

TidBits for Today

Did You Have A Baby And Want Amazing Looking Abs By Summer?

The Ultimate Postpartum Stomach Routine: Congratulations on having your new baby! It was an extraordinary event. What is less pleasing and exciting, in spite of this, is the extra weight that hangs around your midsection after the infant is born.

It's in many cases tricky for a brand new mother to diet and workout appropriately. Did you know that by working out often you'll really feel extra energized? Here are a couple of simple exercises to position you on your way toward baby belly freedom. As with any workout routine, you should check with your doctor, then talk to an expert prior to beginning, and always warm up properly to avoid injuries.

Progressive Crunchless Crunch: Doing this workout can work as well as real crunches, only without straining your neck and back. First sit in a chair. So you can feel your belly muscles contract put your palms above and below your navel.

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FREE...FREE...FREE! We 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 Bites, Construction Injuries, DUI Defense or Criminal Defense* please feel FREE to call us at (847) 854-7700. We have 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!

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.

Get On The Train, Get Off The Train, Or Get Run Over By The Train!

It does not get more simple than this. Your personal drive, willpower, and internal motivation are very much determined by the people with whom you hangout with. You're highly influenced by the people who are around you the most (day in and day out). Here's an analogy: You are on the train of life and it's empty at first when you are born.

Then certain people take a seat on your train immediately when you pop-out (like mom, dad, family, etc.). Throughout your lifetime, you pickup passengers along the way and you drop people off along the way too. People are constantly getting on and off of your train, that's just life.

Some are welcomed by invitation, while others are just along for the ride by virtue of your decisions about life and work. You also have people on your train who are always on your train, but move from the front to the back occasionally and from the back to the front occasionally. Some of those passengers are healthy and some of them are unhealthy, and have "toxic" personalities.

(Continues on page 3)

David N. Rechenberg recently settled an automobile liability case for \$100,000.00 (the policy limit) with a national insurance company! The company paid the full value of the policy after a pre-litigation settlement conference. If you or a loved one were injured in a car crash call Rechenberg today to find out if you have a case.

Did You Have A Baby And Still Want Amazing Looking Abs By Summer? (Continued)

Next inhale deeply, expanding your midsection entirely. As you breath out pull your tummy in. Pretend that you are pulling your navel into your spinal column. Finally, briefly tighten your abs

5 times. Do a set of 10 repetitions for 3 steps.

You can also attempt this exercise lying on your back. See which set permits you to feel the contractions better.

Contractions: This exercise starts off the same way as the last one, but involves more parts of your abdomen. Begin by sitting in the same position as in the progressive crunchless crunch, and taking the same deep breath.

This time, instead of bringing your tummy all the way back, exhale and bring it just about halfway. Then pull your tummy button back toward your backbone. Contract your muscles and count one second. Repeat from the half-exhalation point. Repeat the exercise one hundred times.

Crunchless Ab Crunch: This workout is just like the first one. While exhaling, this exercise is done in one move instead of making a few steps. This exercise can be done laying on your chest or while kneeling. It's personal preference.

Compare to see which ever feels extra effective to you. While relaxing your body, attempt to bring your belly button in towards your backbone. Hold this position while slowly counting to ten. If its too easy to make it to ten next attempt to hold the place for a more time. The goal is to hold the contraction until you either cannot feel it, or you feel other muscles working harder than the transverse abdominus. When you feel this, let the contraction out.

By doing this easy workout in your spare time you can rapidly lose the baby-fat from your midsection. Plus have more energy to keep up with your new baby! If you enjoyed this article and know someone who's about to have a baby please call my office at **(847) 854- 7700** and we'll make sure to send them this months newsletter as a gift from YOU! - **The End**

Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred their friends and neighbors to our law firm 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.

Just For The Ladies (Sorry Guys) -- Essentials For A Memorable Girlfriend Getaway...

It's the stuff that memories are made of - grabbing your friends, packing lightly and heading off for girlfriend getaways any chance you get. If you're planning a girls weekend getaway, look no further than Florida's Santa Rosa county. Santa Rosa county lies between Destin and Pensacola and is ideally located along beautiful beaches and rivers. It also provides four absolute essentials for the perfect girlfriend getaway:

Adventure: Springtime in Santa Rosa county is the perfect season for canoeing in Black-water River State Forest, also know as the Canoe Capital of Florida. You and your girlfriends can spend hours enjoying the tranquil beauty of the area's rivers.

Or, head down to nearby Navarre Beach for a day of kayaking around the Gulf of Santa Rosa Sound, or to visit the sandbars along the Gulf Islands National seashore. If you prefer hiking or biking on your girlfriends getaway, the area offers some of the best nature trails in the state. Download a map to check out the trails and plot your routes before you arrive.

Shopping: For girlfriend getaways with a shopping theme, Santa Rosa and the surrounding area is sure to have something for everyone in your group. You can pick up the latest designer wear for a steal in nearby Destin and Fort Walton Beach at the country's largest designer outlet malls with nearly

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

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Your family member or friend will receive a welcome letter letting them know that you gave them a free subscription. Plus, they can cancel any time they want.

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

Great Trivia With Q's and A's

What Alabama city saw state troopers attack Civil Rights marchers on Edmund Pettis Bridge?

A: Selma.

What congressional award was Dr. Mary Edwards Walker the first woman to receive?

A: Medal of Honor.

What modern vehicle was invented to circumvent trench warfare? **A: The Tank**

What California city did the last Pony Express ride end in? **A: Sacramento.**

Who was the first U.S. president to adopt the informal version of his first name?

A: Jimmy Carter.

What civil rights leader did Dorothy Parker leave the bulk of her estate to?

A: Martin Luther King Jr.

What did Republicans call the platform they hyped in the 1994 Congressional elections?

A: The Contract With America.

- The End

Get On The Train, Get Off The Train, Or Get Run Over By The Train! *(Continued)*

So...what I want you to do now is turn around and look at your passengers. You can pretty much guarantee that most of them look just like you! If you are a miserable, stressed-out, unhappy person who is always finding the downside of life, rest assured most of your passengers look just like that, too.

On the other hand, if you are an up-beat, happy, relatively "successful" (whatever that means) person who chooses to see the positive side of life, the glass as being half full, rest assured most of your passengers look just like that too.

Now, would you like to know the secret for *de-stressing* your life and be a lot happier and more motivated? Realize that YOU are in the drivers seat of your train, take an inventory of your passengers, and ask yourself the following three questions:

1. Who needs to get OFF your train? Start with 1 person. What is the first name that pops in your mind when I say 'stress,' 'annoying,' 'toxic' or 'frustrating?' One just did...didn't it? You need to realize that you are in control of stopping, opening the door, and saying, "get off my train!" We hold on to things so much longer than we really need to at times.

Its hard to let go whenever you feel you've made a commitment in something, whether it be an education, a relationship, or career. That makes it really hard to just walk away, even when that is the right answer. As your family attorney, I want to remind you that you should never create additional stress in your life when you don't have to. Personally or professionally, if you need to make a change, you need to make a change. So, just do it!

2. Who needs to get ON your train? When you get clarity on WHAT it is that you want to do or WHY you want to do it, the team players become quite evident. Now, it's time to pick them up!

(Continues on page 4)

INJURED ON THE JOB ? Need to get your Bills PAID? Want to Know what your Case is Worth? CALL David N. Rechenberg at (847) 854-7700 for answers to your questions and so he can start working on your case right away!! www.IllinoisWorkInjuryLawyer.com

Franks & Rechenberg, P.C.
Eat Healthy Tonight "Quick-n-Easy"
for May 2010

Chicken and Couscous Salad

A great way to use leftover chicken, this 20-minute dinner salad uses quick-to-cook couscous and lots of brightly flavored herbs. Yield: 4 servings (serving size: 1 1/2 cups)

Ingredients:

Salad:

1 1/4 cups fat-free, less-sodium chicken broth
1 (5.7-ounce) box uncooked couscous
1 1/2 cups cubed cooked chicken (about 6 ounces)
1/2 cup thinly sliced green onions
1/2 cup diced radishes (about 3 large)
1/2 cup chopped seeded peeled cucumber
1/4 cup chopped fresh flat-leaf parsley
2 tablespoons pine nuts, toasted

Dressing:

1/4 cup white wine vinegar
1 1/2 tablespoons extra-virgin olive oil
1 teaspoon ground cumin
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 garlic clove, minced

Preparation:

To prepare salad, bring broth to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Spoon couscous into a large bowl; cool slightly. Add chicken, onions, radishes, cucumber, parsley, and pine nuts; toss gently to combine.

To prepare dressing, combine vinegar and remaining ingredients, stirring with a whisk. Drizzle dressing over salad; toss to combine.

Note: You can toast nuts quickly in a dry skillet over medium-high heat. Stir frequently, and as soon as they become fragrant, remove the nuts from the pan.

"Positive Thoughts That WORK In Today's World!"

"Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice."
- Dr. Wayne Dyer

"One comes to believe whatever one repeats to oneself sufficiently often, whether the statement be true or false. It comes to be dominating thought in one's mind."
- Robert Collier

"Attitude is a little thing that makes a big difference." - Sir. Winston Churchill

"It is the set of the sails, not the direction of the wind that determines which way we will go." - Jim Rohn

Get On The Train, Get Off The Train, Or Get Run Over By The Train! (Continued)

You need to realize that you are also in control of stopping, opening the door, and saying, "come along for the GREATEST ride of your life!"

3. Who's train do you need to get off of? (I apologize for the grammatical incorrectness!) Stop saying "yes" to things when you really want to say "NO"! What do you dread seeing every time it pops up in your calendar? What group did you get involved with 5 years ago that made sense at the time (but no longer fits in your life now)? Who is the "needy" person who drags you through their drama just because you are the one who does not hang on them (trust me, they'll find someone else to burden).

It is important to understand that everyone who takes a ride on "YOUR" train is there for a reason. It might be to inspire you. It might be to hurt you. It may be to motivate you. It may be to hold a mirror up to you. Good, bad, ugly, painful, or exhilarating, they all serve a purpose to expanding who you are. Don't ever lose sight of that. I want you to choose your passengers wisely. Get clarity - Get moving - and Get happy! Life is too short to moan, groan, and complain how bad things are, being bitter, being stuck in the past, or live with forgiveness. Just be happy, and count your blessings!
- The End

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

Want To Look Forever Young . . . Here's My Ageless Skincare Secrets!

Wrinkles are just part of life, eventually we're all going to have some wrinkles. But that doesn't mean we can't do something about it. There are many factors that contribute to wrinkles and one of them of course is age. Others are lifestyle, diet, and genes. If you're already in your thirties and fine lines are starting to show up on your face, forehead, eyes and neck, do not worry. You can still stop time by following these simple steps. In this article I will tell you how to get rid of wrinkles easily.

Stop Smoking - if you are a heavy smoker, chances are you will get premature wrinkles even as early in your twenties. Smoking can inhibit the Collagen in your body, Collagen helps repair wounds and damages to the skin. Cigarettes can also restrict the flow of blood in our body. Nicotine actually constricts our blood vessels so blood doesn't go to the fine veins in our face, therefore, resulting in more dead skin cells and wrinkles. So the bottom line here is STOP smoking!

Stay Out Of The Sun - The only time that the sun is good for our skin is in the early hours of the morning; otherwise it is recommended that you stay away from the sun as much as possible. However, if you're a sun worshiper, please try to wear shades to protect your eyes, not only it will stop the UV rays from damaging your vision, it will also prevent you from squinting and developing 'crows feet' on the sides of your eyes. Also remember to wear sun block all the time, we've all seen people who are so tan that their skin starts to look like leather. You can prevent this by using sun block all the time.

Use An Anti-Wrinkle Treatment That Is Hypoallergenic - The term "hypoallergenic" means that it does not cause allergies. So if you are going to use an anti wrinkle treatment, then we suggest that you find something hypoallergenic and something that will work for your skin type. There are lots of products out there that only work for one skin type, so to be on the safe side look for a product that works for all types of skin. And find a treatment that has been proven to work and cost effective. A good anti wrinkle system is the best way of how to get rid of wrinkles for good.

- The End

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!**

For Your Kids: A Healthy Lifestyle Should Start At A Young Age!

Healthy children are more likely to develop into healthy teenagers and healthy adults. If they're healthy, they can do a lot of the things they want to do!

Children need at least 1 hour of moderate to vigorous physical activity daily. Playing hide and go-seek, tag and sports are great ways to get kids moving while also having fun.

1. **Start the day with a healthy breakfast:** Healthy breakfast gives them energy for the day. Whole-grain breads, cereals, whole fruits, skim or low-fat milk and yogurt are good breakfast foods.
2. **Snack smart:** Healthy snacks provide an additional source of calories needed by kids throughout their active day. Yogurt, fresh or dried fruits, cereal bars and raw vegetables with dip are good choices.

(Continues on page 6)

A Healthy Lifestyle Should Start At A Young Age! (Continued)

3. Eat lots of different foods: Children need to eat lots of different foods including large amounts of vegetables, legumes, fruits & whole grains; and small amounts of dairy and meats to get all the nutrients needed for growth while promoting good health. Macronutrients (Carbohydrates, Fats and Protein) are the body's main source of fuel. Micronutrients (Vitamins and Minerals) are needed for many body functions.

4. Drink plenty of water: Children should drink plenty of liquid for hydration while providing nutrients for good health and growth.

5. Be active everyday: Being active promotes healthy growth and development. Children need at least one-hour of moderate to vigorous physical activity daily. Like playing hide and go-seek, tag games and sports are ALL great ways to get kids moving while also having loads of fun.

Being active promotes healthy growth and psychological development. This will boost your kids grades at school. *- The End*

Just For The Ladies (Sorry Guys) -- Essentials For A Memorable Girlfriend Getaway... (Continued)

Flea market fanatics and antique hunters can browse the area's largest flea market and antique stores in Gulf Breeze, Milton and Pace. There are also art galleries, specialty boutiques, and souvenir shops where you can pick up a little memento for yourself or your loved ones back home.

Great Food: When all that shopping and adventure seeking on your girlfriends getaway leaves you hungry and thirsty, drop in at one of Santa Rosa's many restaurants to sample the local cuisine. You'll discover the casual elegance of dining by the seaside, or bask in the hospitality at a local eatery.

Thanks to the Gulf Coast location, Santa Rosa visitors enjoy the freshest seafood year round. Seafood should be on the menu for your girlfriend getaways - there's a wide variety to choose from, and it's light, yet filling and delicious fare.

However, you can also order up a juicy steak at top-of-the-line steakhouses, or enjoy delicious Mexican, Chinese or Italian cuisine at restaurants along the Beaches to Rivers of Santa Rosa.

Variety: Choice is an essential element of the best girlfriend getaways. Depending on when you come to Santa Rosa, you and your girlfriends can enjoy seasonal attractions and events. Fall is full of arts and cultural festivals and shows, and also features the Beaches to Woodlands tour, which is a self-guided tour that can take you along Navarre's white beaches, through Blackwater River State Forest, and into historic Milton and the farmlands near Jay. If you're planning a golfing girlfriend getaway, fall is also the best season to hit the greens.

In winter, girlfriend getaways can be filled with visits to indoor attractions such as the Butterfly House, museums, and pottery stores. And summer is the perfect season to cool off at one of Santa Rosa's pristine beaches, such as Navarre Beach with its clear, emerald waters. For the more sporting in your girlfriends getaway group, sign up for a water sport such as skiing, deep-sea fishing, para-sailing or wave-running. *The End*

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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 **Eric Chesler**. We're treating Eric and a friend to soda, popcorn, and the movies!

Headache Relief Tricks And Tips...

An excruciating headache hampers your effectiveness at work, it changes your mood, and it lessens your will to do the activities you normally enjoys doing. Sure, there are innumerable over-the-counter medications that can provide headache relief but preventing a headache is a much better option.

Eat healthily. Breakfast is the most vital part of the meal so make sure to have a heaping helping of carbohydrates and protein such as bread, rice, and poultry products to store enough energy to last you for the day.

Cut back on the coffee. There are times when caffeine intake curtails the piercing headache you feel. Excessive ingestion of it, however, can also contribute to the pain and makes it worse, too. Heavy caffeine usage, say, more that 600 milligrams of it can also cause irritability and nervousness.

Sleep on time. Our mothers are right when they said that getting at least eight hours of sleep will do well for our body. If you have trouble sleeping at night, try drinking a glass of warm milk or doing mild exercise at night. This will "tire" your body, making it easier for you too feel drowsy. Reading a really boring book can also help.

Live life simply. Sometimes when a person is cramming so many activities that one could barely handle, it restrains the body from getting enough rest. Make an organized schedule of your day-to-day activities and omit the things that are the least of your priorities to give way of your snooze time.

Choosing The Right Babysitter

There are times when you need to get away from the house for a night on the town with your spouse or for your work, and there is no one to take care of the kids. So you might need a babysitter to take care of your children, especially if your relatives cannot come to the rescue for you. Babysitters need to be picked carefully. Babysitters come from all walks of life, race, religions, and ages. This can make it hard to choose a babysitter if you can't ask a friend to recommend one. When hiring a babysitter:

- 1) Check out their previous clients and their other references. They'll be able to tell you the quality of the babysitter's skills and their abilities in taking care of children. Ask about how they handled the children when they were crying or stirring up trouble. Also, ask if the children liked their babysitter.
- 2) Ask if the babysitter knows how to deal with children of different ages. A babysitter should know how to deal with the needs of your children at their age.
- 3) Make sure that they have the same morals and values that you do, so that your child will not become confused from conflicting ideas. Discipline is where most people differ in taking care of children, so talk to the potential babysitters and ask them about how they think disciplining should be done.
- 4) The age of the babysitter does not always necessarily matter. Their skills and maturity do not come with age, but with experience. Some younger babysitters may be more responsible than their older counterparts.

- *The End*

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

I would like to welcome all our new clients to our firm and "*Thank You*" for being our client.

If you would like to receive a FREE Glove Compartment Accident Guide for your car just call our office at **(847) 854-7700**. When you call for your Free Glove Box Accident Guide, make sure to get one for each car in your family. It's a great idea to have one in every car.

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Check It All Out Inside Now...

*April Showers bring
May flowers*

*May flowers bring
June brides.*

