

A FREE Monthly Newsletter From Your Friends At FRANKS & RECHENBERG, P.C.

## JULY IS NATIONAL GRILLING MONTH

*Cook on the grill for healthy, flavorful foods,  
but do it right.*

Cooking outside in the fresh air is one of the joys of summer. Grilling can enhance food flavors, and the company of family and friends can make any dinner a party. There's more to it than slapping a steak on the grill and turning up the heat. To prevent foodborne illnesses, you have to do it right.

- Thaw frozen meats and poultry thoroughly. Slow thawing in the refrigerator is best. Or thaw sealed packages in cold water. Microwave thawing is OK if you grill the item immediately.
- Use marinades properly. Marinate in the refrigerator. Set aside a portion of the marinade before placing it on the meat. You can use the saved marinade to baste while grilling. Never reuse a marinade that has been used on meat, say scientists at the Mayo Clinic.
- A marinade of olive oil and citrus juices can reduce the formation of cancer-causing substances on foods by as much as 99 percent. A food safety project at Kansas State University also discovered that basil, mint, rosemary, thyme, oregano or sage used in marinades can reduce the formation of free radicals when foods are grilled.
- Keep the grill clean and make sure it's hot before you put food on it. Consider indirect heat to prevent charring. Charred meats may contain carcinogens. Avoid flare-ups by trimming fat from the meat.
- Avoid cross contamination. Never reuse utensils or platters that have come in contact with raw meat.

## JULY EVENTS

Canada Day	July 1
Independence Day	July 4
National Day of the Cowboy	July 24



## 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 Marlo or Tammie 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.

## Celebrating Independence Day weekend with patriotism, safety and fun

Amid their plans for picnics, fireworks and fun over the July Fourth weekend, Americans seriously take this opportunity to show their patriotism and love of country.

They attend patriotic parades and fireworks demonstrations, salute the flag, tell stories about how family members fought for our country, and remember to honor our present defenders in foreign lands.

Independence Day is the most important holiday of the summer. It carries a tradition that began with the signing of the Declaration of Independence in 1776. John Adams, one of the declaration signers and future president said:

"It will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, shells, bonfires and illuminations from one end of this continent to the other, from this time forward evermore."

And so it is.

Fireworks fulfill Adams' prediction for "illuminations." In cities and towns, the skies fill with dramatic, colorful and startling shell bursts. Many demonstrations in cities are so impressive they draw viewers from hundreds of miles away to view them.

Some Americans take illuminations personally and create their own fireworks shows. In many neighborhoods, stay-at-home celebrants can view neighbors' shell bursts that are almost as dramatic as those fired by professionals.

In all home demonstrations, safety should be the first goal for amateur pyro technicians.

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## **Office waistlines are expanding: Do you really want that piece of candy?**

The average American office worker is packing on almost seven pounds a year, according to recent studies.

One from Cornell University shows the easily-accessible bite-size treats found on office desks are a big contributor. Eating two pieces of candy every day adds about 480 calories over a work week.

To burn that off, a 160-pound person would have to walk for 157 minutes (2 mph), ballroom dance for 132 minutes, play golf carrying clubs for 88 minutes or backpack for 56 minutes.

Cornell professor Brian Wansink, author of *Mindless Eating*, says it's ridiculous what the candy jar does.

The temptations don't stop at the candy jar. Add to that the high-fat foods at pot-luck lunches, birthday cakes, and the donuts offered at meetings.

Still, the ubiquitous temptation is the candy jar. When you walk by one, you have to ask yourself again whether you want a piece.

At the office of CBS News, they did an experiment to see how popular the candy bowl was. There was a piece taken within the first minute, and several followed shortly after. People grabbed the candy without thinking about it. But when the candy bowl was moved several feet away to the top of a file cabinet, people were much less likely to take a piece.

Weight Watchers recommends that you keep fruit, mints, chewing gum and healthy snacks in a drawer so you don't feel you need a treat.

The candy jar may never disappear entirely. Those who approve of them say candy is comforting and it promotes camaraderie in the department.

If you agree, at least pass it by more often. One piece of candy a day is better than two.

## **It's Summer Time!**

**Call for your chance to win a FREE Beach Ball.**  
We wish all our clients & friends a happy and enjoyable summer. To add to your summer time fun, we are giving away Beach Balls to the first (5) callers to our office.

**Call our office at (847) 854-7700 and ask if you were one of the first (5) callers and if yes, you won the FREE Beach Ball!**

## **How to have more fun at theme parks**

Spending a day at a water park, theme park, zoo or entertainment mega-world is a great way to spend quality time with relatives and friends, but it's not easy to have fun without passing out from exhaustion. Here are a few tips to help you avoid going bonkers.

- Leave your dog at home unless the park has a kennel where you can stash him.
- If available, buy tickets in advance to avoid long lines.
- Bring a bag for souvenirs or rent a locker so you won't have to carry them or your umbrella and rain poncho.
- Take sunscreen and insect repellent.
- Wear comfortable shoes. No flip-flops, sandals or shoes with open toes where dust and dirt can get in.
- Take advantage of hotel shuttles. They are fast and free, and you won't have to park your car in a huge lot.
- Once there, split up, so groups can visit their favorite attractions. Have times to gather at a meeting place.
- Avoid getting into a long line. Come back later at a time when a big show is going on somewhere else in the park.
- Go easy on the candy to avoid the surge and crash that can make you tired and grumpy.
- Look for a "fast pass" machine that gives you a ticket to ride at a specific time so you won't have to wait in line.
- Toss your list of "must-dos." It's about fun, not about how many things you can cram into a day.
- Be smart with money. Have a budget that allows you to buy one or two souvenirs.
- Eat at unusual times. If you have lunch an hour later, you won't have to wait as long in line or for a table.
- Be nice and don't fight with family and friends. Give in or ignore a nasty remark.
- Take a tour if there is one available.

## **JULY 24: NATIONAL DAY OF THE COWBOY**

It was a tough and lonely job, but the historic American cowboy endured it with courage and a song. Using and modifying traditions passed on from Mexican vaqueros and the Spanish before them, the cowboys became a basic part of American Western heritage and legend.

On the National Day of the Cowboy, we celebrate their contributions to the pioneering spirit of America.

As the cities of the American East and Midwest grew in the mid-to-late 1800s, the need for food, especially for meat, grew along with it. Then the great roundups and cattle drives became a part of our Western heritage. The cowboys worked long days and nights tending their herds despite dangers from terrain they had to cross, unhappy Indians and fierce outlaws whose goal was to steal the herds.

As the railroads developed, the need for long cattle drives decreased. Over time, the cowboy techniques of riding and cattle-handling became the focus of today's rodeos.

## **THE SYMBOLIC AMERICAN LIBERTY BELL**

When William Penn created Pennsylvania's government, he allowed citizens to take part in making laws and gave them the right to choose the religion they wanted. The colonists were proud of the freedom that Penn gave them.

In 1751, the Speaker of the Pennsylvania Assembly ordered a new bell for the State House. He asked that this Bible verse to be placed on the bell: "Proclaim LIBERTY throughout all the Land unto all the inhabitants thereof" (Leviticus 25:10).

As the official bell of the Pennsylvania State House (today called Independence Hall) it rang many times for public announcements.

Originally cast in London, the bell cracked soon after it arrived in Philadelphia. It was recast in 1753 and again repaired in 1846. It weighs more than 2000 pounds and is made of 70 percent copper and 25 percent lead with small amounts of lead, zinc, arsenic, gold and silver. It has its original base.

The State House bell was first called the "Liberty Bell" by a group trying to outlaw slavery. These abolitionists remembered the words on the bell and, in the 1830s, adopted it as a symbol of their cause.

Since that time, it became a symbol of liberty for all Americans.

## **Franks & Rechenberg's Italian dinner to please everyone**

The Italians have a great way of combining ingredients to make masterpieces, like in linguini with clam sauce, which marries the fruit of the sea with the Durum Wheat flour of the plains to create a dish high in complex carbohydrates, protein and vitamins. The recipe is rich and creamy without being over the top.

Linguini in clam sauce

- 2 pounds Little Neck clams, scrubbed and cleansed in water, or a 10-ounce can of processed clams without shells
- 1 pound linguini
- 2 tablespoons olive oil
- 1/2 cup finely chopped
- yellow onions
- 2 tablespoons minced garlic
- 2 teaspoon chopped fresh, curly
- Italian parsley
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red
- pepper flakes
- 3/4 cup dry white wine
- 1/2 cup clam juice
- 1/2 cup heavy cream
- 2 teaspoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 1/2 cup grated Parmesan cheese

Fill a large pan three-quarters full with salted water and 1 tablespoon of olive oil. Bring to a boil. Add the linguini and cook 8 to 9 minutes, checking it until soft. Drain the pasta, reserving 1/2 cup of the cooking liquid. Return the pasta to the pot and toss with the cooking liquid. Cover and set aside.

In a heavy sauce pan, heat the remaining tablespoon of oil over medium heat. Add the onions and cook, stirring, until soft, 3 minutes.

Add the garlic, salt, and red pepper flakes. Cook, stirring, for 1 minute.

Add the wine and clam juice. Cook for 1 minute. Add the clams, cover, shaking occasionally. Cook until the clams (if in shells) open, about 5 minutes. Discard any unopened clams.

Add the cream and lemon juice, stir and simmer for 1 minute. Add cooked pasta and toss to coat. Add another small amount extra-virgin olive oil and parsley and toss to coat.

Divide among serving bowls and top each portion with Parmesan.

**ENJOY!**

**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.**

## Five ways to fight stress and improve your health

You already know a few ways to improve your health, such as making it a point to eat fruit every day and to eat high-fiber foods like breakfast cereal. Here are a few other stress-fighters and health-improvers:

1. Approach your life and work with a more positive outlook. Find a positive side in every aspect of your life. Research involving women age 50 and older found those with an optimistic view were much less likely to die of any cause during the years of the study.
2. Try yoga and tai chi. The gentle mind-body practices combine aerobic, strength training, core stability, flexibility and balance. They reduce blood pressure and improve sleep.
3. Develop a sense of gratitude for life. Gratitude is sometimes called a combination of humility, grace, love and acceptance. Each day identify at least one thing that enriches your life. Have gratitude be your last thought before you fall asleep at night and your first thought when you wake in the morning.
4. Try volunteering. Research shows that participating in meaningful volunteer activities promotes emotional and mental well-being. A study reported in the Journal of Aging and Health found that volunteers had lower blood pressure than non-volunteers.
5. Improve your relationships. Forgive yourself and those closest to you. It doesn't mean you condone a wrong done. Forgiveness is associated with improved mood and lower stress.

### Quote of the Month: Creating opportunities:

If you want to succeed in the world, you must make your own opportunities as you go along. The one who waits for some seventh wave to toss him on dry land will find that the seventh wave is a long time coming.

You can commit no greater folly than to sit by the road side until someone comes along and invites you to ride with him to wealth or influence.

Have you seen the photos in newspapers and on the Internet? It's an exciting time for reunions as family members take a big interest in those closely related and in family genealogy.

### **July is Family Reunion Month.**

No one is sure when the concept of organized reunions started, but as far back as the 1890s, the idea was popular enough that The Family Reunion Institute was established at Temple University. Its mission was to offer guidance on planning and implementation of events.

The gatherings were immensely popular from the late 1800s through the beginning of World War II, but on the decline starting in the 1950s. The post-war world was a busy place with its booming economy, veterans who both worked and went to college, and a baby boom in progress.

Both then and now, local parks have been the primary scene of reunions, with clans grouping picnic tables in a grove of trees and erecting cloth banners emblazoned with surnames.

The latest study, done a few years ago by Bruskin Research, found that relatives from 300 miles away or more attend these events to catch up on births, deaths and weddings. Most events are still the traditional picnics in the park with family units and individuals toting in a covered dish.

Others are taking new twists and may be conducted at any time of the year, especially holidays like Thanksgiving. They are held inside and outside, with various themes and, often, even dress-up balls, held in celebration halls or hotels, with fine dining and dancing as part of the event.

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## **Health in the News**

### **Nitroglycerin could be new osteoporosis treatment**

An inexpensive nitroglycerin preparation administered as an ointment, patch or pill could basically change the way osteoporosis is treated. And it could help prevent fractures in the elderly.

Dr. Sophie Jamal of the Department of Medicine at the University of Toronto led the study on nitroglycerine's impact on bone density. It was recently reported in the Journal of the American Medical Association.

After two years of using nitroglycerine ointment, study subjects had significant increases in bone mineral density in the spine, hip, neck and thigh. They also experienced less bone resorption.

No osteoporosis drug on the market today both decreases bone resorption and increases bone rebuilding.

### **New treatment for lupus**

The Food and Drug Administration has approved the first new drug for lupus in more than 50 years. Lupus affects up to 1.5 million Americans. It is more common in women, Caucasians and African-Americans.

The drug, Benlysta, by Human Genome Sciences, Inc. and GlaxoSmith Kline PLC, is expected to reach blockbuster status.

Researchers say many patients were able to reduce their use of steroids while taking Benlysta. They had a reduced incidence of severe flare ups, a painful characteristic of the disease. But African-Americans didn't respond as well to the new drug as Caucasians.

### **New heart catheterization**

About one million U.S. patients each year undergo heart catheterizations, which involve threading a thin plastic tube up to the heart from a puncture wound doctors make in the groin.

Now, cardiologists are increasingly beginning the procedure in the wrist instead. This eliminates the risk of bleeding, a potentially life-threatening problem associated with entry in the groin. Although it rarely happens, bleeding increases the risk of a heart attack.

## **Speaking of Safety**

### **Motorcycle deaths could increase in 2011**

In 2010, there was a 2 percent decrease in the number of motorcycle deaths in the United States. Some authorities, however, think 2011 will bring a higher number, especially because the number of motorcycle riders is increasing.

The Governors Highway Safety Association says that last year, deaths increased significantly in the third quarter. Further, the use of helmets approved by the Department of Transportation has dropped by 16 percent.

States will have to do something to avoid increased deaths, according to the National Highway Traffic Safety Administration (NHTSA).

One manufacturer, BMW Motorrad USA, says it will offer anti-lock brakes on all of its motorcycles beginning with the 2012 model year. Motorcycles equipped with anti-lock brakes are 37 percent less likely to be involved in a fatal crash than those without them.

The NHTSA says states should increase helmet use and reduce impaired driving. In 2009, 29 percent of riders killed had high blood-alcohol readings. In 2008, 35 percent of those killed were speeding.

## **THE BIGGEST BUDGET KILLER: IMPULSE BUYING**

Studies at the University of Pittsburgh show that impulse buying adds up to 30 percent of overall spending. Here are some tricks to keep you from unplanned purchases:

- \* Look at the clothing or electronic gadget but don't touch them. Picking up an expensive sweater or cellphone increases your sense of ownership, which makes it more difficult to resist buying.
- \* Consider what you would rather do with the money. Save it toward a grand vacation? Focus on which one you would rather give up.
- \* Shop with a list. This classic idea can be one of the biggest money savers of all. Decide what you want and need. Mentally decide how much you are willing to spend on gifts, personal care and items for your home, and how you could save one-third of those costs over a year.
- \* Create separate savings accounts for items like vacations, Christmas, and new furniture. One Dartmouth researcher says a reminder on your calendar can help. Reminders like "Deposit tax refund to Roth IRA" can boost savings by 15 percent.

**ARRESTED FOR A CRIME? Don't know where to turn?  
Help is just a phone call away ! Call David B. Franks at (847) 845-7700**

**OJ LOWERS BLOOD PRESSURE,  
IMPROVES BLOOD VESSELS**

Drinking a glass of orange juice every day has long been known to be a healthy practice. New evidence shows its benefits are more extensive.

Orange juice contains a flavonoid called hesperidin. In a study by the Human Nutrition Unit-INRA in France, it was discovered that two glasses of OJ per day could significantly lower diastolic blood pressure (the second number in a blood pressure reading) and improve blood-vessel function.

Study subjects were overweight, but otherwise healthy men age 51 to 63.

The researchers say lowering diastolic pressure by just three or four points could translate into a 20 percent reduction of heart disease. Even if you drink one glass of OJ per day instead of two, you will have beneficial effects.

***FREE...FREE...FREE!!! Do You Have Questions  
To Certain Legal Issues That You Need Answered?***

We love to hear from all our good friends and clients who enjoy reading our monthly newsletter. If you have a question regarding *car accidents, on the job injuries, dog bite cases, criminal charges, or DUI*, please feel FREE to give us a call at **(847) 854-7700**.

In fact, we've published several Reports on these topics that you can obtain for FREE by simply calling our office and asking for Marlo or Tammie. They'll send you or a friend one of our informative Special Reports for FREE!

**Another Great Reason to Own a Dog!**

Researchers at the Mayo Clinic found that married couples who owned a pet had lower blood pressure than couples without one.

Individuals who owned a dog were more likely to still be alive one year after having a heart attack than heart attack patients who didn't own one.

Dog owners who walk their dogs are more likely to be physically active and less likely to be obese.

**Thanks Fido**

**Acupuncture:**

**Building on a 2,000-Year track record**

The ancient Chinese practice of acupuncture is spreading rapidly across the West. A national health survey, quoted in Healthy Years, found that more than eight million U.S. adults have used acupuncture for their physical problems. At the Center for East-West Medicine at UCLA, they say acupuncture sends a signal to the body to turn on its own rescue system.

How it works

According to Chinese medicine, energy called qi (or chi) flows through the body across 12 major pathways called meridians. The meridians correspond to specific organs and body functions. If the flow of qi is blocked, you get sick. At UCLA center, doctors also say acupuncture re-regulates the body and can turn off pain signals.

Inserting very fine needles at specific points along the meridians helps restore the flow of qi. Most doctors today believe that the needle stick causes the central nervous system to release morphine-like pain killers called endorphins.

What it targets

The World Health Organization recommends acupuncture for respiratory diseases, eye and mouth problems, orthopedic trouble, neurological disorders, and gastrointestinal ailments. It can reduce or eliminate the need for pain medications. The therapy has shown promise in relieving nausea associated with chemotherapy.

It has been used to help patients regain movement after stroke, to treat depression, headaches, and low back pain and Parkinson's disease.

What to expect

Patients feel a tiny prick as the needles are inserted. It isn't painful because needles are only as thick as a single human hair. The needles stay in place for five to 20 minutes, depending on the illness, but it's important to have a certified practitioner do the treatment.

Before starting acupuncture, discuss its possible benefits with your doctor, and check with your insurance company to determine whether acupuncture treatments are covered.

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**How to solve wordoku puzzle**

To solve a wordoku, takes simple logic. Simply make sure that each 3x3 square region has a only one occurrence of each letter in the keyword (which is ANGEL-FISH.) It fits in the center row.

Each column and row of the large grid must have only one instance of each letter, A, N, G, E, L, F, I, S, H. The difficulty rating on this puzzle is easy.

**ANGELFISH Wordoku Puzzle**

H			L	I	E		N
			A			E	I
		E		N			S
				G	H		
	N	G				I	S
			I	S			
E				A		N	
S	L			N			
	I		H	E	L		F

**FOOTBALL AND BASKETBALL FANS: TAKE IT EASY DRIVING HOME**

Here's some disturbing news for sports fans: When your team wins a nail-biter, you face a higher risk of dying in a crash on the way home.

Research by the North Carolina State University and South Carolina University finds that traffic deaths rise in the hometowns of winning teams on game day, and rise proportionately the closer the game is. The result is the same whether the game is at home or away.

The research focused on highly anticipated events, such as playoff and rivalry games. Because final scores don't always reflect how close a game was, fans were asked to rate the 271 college and professional games they studied.

The increase in fatalities happens in locations of winning games, such as game sites and hometowns. The difference in fatalities after a blow-out game and a nail-biter was 133 percent.

**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 Matthew Lahman. We're treating Matthew and his wife to the movies!

**CELEBRATE THE 4TH SAFELY**

The Fourth of July is usually a fun time filled with parades, grilling, camping, fireworks and boating. A trip to the emergency room cuts that fun short. Following a few safety tips can make this holiday a pleasant recollection, not a painful memory.

**Camping:** Build your campfire away from overhead branches, dry leaves and dry grass. Be sure your match is out before you throw it away and never leave your campfire unattended. Drown the fire with water and move all rocks away. Embers can lurk beneath them.

**Grilling and picnicking:** Marinate your meat in the refrigerator not on the counter. Keep your cold foods refrigerated or in a cooler until ready to eat. If you are grilling, use a clean plate for your cooked food. The cooked food should never be placed on a platter that held the raw meat.

Discard any food left out for more than two hours and in hot weather one hour would be a safer bet.

**Fireworks:** The National Council on Fireworks Safety warns never to relight a "dud" firework. Wait 20 minutes and soak the "dud" in a bucket of water.

Remember that sparklers burn hot. The recommendation is that only persons over the age of twelve should handle them. Always have water handy and do not alter or combine fireworks. Follow the laws set up in your area and do not buy illegal fireworks.

**Boating and water sports:** Always avoid using alcohol when boating or swimming. When boating, wear a life jacket and be sure everyone on the boat, including children, is wearing a life jacket. Use sunscreen. Do not swim alone and only dive in safe areas. If the weather turns stormy, leave the water.

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**What's Inside?**

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**The Answers To These And Many Other  
Questions Are Inside The July 2011 Issue!**

