasure. But, then discovering most treasure calls for a treasure hunt. And treasure is not easy to find. Here are five steps to keep your heart and your eyes open to the coincidences that lead you to your perfect love match.

1. Stet A Positive Attitude: Look around you. When you see a couple that looks happy together, don't they generally look perfectly cast? Don't they usually appear to have comparative looks and compatible temperaments? Nature loves symmetry. Like the happy couples you see, somewhere there is a perfect mate for you.

2. Start By Loving Yourself First: Before you can fall in love with someone else or expect them to fall in love with you, you need to fall in love with you. You should make an inventory of the wonderful things about you. Now focus your attention on those things, setting aside things you don't like about yourself.

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

What's So Special About March? First Day of March, March 1st.

According to the Naturalist's Almanac, the saying "in like a lion, out like a lamb" first appeared in an English play in 1624. According to one observer, over the past five years March has come in like a lion 71% of the time and has gone out like a lamb 83%.

St. Patrick's Day, March 17th

On this day, many wear green because it is the national color of Ireland, the color of the Shamrock, and a sign of spring. They don green shirts, ties, hats, and hair ribbons. Tradition holds that those who don't wear green must be pinched.

Top Ten Ways to Tell if Martha Stewart is Stalking Your Dog:

10. There's potpourri hanging from your pooch's collar.
9. The dog's nails have been trimmed with pinking shears.
8. The dog toys are all stored in McCoy crocks.
7. The pooper scooper has been decorated with raffia bows.
6. That telltale lemon slice in the new silver water bowl.
5. You find liver and whole wheat dog treats stamped out with copper cookie cutters and decorated with royal icing using a #2 rosette tip.
4. Dog hair has been collected and put into wire baskets for nesting material for the birds.
3. A seasonally appropriate grapevine wreath adorns the front of the doghouse.
2. Your dog goes outside naked and comes in wearing an apricot colored virgin wool hand-knitted sweater with matching boots.

AND THE NUMBER ONE WAY YOU KNOW THAT MARTHA STEWART IS STALKING YOUR DOG IS...

1. The dog droppings in your backyard have been sculpted into swans.

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!

Bill Gates Recent Speech At A High School Continued...

Rule 5: Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping: they called it opportunity.

Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were.

So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.

Rule 8: Your school may have done away with winners and losers, but life HAS NOT. In some schools, they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.

Rule 10: Television is NOT real life. In real life people actually have to leave the coffee shop and go to jobs.

Rule 11: Be nice to nerds. Chances are you'll end up working for one.

ARRESTED FOR A CRIME? Worried about what will happen? Need Answers ? Call Franks & Rechenberg, P.C. at (847) 854-7700.

In Pursuit Of True Love (Continued)

Choose activities that highlight your personal strengths. Adopt a positive impression of who you really are, and decide right now that you are a perfect catch for someone special.

3. Have A Little Faith: There's no value in being desperate to find your soul mate. Yes, you do need to take action, but measured, confident steps, not a frenzied, obsessed search. Believe with all your heart that there will be coincidences along the way to follow, but realize that they might not appear on your timetable.

4. Get Going: Start heading in the direction that you believe to be your destiny. You can't get there by sitting by the sidelines waiting for someone to stop. You can't get there by hiding behind your fears that you are not good enough or that no one is there for you. You need to assert yourself. And when you do, you will begin to see lots of coincidences along the way.

5. Stay Alert For The Signs To your Perfect Mate: Choose to see coincidences and happenings as meaningful signs that you are on the right track. Their occurrence is meant to reassure you. Let them buoy you up so that your best face shines. Even when you haven't yet found your perfect match, just remember you are never alone!

Remember, that people are drawn to the light. When you know your strengths and place yourself in situations where you can shine brightest, you'll be amazed at who notices and how many signs and coincides of encouragement you see along the way.

FreeKey Chains!!!

Franks & Rechenberg, P.C. is offering free key chains to any one who calls and requests them. The key chains are great for keeping all your extra keys in one place. Don't have any extra keys? The key chains are also a great as a gift for a relative or friend. Be the first one on your block to have a Franks & Rechenberg, P.C. key chain !!!

Slow And Steady Always Wins The Race When Improving Your Health

Pick any of the following lifestyle modifications then slowly integrate additional modifications over the course of three to four months. When you feel comfortable with those changes, add others to your list. Once you've incorporate all dozen changes, you should start to feel a difference within a couple of weeks, he says.

To Improve Nutrition:

1. Buy whole foods -- whether canned, frozen, or fresh from the farm -- and use them in place of processed foods whenever possible.
2. Reject foods and drinks made with corn syrup, a calorie-dense, nutritionally empty sweetener that many believe is worse for the body than sugar.
3. Start each dinner with a mixed green salad. Not only will it help reduce your appetite for more caloric foods, but it also will automatically add veggies to your meal.

To Improve Physical Fitness:

1. Do a squat every time you pick something up. Instead of bending over in the usual way, which stresses the lower back, bend your knees and squat. This forces you to use your leg muscles and will build strength.
2. Every time you stop at a traffic light (or the bus does), tighten your thighs and butt muscles and release as many times as you can. (Don't worry, no one will see it!) This will firm leg and buttock muscles, improve blood flow -- and keep you mildly amused!
3. Whenever you're standing on a line, lift one foot a half-inch off the ground. The extra stress on your opposite foot, ankle, calf and thigh, plus your buttocks, will help firm and tone muscles. Switch feet every few minutes.

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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.

Ballymaloe Irish Stew
Entertaining Idea For St. Patrick's Day

2 to 3 pounds lamb chops, not less than 1-inch thick
5 medium or 12 baby carrots
5 medium or 12 baby onions
8 potatoes
3 to 3 3/4 cups stock (lamb stock if possible) or water
1 sprig fresh thyme
1 tablespoon plus 1 teaspoon roux, optional, recipe follows

Garnish:

1 tablespoon plus 1 teaspoon freshly chopped parsley
1 tablespoon plus 1 teaspoon freshly chopped chives

Roux:

1 stick butter
Scant 1 cup flour

Preheat the oven to 350 degrees.

Cut the chops in 1/2 and trim off some of the excess fat. Set aside. Render down the fat on a gentle heat in a heavy pan (discard the rendered-down pieces).

Peel the onions and scrape or thinly peel the carrots (if they are young you could leave some of the green stalk on the onion and carrot). Cut the carrots into large chunks, or if they are young leave them whole. If the onions are large, cut them small, if they are small they are best left whole.

Toss the meat in the hot fat in a saucepan until it is slightly brown. Transfer the meat into a casserole, then quickly toss the onions and carrots in the fat. Build the meat, carrots and onions up in layers in the casserole, carefully season each layer with freshly ground pepper and salt. Deglaze the pan with lamb stock and pour it into the casserole. Peel the potatoes and lay them on top of the casserole, so they will steam while the stew cooks. Season the potatoes. Add a sprig of thyme, bring to a boil on top of the stove, cover and transfer to a moderate oven or allow to simmer on top of the stove until the stew is cooked, 1 to 1 1/2 hours.

When the stew is cooked, pour off the cooking liquid, degrease and reheat in another saucepan. Slightly thicken it with a little roux if you like. Check seasoning, then add chopped parsley and chives and pour it back over the stew. Bring it back up to boiling point and serve from the pot or in a large pottery dish.

For the roux: Melt the butter and cook the flour in it for 2 minutes on a low heat, stirring occasionally. Use as required. Roux can be stored in a cool place and used as required or it can be made up on the spot if preferred. It will keep 2 weeks in the refrigerator.

Inspirational Thoughts For March

"Each of us has a well of infinite depth within us, which contains more potential for creativity than we can ever imagine." – **Wayne Dyer**

"When one door closes, another one opens. But we often look so regretfully upon the closed door that we don't see the one that has opened for us." – **Alexander Graham Bell**

"Sandwich every bit of criticism between two layers of praise." – **Mary Kay Ash**

"Know that you are yourself a miracle. And believe you can make miracles happen – by thinking, praying, believing, working, and by helping people." – **Norman Vincent Peale**

"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

**Slow And Steady Always Wins The Race
When Improving Your Health**

To Improve Stress Control:

1. Give your partner a hug every day before work. Studies show this simple act can help you remain calm when chaos ensues during your day.
2. Have a good cry. It can boost your immune system, reduce levels of stress hormones, eliminate depression, and help you think more clearly.
3. Twice a day, breathe deeply for three to five minutes

To Improve Sleep:

1. Sprinkle just-washed sheets and pillowcases with lavender water. The scent has been shown in studies to promote relaxation, which can lead to better sleep.
2. Buy a new pillow. Studies show that pillows with an indent in the center can enhance sleep quality and reduce neck pain. Also, try a "cool" pillow -- one containing either all-natural fibers or a combination of sodium sulfate and ceramic fibers that help keep your head cool.
3. Eat a handful of walnuts before bed. You'll be giving yourself a boost of fiber and essential fatty acids along with the amino acid tryptophan -- a natural sleep-inducer.

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 **(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.

Rid Yourself of Junk Mail Once And For ALL!

First, directly contact those companies or organizations that currently send you junk mail. Here's an outlined four simple steps you can take to rid yourself of junk mail once and for all:

Write to the company and ask that your name and address be removed from their mailing list.

Mail that displays the message "address-correction requested" or "return postage guaranteed" can be returned unopened to the sender by writing "Refused - Return to Sender" on the envelope. However, writing "Return to Sender" on mail without this message will not work as the post office will not return it to the sender.

If there is a postage-paid return envelope inside the solicitation, detach your mailing label from the envelope, attach it with a note asking that your name be deleted and mail it back to the sender. (They have to pay for the postage). Do the same with a postage-paid return postcard, by taping the mailing label to the card and asking that your name be deleted.

Some of your junk mail (most catalogs) may include an 800 number. Call and ask that your name and address be removed from their mailing list.

Here's A Great Recipe...For Richard Petty's Angel Food Cake!

The NASCAR legend wheels into the kitchen to share a favorite dessert.

Preparation time: about 20 minutes. **Baking time:** 75 minutes. **Serves:** 10 to 12.

1½ cups egg whites
1 tsp. cream of tartar
1 cup sugar
¼ tsp. salt
1 tsp. vanilla
1 cup flour

BEAT egg whites until foamy, add cream of tartar and other ingredients; beat until stiff, but not dry. Bake in angel food pan at 325 degrees for 1 hour and 15 minutes or until browned.

From the book **CELEBRITY CHEFS OF COUNTRY MUSIC & MOTORSPORTS**.

Guidelines For Good Diabetes Control:

1. Plan to eat meals and snacks the same time everyday. This helps keep blood sugar stable, and helps the insulin work better.
2. Check blood sugar levels to learn how certain foods and beverages affect those levels. In the future, choices will be easier, if you know how a certain food affects the blood sugar.
3. Many providers and dieticians recommend using the Exchange diets. This gives options in planning meals. Follow these closely for variety and correct amounts of food.
4. The main nutrients in food are carbohydrates, proteins, fats, vitamins, and minerals. All of these are needed every day.
5. Carbohydrates give energy. Healthy choices of carbohydrates include, dried beans, peas, lentils, whole grain breads, cereals, crackers, fruits, and vegetables.
6. Protein is needed for growth and is a back-up source of energy. Choose lean meats like fish, chicken without the skin, and low-fat dairy products.
7. Fat in limited amounts is necessary. Fat is easy to eat because it is in many foods. Red meat, dairy products, egg yolks, butter, salad dressing, vegetable oils, and desserts all contain fat. But they should be eaten in very limited amounts. Always choose the low fat versions of these foods.

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!

Do You Have Questions About Any Legal Matter That You Want Answered?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question regarding anything related to auto accidents, workers compensation, or DUI please feel free to give us a call at (847) 854-7700. In fact, we've written several Special Reports on these topics. To get your FREE copy simply call our office and we'll send you or a friend one of our informative Special Reports.

Guidelines For Good Diabetes Control:

7. Fat in limited amounts is necessary. Fat is easy to eat because it is in many foods. Red meat, dairy products, egg yolks, butter, salad dressing, vegetable oils, and desserts all contain fat. But they should be eaten in very limited amounts. Always choose the low fat versions of these foods.
8. The diabetic diet should be low in fat, salt, and sugar; and high in fiber.
9. Fiber is healthy. It comes from vegetables, fruits, bran cereals, cooked beans, peas, and whole-grain bread.
10. Too much salt can make high blood pressure higher. Salt is in most foods, so use very sparingly.
11. Eat less sugar. Some sugar is allowed as long as it is part of the total meal plan.
12. Check with a healthcare provider to see if alcohol is allowed. If so, use in moderation; no more than 2 drinks a day for a man and 1 drink a day for a woman. Never drink on an empty stomach. Alcohol can lower blood sugar. Any alcohol choices need to be worked into the meal plan.

A major goal of diabetes treatment is to bring blood sugar levels as close to normal as is safely possible. This will help the diabetic feel better. Normal blood sugar helps to prevent or delay complications from diabetes, such as nerve, eye, kidney, heart, and blood vessel damage.

The Ten Most Important Tips for Keeping Your Older Dog Healthy

1. Establish a relationship with **the best veterinarian** you can find. For most older dogs, it is advisable to make an appointment with the vet every six months. Your vet should be someone whom you trust and with whom you feel very comfortable.
2. **Become informed** about the conditions common to older dogs and the therapies used for them. Be alert to symptoms, bring them to your vet's attention promptly, and be prepared to discuss treatment options.
3. Feed your older dog **the best food you can afford**; consider feeding him a home-prepared diet and two small meals daily rather than one large one.
4. **Don't overfeed** your dog. Obesity will create health problems and shorten his life.
5. Consider the use of **dietary supplements** such as glucosamine/chondroitin for arthritis.
6. Give your senior dog **adequate exercise**, but adjust it to her changing abilities.
7. Attend to your dog's **dental health**. Brush her teeth daily and have them cleaned professionally whenever your vet advises it.
8. Tell your vet you wish to have your dog **vaccinated only once every three years**, as currently advised by the major veterinary colleges.
9. Be diligent in **controlling fleas and ticks**, and keep your dog and his environment scrupulously clean.
10. Make your senior dog as much **a part of your life** as possible, and do all you can to keep him interested, active, happy and comfortable.

DIVORCE IN YOUR FUTURE? Need to protect your assets? Help is just a phone call away! Call Franks & Rechenberg, P.C. at (847) 854-7000.

Great Knock...Knock Joke For The Kids!

Knock Knock.

Who's there?

Boo.

Boo who?

You don't have to cry about it!

9 Important Safety Tips to Remember!

If you're ever in a car accident here are some important safety tips that can save your life and protect your family during a serious car accident. Remember, "Safety" FIRST!

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. You should have an auto accident handbook in your glove box at all times. **(If you don't have an auto accident handbook, please contact our office and we'll send you one for FREE.)**

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. Kindly identify your size when calling. One winner per household per year. Good LUCK!!

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 Phil Lechman. We're treating Phil and his lovely wife to the movies!

Is Tap Water Healthier Than Bottled Water?

According to the Archives of Family Medicine, you can save a bundle by drinking plain old tap water. Water from the faucet is more likely to often you health benefits and even be more "pure" than many bottled water brands.

For one, tap water contains fluoride, which helps prevent tooth decay and osteoporosis. Only 5% of bottled water companies adhere to public water fluoride standards.

Secondly, tap water is regulated by the Environmental Protection Agency, which requires municipalities to follow strict safety regulations in water quality. Bottled-water companies are not required the same rigorous quality standards.

What's more, controlling some substances in bottled water may be more difficult, because bottled water tends to be stored for longer periods of time and at higher temperatures than tap water.

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.

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

TidBits for Today...!

is a FREE monthly newsletter from your friends at

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Questions Are Inside The **March 2008** Issue!