

TidBits for Today

Medication-Free Strategies To Help Prevent Heart Disease

Heart disease may be the leading cause of death for both men and women, but that doesn't mean you have to accept it as your fate. Although you lack the power to change some risk factors — such as family history or age, there are some key heart disease prevention steps you can take. Take steps to avoid heart disease don't smoke, get regular exercise and eat healthy foods. Avoid heart problems in the future by adopting a healthy lifestyle today. Here are five heart disease prevention tips to get you started:

1. Don't smoke or use tobacco products: Smoking or using other tobacco products is one of the most significant risk factors for developing heart disease. When it comes to heart disease prevention, no amount of smoking is safe. Smokeless tobacco and low-tar and low-nicotine cigarettes also are risky, as is exposure to secondhand smoke.

2. Get Active: Regularly participating in moderately vigorous physical activity can reduce your risk of fatal heart disease. When you combine physical activity with other lifestyle measures, such as maintaining a healthy weight, the payoff is even greater. Physical activity helps you control your weight and can reduce your chances of developing other conditions that may put a strain on your heart, such as high blood pressure, high cholesterol and diabetes.

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Knock-Knock Joke Of The Month... (Use This One On Your Kids!)

Knock, Knock.

Who's there?

Hatch.

Hatch who?

Cover your mouth when you sneeze!

Thank You So V-E-R-Y Much For Telling Your Family And Friends About Us!

The highest compliment you could give our law firm is the referral of your loved ones and friends. Over the years our practice has been built upon the trust you place in our ability to take care of those you care the most about. Our major purpose is to provide OUTSTANDING legal service to everyone who comes to us in need. We would like to thank you in advance for all your support, and the trust you place in our firm.

Thank YOU- Franks & Rechenberg, P.C.

15 Best Diet Tips Ever!!! Part Two

Everyone knows the keys to losing weight: Eat less and exercise more. Sounds simple enough, but in the context of real life and its demands, it can be anything but simple. So how do successful losers do it? Let's continue last month's 15 BEST All Time Tips for rapid weight loss:

Best Diet Tip No. 7: Eat several mini-meals during the day.

If you eat fewer calories than you burn, you'll definitely lose weight. But when you're hungry all the time, eating fewer calories can be challenging. "Studies show people who eat 4-5 meals or snacks per day are better able to control their appetite and weight," says obesity researcher Dr. Rebecca Reeves, PH, RD.

Best Diet Tip No. 8: Eat protein at every meal.

Protein is more satisfying than carbohydrates or fats, and thus may be the new secret weapon in weight control. "Diets higher in protein [and] moderate in carbs, along with a lifestyle of regular exercise, have

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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!!
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Secrets For Staying Young Forever

It is important to retain our youthful vigor, for it is only with young passion and energy that we can work towards success, enjoy a peaceful, healthy life, indulge in keeping ourselves happy.

How to remain young forever? How to defy your age? How to retain the youthful joy? How to remain passionate and energetic.

Outlined are six steps to keep you young forever - steps, if you follow regularly will ensure you remain young at heart, young in mind, and young in your body.

Step One: Imagine yourself leading a life that is youthful and vigorous. Picture yourself in various situations that the young indulge in. It can be a wild night in the disco, a wild game of football, romancing with the person you love - it can be anything. Just concentrate yourself in youthful action.

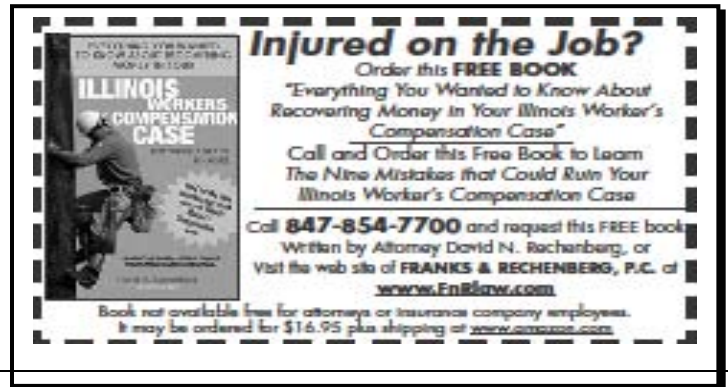
Step Two: The picture you create for yourself should produce the specific effects that you have in your mind. That is, if you think you are becoming old and falling behind times. Then enjoy a dance in the disco, that keeps you up with time with youthfulness. If you are old and wrinkled and want to look young, picture yourself with smooth, supple, wrinkle-free skin.

Step Three: Picture yourself as extremely alert, athletic and youthful. Imagine yourself in movements that you performed as freely as when you were a teenager.

This is a very important visual. Practice it at least twice a week for an indefinite period. Your aim is to preserve your body by using the power of *creative visualization*.

Thus, this is a lifetime program aimed to evoke your youthful vigor always, anytime, anywhere.

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Book not available free for attorneys or insurance company employees.
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Preventing Heart Disease (Continued)

It also reduces stress, which may also be a factor in heart disease. Guidelines recommend that you get at least 30 to 60 minutes of moderately intense physical activity most days of the week.

And remember that things like gardening, housekeeping, taking the stairs and walking the dog all count toward your total. You don't have to exercise strenuously to achieve benefits, but you can see bigger benefits by increasing the intensity, duration and frequency of your workouts.

3. Eat A Heart-Healthy Diet: Eating a special diet called the Dietary Approaches to Stop Hypertension (DASH) eating plan also can help protect your heart. Following the DASH diet means eating foods that are low in fat, cholesterol and salt.

The diet is rich in fruits, vegetables, whole grains and low-fat dairy products that can help protect your heart. Legumes, low-fat sources of protein, and certain types of fish also can reduce your risk of heart disease. Limiting certain fats you eat also is important.

Omega-3 fatty acids, a type of polyunsaturated fat, may decrease your risk of heart attack, protect against irregular heartbeats and lower blood pressure. Some fish are a good natural source of omega-3s.

Omega-3s are present in smaller amounts in flaxseed oil, walnut oil, soybean oil and canola oil, and they can also be found in supplements.

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Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David Franks at (847) 854-7700 NOW! Learn about the Monitoring Device Drivers Permit (MDDP). www.McHenryCountyDUILawyer.com

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A part of our commitment to better serving you through our newsletter program Franks & Rechenberg, P.C. would like to send 12 FREE issues of **TidBits for Today** to a family member, co-worker, or close personal friend of yours.

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To give a loved one a free subscription please call our office at (847) 854-7700 and ask to speak to Marlo.

Major League Baseball Trivia Questions and Answers.

Q: What hide was first used to cover baseballs in 1975? **A: Cowhide**

Q: What baseball announcer said Pope John Paul VI's death "puts a damper on even a Yankees win"? **A: Phil Rizzuto**

Q: What country's first U.S. major league baseball player was Chan-Ho Park? **A: South Korea's**

Q: Which two cities have the oldest stadiums in major league baseball? **A: Boston and Detroit**

Q: What baseball team's games are announced on TV by Skip Carey? **A: The Atlanta Braves.**

Q: What shortstop holds the major league records for games played, assists and double plays? **A: Ozzie Smith**

Q: What pitcher's 1.12 ERA in 1968 is the lowest in the majors in post-World War II play? **A: Bob Gibson's.**

15 Best Diet Tips Ever!!! Part Two

an excellent potential to help weight loss," says University of Illinois protein researcher Donald Layman, PhD. Getting enough protein helps preserve muscle mass and encourages fat burning while keeping you feeling full. So be sure to include healthy protein sources, like yogurt, cheese, nuts, or beans, at meals and snacks.

Best Diet Tip No. 9: Spice it up.

Add spices or chilies to your food for a flavor boost that can help you feel satisfied. "Food that is loaded with flavor will stimulate your taste buds and be more satisfying so you won't eat as much," says Perdomo. When you need something sweet, suck on a red-hot fireball candy for a long-lasting burst of sweetness with just a few calories.

Best Diet Tip No. 10: Stock your kitchen with healthy convenience foods.

Having ready-to-eat snacks and meals-in-minutes staples on hand sets you up for success. You'll be less likely to hit the drive-through or call in a pizza order if you can make a healthy meal in 5 or 10 minutes.

Sass stocks her kitchen with:

- * 94% fat-free microwave popcorn (20-25 calories per cup, and you can make it in two minutes or less)
- * Frozen vegetables
- * Bags of pre-washed greens
- * Canned diced tomatoes
- * Canned beans
- * Whole-grain wraps or pitas
- * Pre-cooked grilled chicken breasts
- * A few containers of pre-cooked brown rice within minutes, she can toss together a healthy medley.

Best Diet Tip No. 11: Order kids sized portions at restaurants.

"When you are eating out, order a child's pizza or a small sandwich as an easy way to trim calories and get your portions under control," suggest Perdomo. Another trick is to use smaller plates. This helps the portions look like more, and if your mind is satisfied, your stomach likely will be, too.

(Continues on page 4)

Involved in an automobile accident and the Insurance Adjuster is asking to take your recorded statement and requesting that you sign an authorization? Find out what to do by ordering our free Audio CD and learn the 7 questions you must ask the Claims Adjuster when he calls demanding answers from you. Call today **(847) 854-7700.**

Ham and Swiss Bread Pudding

Toasting it gives the delicate bread a firmer texture, so the milk and eggs don't make it mushy. You can also use toasted French bread cubes, but the slight sweetness of the Hawaiian bread brings out the salty ham and nutty cheese flavors. Use the remaining rolls to make mini ham and cheese sandwiches. Makes 4 servings.

Ingredients:

Cooking spray
1 1/4 cups chopped green onions
3/4 cup chopped ham (about 3 ounces)
2 garlic cloves, chopped
7 (1-ounce) Hawaiian bread rolls, cut into 1/2-inch cubes
1 3/4 cups fat-free milk
3/4 cup egg substitute
2 tablespoons Dijon mustard
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/8 teaspoon ground nutmeg
3/4 cup (3 ounces) shredded Swiss cheese, divided

Preparation:

Heat a small nonstick skillet coated with cooking spray over medium-high heat. Add onions, ham, and garlic; sauté 5 minutes. Remove from heat; cool. Preheat oven to 350°. Arrange bread cubes on a baking sheet. Bake at 350° for 15 minutes or until lightly browned, turning occasionally. Combine milk and next 5 ingredients (milk through nutmeg) in a large bowl, stirring with a whisk until well blended. Stir in ham mixture. Add bread, tossing gently to coat.

Arrange half of bread mixture in an 8-inch square baking dish coated with cooking spray. Sprinkle with half of cheese; top with remaining bread mixture. Bake at 350° for 25 minutes. Sprinkle with remaining cheese; bake an additional 20 minutes or until set.

FREE...FREE...FREE! We Now Have 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, DUI, or Criminal Defense*, please feel FREE to call our office directly at **(847) 854-7700**

We've published several Special Reports that you can request at NO obligation whatsoever simply by calling our office **24 Hours A Day** and leaving a message on our voice mail.

Inspirational Thoughts For July – Positive Thinking Every Day!

"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." - Wayne Dyer

"Let others lead small lives, but not you. Let others argue over small things, but not you. Let others cry over small hurts, but not you. Let others leave their future in someone else's hands, but not you." - Jim Rohn

"Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything." - Muhammad Ali

15 Best Diet Tips Ever!!!

Best Diet Tip No. 12: Eat foods in season.

"If you don't love certain fruits or vegetables, it could be because you ate them out of season when they have little taste or flavor," says Pensiero. "When you eat seasonally, fruits and vegetables are more flavorful, at their best, and I promise you won't be disappointed."

Best Diet Tip No. 13: Swap a cup of pasta for a cup of vegetables.

Simply by eating less pasta or bread and more veggies, you could lose a dress or pants size in a year. "You can save from 100-200 calories if you reduce the portion of starch on your plate and increase the amount of vegetables," says Sass.

Best Diet Tip No. 14: Use non-food alternatives to cope with stress.

Sooner or later, you're going to be faced with a stressful situation. Instead of turning to food for comfort, be prepared with some non-food tactics that work for you. Sass suggests reading a few chapters in a novel, listening to music, writing in a journal, practicing meditative deep breathing, or looking at a photo album of loved ones.

(Concludes in the **Aug 2009** Issue of TidBits For Today®.)

ARRESTED FOR A CRIME? Worried about what will happen? Need Answers? Call David Franks at (847) 854-7700.

Preventing Heart Disease *(Continued)*

4. Maintain A Healthy Weight: As you put on weight in adulthood, your weight gain is mostly fat rather than muscle.

This excess weight can lead to conditions that increase your chances of heart disease — high blood pressure, high cholesterol and diabetes. Reducing your weight by just 10 percent can decrease your blood pressure, lower your blood cholesterol level and reduce your risk of diabetes.

5. Get Regular Health Screenings: High blood pressure and high cholesterol can damage your heart and blood vessels.

But without testing for them, you probably won't know whether you have these conditions. Regular screening can tell you what your numbers are and whether you need to take action.

***Blood pressure:** Regular blood pressure screenings start in childhood. Adults should have their blood pressure checked at least every two years. You may need more frequent checks if your numbers aren't optimal or if you have other risk factors for heart disease. Optimal blood pressure is less than 120/80 millimeters of mercury.

*** Cholesterol levels:** Adults should have their cholesterol measured at least once every five years. You may need more frequent testing if your numbers aren't optimal or if you have other risk factors for heart disease. Some children may need their blood cholesterol tested if they have a strong family history of heart disease.

Heart disease is often avoidable. Following a heart-healthy lifestyle doesn't have to be complicated. Find ways to include heart-healthy habits into your lifestyle — and you may well enjoy a healthier life for years to come.

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!**

Joke Of The Month...

A dentist a nurse and an army general are flying.

The dentist decides to drop a tooth brush out of the plane. The nurse drops down a medical kit and the army general drops a bomb.

They land the airplane and see what happened...

First they found a guy looking for his false teeth.

Next they found a guy bandaging his wounds.

Lastly they found a young boy laughing his head off.

They asked him what happened and he said, "My grandfather farted and blew up his house."

Secrets For Staying Young Forever

Step Four: If you are suffering from any old-age disease, incorporate the visuals from how to lead a healthy life, with the steps outlined here. You will see a marked improvement in your health.

Step Five: Visualize yourself in a sea of endless energy. The water is warm and comfortable. The sky is bright and sunny. Swim through the refreshing water. Enjoy the swim. Stretch your legs; push through the water, as the energy envelops you.

Come out of the water and dry yourself with a large, soft towel. You are refreshingly young now. You are filled to the brim with energy. You also feel that the energy in you has changed your body and bones. All aches and pain of old age has disappeared.

You are a new person now. You are young, energetic with a passionate vigor in you. You are young in mind, body and spirit. Enjoy your youth. Happy young days!

Getting to Know the Lawyers at
Franks & Rechenberg,

P.C.

The attorneys at Franks & Rechenberg are committed to continuing legal education and providing the best service to their clients as possible. **David Franks** recently attended a seminar entitled "Mastering Scientific Evidence in DUI Cases" and a forensic blood and urine testing seminar. He obtained valuable information and learned important tips which he can use to defend Franks & Rechenberg clients accused of DUI and other criminal offenses. He authored a case summary addressing statutory summary suspensions and roadblocks which appeared in the most recent ISBA Traffic Laws and Courts Newsletter. In recognition of his commitment to criminal defense, Franks was recently reappointed as a full member of the ISBA Criminal Justice Section Council. At Franks & Rechenberg, we are committed to defending people

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.

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Ways To Stop Foreclosure!

The best way to avoid foreclosure is to prevent the filing of a **Notice of Default**. Lenders do not want to foreclose but will file a Notice of Default to protect their interests, if necessary.

If you know you are unlikely to meet your mortgage obligation, the first thing you should do is call your lender. Depending on your particular situation and hardship circumstances, here are some options your lender might propose to you:

- 1) Time to make up your payments:** Lenders might agree to wait before taking legal action against you and let you work out a repayment plan that is affordable for you.
- 2) Forgiving a payment:** If you can agree on a way that you will be current after missing a payment or two (without the means to pay it back), the lender might give you a break and waive your obligation. This is called debt forgiveness, and it rarely happens.
- 3) Spread out the missed payments over a longer term:** For example, if your payment is, say, \$1,200 a month, the lender might let you add \$100 a month to each payment for a year until you are caught up. This is called a repayment plan.
- 4) Changing the terms of your loan:** If your mortgage is an adjustable loan, the lender might freeze the interest rate before it increases or change the interest rate to a more manageable rate for you. A lender might also extend the amortization period. This is called a note modification.
- 5) Add the back payments to your loan balance:** If you have sufficient equity and meet the lender's lending guidelines, the lender might increase your loan balance to include the back payments and re-amortize the loan. This is called a refinance.
- 6) Make a separate loan to you:** Certain government loans contain provisions that let borrowers who meet specific criteria apply for another loan, which will pay back the missed payments. This is called a partial claim.

7) Give Our Office A Call we might be able to help if we can't we'll connect you to someone who can!

Do you have a friend who was injured in a car crash, hurt at a construction site, or as a result of a defective product and they are wondering how to hire a personal injury attorney, and what questions to ask? Give that friend great advice. Ask them to order the FREE audio CD "How to Choose an Illinois Personal Injury Attorney" by calling (847) 854-7700. You can also order one for yourself to hand out to family and friends.

Sick of Your Kid's Backtalk? Here's How To Stop It

In order to put a stop to backtalk, there are several things you have to do. First of all, when things are good, sit down with your child and lay down some ground rules. Discussions about these rules are critical to good communication and to cooperation down the road. I guarantee that you'll feel better as a parent if you set up rules and follow them with your children. Your goal then becomes following the ground rules instead of trying to achieve your child's acceptance.

The first rule is, "I'll explain something once and I'm not going to talk more after that. If you try to argue or debate, I'm going to walk away. If you follow me or if you continue there will be consequences." You set limits on backtalk and you don't give it power.

Another option is to set up a certain time of day in which your kid can talk back to you. You can say to them, "From 7-7:10 p.m., you can ask me to re-explain all my decisions. Save it for then. If you need to, write it down in a journal. Then at 7 o'clock, we'll sit down and I'll explain to you why you can't date a 22 year old or how come you got grounded for smoking. But at 7:15, our discussion is done. If you try to keep it going there will be consequences."

That way, if you feel like you want to give your child an outlet to air his or her grievances, there's a way to do it without getting bogged down in constant arguing.

Remember, there are two kinds of days that a kid has: there are good days and then there are days when things don't go their way. Don't try to fight the tide of disappointment that kids experience.

They will use backtalk to get their way, but as a parent, you have to accept the fact that they will not always be happy with your decisions. Your job is to set the rules and enforce them because those rules are for your kid's development and safety. Whether they like those rules or not, they have to learn to live with them.

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 Angela Hadaway. We're treating Angela and her friend to the movies!

Something To Think About...

If you had bought \$1,000.00 worth of Delta Airlines shares a year ago, you would have \$49.00 today.

If you had bought \$1,000.00 worth of AIG shares a year ago, you would have \$33.00 today.

And if you bought \$1,000.00 worth of Lemman Brothers shares a year ago, you would have nothing today.

But if you bought \$1,000.00 worth of beer a year ago, drank it all, then turned in the aluminum cans for a recycling refund, you would have \$214.00 today.

The best current investment plan is to drink heavily and recycle.

It's called the **401-KEG PLAN**

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The Answers To These And Many Other
Questions Are Inside The July 2009 Issue!