

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

MAKING FATHERS' DAY A MEMORABLE OCCASION

Your dad's closet is overflowing with ties. He is ahead two wallets and has enough shaving lotion and men's colognes to last him the rest of his life. So, what's to do for this Father's Day?

That special day can be made a memorable one with a little creative thought. What makes your dad his happiest?

Take him to his favorite restaurant and slip a gift card for that special place or another purpose, into his Father's Day card.

Be a slave for a day. Mow the lawn. Wash his car. Cook him a lavish meal and wait on him hand and foot.

Most men have a hobby or multiple hobbies. If he likes to garden, get your hands dirty and help him weed the produce patch. If he likes photography, plan a special scenic day trip with you driving, so he can be photographically creative.

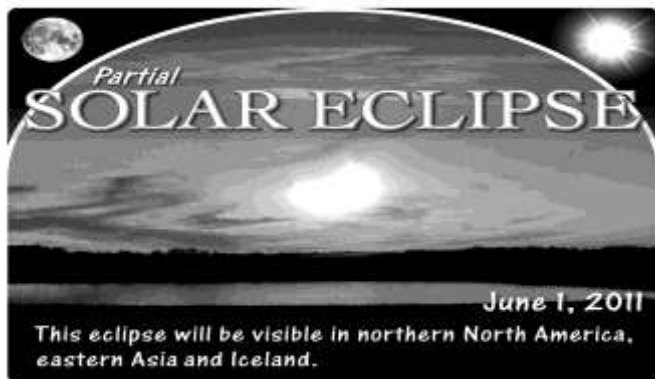
Does he enjoy finer tastes in life? Some specialty liquor stores have sample size bottles of single malt scotches or glass-size bottles of wines. Accompany these gifts with food items that act as pallet cleansers for the tastings.

Brew him a pot of his favorite coffee, make him breakfast, and prepare a basket full of sample coffees for him to try later. Baskets are always good choice. You can put one together from various items, like books for reading, CDs, DVDs, or foods he likes but doesn't usually buy for himself.

Whatever the gift, it's the thought that counts.

June Events

Flag Day	June 14
Father's Day	June 19
First Day of Summer	June 21



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.

The Great American Backyard Campout: June 25

You don't have to be a nature buff, and you don't have to drive a long way to pitch your tent. The National Wildlife Federation offers everyone a way to camp out for a night and socialize with family and friends.

The Great American Backyard Campout will be observed by thousands countrywide, maybe even by you!

It's enjoyable to sleep outdoors, whether you pitch a pup tent for the kids or a big fancy tent for you and your partner or the whole family.

Sleeping under the stars can also be a treat. Air mattresses will be comfortable enough as you gaze upward to view the constellations.

The campout can be an event that includes the kids' friends and your pals. Add a fire pit for roasting hot dogs and marshmallows, and include games and singing to make it a great camping experience. It's a happening that can be limited only by the size of your yard.

You could even do a good deed while having fun. The National Wildlife Federation hopes you will raise funds at the same time to support conservation programs. Take up a collection from your camping friends and guests. Small donations will go a long way in supporting wildlife.

Backyard camping is convenient if your kids aren't old enough to trek through the woods, but older adults who have a tough time doing the same will enjoy getting together with you.

David N. Rechenberg just settled a Worker's Compensation Case for \$91,000.00.
If you were hurt at work or need solutions to your work injury problems get
Rechenberg on your side!!

Doctors focus on tension headaches, the most common kind

If it's late afternoon of a hectic day and you begin to feel a band of tightness forming around your head, you're probably getting a tension headache, which could last from 30 minutes to several days.

It's the most common kind of headache, with about 80 percent of the adult population saying they have had one, 40 percent say they had one recently, and others saying they have them frequently.

Researchers for the National Headache Foundation say it is the most neglected type of headache being studied, because sufferers don't see their doctors for a tension headache. They treat it themselves with over-the-counter medications, but if they do it frequently, they can suffer rebound headaches.

For chronic tension headaches, antidepressants called tricyclics (Elavil or Tofranil) are effective in people who have not found relief with over-the-counter medications. But these drugs can cause drowsiness.

Anti-seizure drugs, muscle relaxants and migraine medications may also prevent chronic tension headaches, and many do not cause drowsiness.

* New delivery methods for pain medications include inhalation devices. They allow a drug to enter the bloodstream faster and lead to rapid pain relief.

* Transdermal patches are helpful for chronic headache patients.

One peak time for tension headaches is early morning. They could be caused by interrupted sleep, sleep apnea, awkward sleeping posture, caffeine withdrawal or a hangover.

Late afternoon is another peak time. Events of the day can cause people to hunch their shoulders, grind their teeth and tense their neck muscles.

Experts stress that people who suffer headaches should see a doctor for a prevention and treatment plan.

Wanted: Your Current E-mail Address

We are updating our database and need your current e-mail address!!! Please help! Kindly take a minute and call the office with your current e-mail address. Over next 45 days we will be calling our clients and friends for their current e-mail address.

Thank you Thank you Thank you Thank you

If only they could...

What your bones want to tell you

If your bones could talk, they would first say they are living things that respond to diet and exercise by becoming stronger.

Until age 20 and up to age 30, bone mass accumulates and grows, peaking in the third decade of life. After that, your bones would say it's up to you to keep them strong. If you don't, bone mass will decrease, year by year, for the rest of your life.

No matter what your age, regular weight-bearing exercises can not only prevent the loss but can make bones stronger. They include walking and exercising with hand weights.

Calcium and vitamin D are important factors in bone strength. Adults generally should aim for at least 1,000 milligrams of calcium a day. Add 1,000 International Units of vitamin D from food or supplements. You can't absorb calcium without vitamin D.

Your spine would have a lot to say, especially when it's hurting. It would tell you that its natural curve is a figure 8. As far as the upper back is concerned, your posture is important. If you stand round-shouldered and let your stomach sag, the upper back pays a price.

When the lower back is tight and hurting, other parts of the body might be responsible. The American Physical Therapy Association says almost all of the leg's thigh muscles are attached to the pelvis, which is interlocked with the spine. If thigh muscles don't keep the pelvis stabilized, the spine is prone to shifting. Lower back muscles become overworked and cause pain.

Stretching and strengthening thigh and hip flexor muscles can help to keep the spine in shape and pain free.

Moneywise:

Where you can get the money when you're in a bind? When your emergency savings won't cover a big car repair or a new roof for the house, check available options.

- Your credit union may have a loan plan that suits your needs, and the payments could be payroll deductible.
- Some banks make emergency cash loans. Check with banks in your area.
- A loan from your 401(k) could be another option if your company allows them. Check with Human Resources.
- The amount you can borrow varies from company to company and is usually limited to half of your balance.

Payments may be payroll deductible and could be for an extended period. But in most cases, you won't be able to contribute to your 401(k) until the loan is paid off, which could be a setback to your retirement savings goals.

Retailers are more likely to track returns

Retail chains have begun hiring Retail Equation, a company that tracks merchandise returns, to see whether certain customers are abusing the process.

A survey by the National Retail Federation estimates that retailers lost up to \$17.7 billion to questionable returns in 2010, up from \$14.8 billion in 2009.

Those who approve of the tool say it allows retailers to relax general return policies by finding true abusers. They especially look for customers who buy clothing, wear it, then return it, a custom called "wardrobing."

They also want to weed out serial returns by consumers who might buy a television set, use it for a few days, say for a big football game, and then return it.

Customers have benefited from the system as stores become more liberal with refunds for those making honest returns.

SENIOR SCENE

The caregiving experience

As America ages, people find themselves caring for a spouse, family member or close friend. Each caregiving experience is different and each caregiver has different needs.

Dealing with caregiver stress

Family caregivers are at risk for depression, infections, premature aging and chronic illness. Signs of caregiver stress as given by Ohio State University Medical Center:

- Feeling overwhelmed and sad
- Low energy level
- Trouble sleeping
- Feeling angry or uncaring
- Not eating or eating too much
- Loss of interest in other activities
- Skipping their own doctor visits.
- Finding ways to lighten the work

* Get the right stuff. From grab bars to a portable potty and everything in between, there are devices and equipment that will make your job easier. Visit your local medical supply store to see what's available.

* Bring others onto your caregiving team. Ask a family member or friend to carry in dinner or cook at your house so you can chat at the same time.

* Hire someone to help with cleaning and laundry. If it's someone you know, visiting can be enjoyable and create an interesting break for the patient.

* Accept any help that is offered. If people ask how they can help, be ready with a reply, like cut grass, burn trash, go to the supermarket or pharmacy.

* Investigate services that are available locally for caregivers and seek support and tips from other caregivers.

* Make your own health a basic issue. Exercise is important to maintaining strength and a positive attitude. Meditation and yoga can help to reduce stress.

* Recognize your successes and try to accept what you cannot change. Break a challenge into smaller parts and do one thing at a time.

* If you know depression or exhaustion is upon you, don't delay getting professional help. A counselor can help you cope with stress. A doctor can prescribe medications to help with sadness or sleeplessness.

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.

Recent dietary guidelines slash salt intake advice

The most recent federal dietary guidelines for Americans call for salt consumption to be reduced from 2,300 to 1,500 milligrams (mg).

The lower figure was already recommended for 70 percent of American adults, including those with hypertension, all African Americans and everyone over age 40. The prestigious Institute of Medicine wants a crackdown on added salt in foods, arguing that past public-education campaigns have failed.

The institute considered the results in the Interstroke study, which compared data on 6,000 people from 22 countries, half of whom had suffered a stroke and half had not. The study discovered that high blood pressure (hypertension) was the strongest predictor of stroke.

The Centers for Disease Control and Prevention estimates that 77 percent of dietary sodium comes from processed foods and restaurant items. Also:

- Grain mixtures, 530 mg/day: from pizza, burritos, tacos, egg rolls, packaged pasta dishes and frozen dinners.
- Ham, sausages, bacon, lunch meat, 423 mg/day: all have high salt content.
- Breads, 354 mg/day: two slices can contain 300 mg. of sodium.
- Meat, poultry and fish, 286 mg/day: all from salt shakers.
- Cake, cookies and crackers (229 mg/day): two Oreo cookies contain 160 mg of sodium.



Crab-stuffed mushrooms

Do you ever dream about the taste of crab-stuffed mushrooms as they are served in the country's largest seafood restaurants? Try this recipe for size.

These delicious gems can be used as an appetizer or as a starter for a seafood night at home.

Depending on the size of the mushroom caps, the following will produce about 24 to 40. Any leftovers can be reheated in the microwave.

Crab-stuffed mushrooms

- (3) 8-ounce packages of medium or large button mushrooms
- 1/2 pound crab claw meat, fresh or canned
- 1/4 cup finely chopped celery
- 2 tablespoons finely chopped shallots
- 2 tablespoons finely chopped bell pepper.
- 2 cups crushed oyster crackers
- 1/2 cup shredded sharp cheddar cheese
- 1/4 cup shredded Parmesan cheese
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon fresh ground Old Bay seasoning
- 1/4 teaspoon fresh salt
- 1 egg, beaten
- 1 stick unsalted butter
- 1 cup Chardonnay wine

Preheat oven to 400. Wash mushrooms, remove stems and set caps aside. Finely chop about half the stems (the most-tender appearing). Discard others.

Saute celery, shallots, and peppers in one stick of butter for about 2 minutes.

Combine the stems, sauteed vegetables and all other ingredients (except the Parmesan cheese and half the wine) in a medium mixing bowl. Mix well.

Stuff the caps, mounding on the top. Place the caps in a buttered, large but shallow ceramic baking dish.

Sprinkle each stuffed cap with Parmesan cheese and sparingly baste with the remainder of the wine. Bake 12 to 15 minutes or until the cheese and stuffing are slightly brown.



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**David N. Rechenberg will get you the big money for your personal injury case!
Call today to schedule an appointment for a free audit of your case!**

Drivers try to beat the system with red-light camera detectors

Cities are increasingly installing cameras at dangerous intersections to detect red-light runners. As you might expect, some drivers are using technology to try to beat the system.

Red-light cameras snap a photo of a car's license plate, if the driver runs a light. The car owner then gets a traffic ticket in the mail.

The Insurance Institute for Highway Safety says the cameras reduced the rate of fatal red-light running accidents by 24 percent in 2004-2008. Had the cameras been installed in all cities with populations above 200,000, 815 deaths might have been prevented.

Drivers are now looking for ways to avoid pricey citations for red-light running, according to USA Today. But at the same time, cash-strapped police agencies want to increase revenue.

Some drivers are using devices that give them a heads-up when it's time to stop or slow down. They include Cobra's iRadar, which can connect with an iPhone and Fuzz Alert, which works with iPads and iPhones.

How bad is that?

One police officer says he's "all for them" and even provides GPS companies with information about where the cameras are. He believes devices and apps make drivers more aware of where they are. When they slow down for a red light, that's what he wants.

PhantomAlert works on TomTom GPS navigation systems. One user says the device has made him even more aware while he's driving. He thinks drivers aren't paying a lot of attention, especially on roads they drive repeatedly. The warning system makes them more aware of everything that's going on.

Drunk drivers: a different problem;

Some online databases warn drivers about everything from cameras to speed traps and DUI checkpoints reported by other drivers.

One police captain says drinkers use them in an attempt to avoid being arrested for DUI. They don't think about the lives their drunk driving could end: other motorists, pedestrians, passengers and even their own lives.

STAYING WELL

Take your medicine...carefully

To get well or stay well, patients should have prescriptions filled and take them according to the directions. But the Community Pharmacists Association says often that doesn't happen.

- * 49 percent forget to take it
- * 39 percent forgot they took it and took it again
- * 31 percent did not fill a prescription
- * 29 percent stopped taking the medication before the supply ran out
- * 18 percent took someone else's prescription
- * 11 percent received a prescription but substituted an over-the-counter drug
- * 8 percent didn't understand how to take the medication
- * 6 percent took more than the recommended dosage.

If everyone took their medicine as prescribed, more people would get well and their conditions wouldn't turn into something worse.

THE WORST EXCUSE:

NO TIME TO TAKE CARE OF YOURSELF

People have lots of excuses for not thinking about health and getting in shape. Lack of time is the most common excuse, says best-selling author Bob Greene in his book *The Life You Want: Get Motivated, Lose Weight and Be Happy*.

He studied peoples' schedules and found they all had time every day that would be better spent being physically active. He asks, "Who doesn't have 30, 40 or 60 minutes a day to exercise and take care of themselves?"

Green says exercise aversion is another cause. Even his most famous client, Oprah Winfrey, didn't like to exercise.

People avoid it because they don't want to experience the discomfort of working at it. But discomfort means you are exerting yourself enough to burn calories and improve your health. Some people exercise while watching TV or walking with a friend.

Once a week, it's important to make a healthy week's menu instead of just eating whatever is in the fridge.

Buy fresh fruit, vegetables, fish, whole grain bread and crackers, plus meat, but not too much. Skip the processed foods and fatty snacks.

The good news is that successful dieters take a break on one or two days of the week. Within reason, they eat whatever they want, such as a few slices of pizza but not the whole pie.

Put health on your time-management plan. When you are stronger and healthier, you'll do everything better.

**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**



Franks & Rechenberg, P.C. welcomes **Tammie Hettermann** as the newest member of the team! Tammie comes to Franks & Rechenberg, P.C. with a vast array of law firm office experience. Tammie holds an Associates Degree in Science and is a Certified Paralegal with over five (5) years of legal experience, as well as exceptional organizational, administrative, and secretarial skills. She is professional, proficient, pays great attention to detail, and will always get the job done. Whether you speak with Tammie on the phone or in person, she will ensure that your contact with our office is a positive experience.

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!

The sleep-deprived eat more

Researchers at Columbia University have conducted a test to find out for sure if sleep deprived people actually do consume more calories. Study subjects slept seven to nine hours, or four hours. At first, they ate a controlled diet for four days, then they could eat as much as they wanted on the remaining two days of the study. They did the study twice with subjects getting a different amount of sleep. Participants consumed an average of 296 calories when they were sleep-deprived. Most of the extra calories came from high-fat foods, such as ice cream and fast food. Ice cream was the preferred food during the sleep-deprived state.

Food allergy sufferers rearrange their lives

Eight foods cause 90 percent of all food allergic reactions. They are milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat.

People often blame wheat for their intestinal trouble, but if you suspect pasta, bread, and crackers are making you sick, you might have gluten intolerance. Symptoms include abdominal pain, gas, bloating and diarrhea. Gluten is a protein found in wheat, rye and barley. Gluten is in grain-based products such as cereal, bread and beer.

According to the Mayo Clinic, simple gluten intolerance is not actually a food allergy, but it can cause uncomfortable symptoms.

Celiac disease

Serious gluten intolerance is called celiac disease. In this case, gluten triggers the body's immune system. For that reason, it's considered an autoimmune disease. It is often genetic, which means it runs in families, and it has serious implications.

Peanut and shellfish allergies

Allergies to some foods, such as peanuts, can be very dangerous, ranging from a minor irritation to a life-threatening reaction called anaphylaxis.

Food allergies cause 30,000 cases of anaphylaxis a year, requiring 2,000 hospitalizations and causing 150 deaths.

Shellfish allergies can also cause anaphylaxis. They may be to only certain kinds of shellfish or to all shellfish. The category includes marine animals with shells, such as clams, lobster and shrimp, as well as octopus and squid.

Special arrangements

Dining out can be a challenge that begins with careful questioning of restaurant staff about dinner ingredients.

Going to a buffet or sit-down dinner party can be a problem for the same reason. Some people bring their own food, which may offend the hostess. Some decline such invitations or attend without eating. Food allergies can be socially isolating.

When traveling, people with food allergies often solve the dining problem by staying in a place where they can cook their own meals.

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

How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

Funtime Sudoku

		3	8					
6			5					
		8		9	6		5	
	2			7				3
	1	9				6	8	
8				6			2	
	8		6	3		1		
					9			7
					7	5		

Apartment dwellers at risk without renter insurance

A poll done by the Insurance Research Council shows only 43 percent of renters had hazard insurance, while 96 percent of homeowners did.

Some study respondents said their apartments were small and they didn't have many possessions. But consider this: In case of a fire, they could lose their television set and CDs, their computer, table and chairs, bed and their clothing.

Renters insurance would cover the cost of replacement.

In larger apartments and rental homes, the cost of replacing furniture and possessions would be far greater. Some apartment dwellers mistakenly think their stuff is covered by the owner's insurance. Landlord policies cover the building and common areas, but not the belongings of tenants.

Renters insurance policies also provide liability insurance. If someone trips over a rug and breaks a leg, the cost would be covered by insurance.

Renters insurance provides living expenses if a fire or disaster makes the apartment unavailable to the insured.

The cost of a renters insurance policy varies from \$12 to \$18 a month and can be paid monthly or annually.

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 James Firszt. We're treating Jim and his wife to the movies!

Technology and You

Amazon.com's Cloud Drive is free

Because people use mobile gadgets, they fear losing access to photos, music and other valuable files when a phone is lost or broken. They are becoming more interested in remote storage lockers for digital files that can be accessed anywhere. In industry jargon, they are storing in a cloud.

Amazon has launched a service called Amazon Cloud Drive. At no cost, consumers get 5 GB of free storage space. The company says 5 GB of storage holds up to 1,000 songs.

Those who download an MP3 album from Amazon.com get 20 GB free for one year. Otherwise, it costs \$20 a year.

The company hopes to generate income from the Clouds when users order from its online music store. It is integrated with the Cloud Player companion software that catalogs and plays songs.

Right now, the service works with Android devices but not with Apple devices such as the iPhone and iPad, or Amazon's Kindle e-book reader.

Other clouds include:

Flickr: Yahoo's free service for uploading and sharing photos.

Mozy: EMC service will store music, photos and emails. It starts at \$5.99 a month.

Dropbox: Used to store and sync files, it provides 2 GB free. The cost is \$9.99 a month for 50 GB.

Google Docs: Used to create, upload and share documents and spreadsheets. It's free for up to 1 GB in uploads.

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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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What's Inside?

1. Making Father's Day Memorable(Pg 1)
2. Great American Backyard Campout(Pg 1)
3. Tension Headaches(Pg 2)
4. Moneywise; Where to get money in a bind(Pg 3)
5. Senior Scene; The Caregiving Experience(Pg 3)
6. Salt Intake Advice & Crab-Stuffed Mushroom
Recipe(Pg 4)
7. Red Light Camera Detectors(Pg 5)
8. Staying Well & Taking Care of Yourself(Pg 5)
9. Food Allergy Sufferers(Pg 6)

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

