

# TidBits for Today

## "11 Steps To Slashing Stress"

Managing your stress levels have never been more critical to your overall health than it is right now. Unfortunately, most people completely ignore their stress levels all together! You might become very successful with your endeavors however, if you fail to manage your stress, it may put you into an early grave.

Please keep in mind that it's never too late to learn to apply some of these simple stress reducing techniques to help you stay vibrant. Here are eleven ideas and tips that you might find useful in slashing your stress:

**1. Progressive muscle relaxation.** You can use this effective stress reduction technique in the comfort of your own home. This technique is done by tensing each muscle group first then relaxing them. This technique will allow you to experience deep relaxation and an effective way to rid yourself of stress.

*(Continues on page 2)*

## **FREE...FREE...FREE! We Now Have FREE SPECIAL REPORTS Available To Answer Most Of Your Legal Questions...**

We'd love to hear from our good friends and clients who enjoy reading our 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 friends and loved ones. 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 advanced for all your support and the trust you place in our firm.

Thank YOU - **Franks & Rechenberg, P.C.**

## "Everybody's A Bit Irish On St. Patrick's Day"

St. Patrick's Day is right around the corner and if the idea of going to a packed pub doesn't appeal to you then you can always throw your own party! Here are three easy things you can do to organize a successful St. Patrick's Day celebration with your friends and family that won't break the bank.

Just as a reminder, when hosting a party at your home please make sure that everyone acts responsibly when consuming alcohol.

**1. Decorations:** For a St. Patty's day party you have a couple of different options. You can buy decorations from your favorite party supply store that are specific to the holiday which include banners, balloons, plates, napkins and cups that say, "Happy St. Patrick's Day!"

Should you want to go a bit more streamline, just be sure to decorate with the right colors. In this case you'd go heavy on the green with touches of white and orange since they are the colors of the Irish flag.

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David N. Rechenberg recently settled a disputed liability auto crash injury case for \$70,000.00. The Insurance company claimed the client caused the crash because she got the traffic ticket and was found guilty in traffic court. If you were injured in a car crash, call Rechenberg today to see if you have a case. Remember Personal Injury Cases Large or small RECHENBERG handles them all!

## Slashing Stress .....(Continued)

**2. Hypnosis.** A stress reduction technique that has become popular over the years because of its many benefits is hypnosis. Although, this is usually done by another person, you can learn to do it yourself through self-hypnosis. You can also purchase hypnosis CD's on stress-reduction.

**3. Meditation.** Aside from getting rid of stress you can also improve your level of concentration and focus through meditation. This can also be done in the privacy of your own home. However, you want to make sure that you have learned this technique properly to make it work for you.

**4. Deep Breathing.** One of the easiest things you can do is take a deep breath from your diaphragm while exhaling slowly. The best thing about this technique is that you can do this at any time or any place. You draw air from your diaphragm and not from your throat. Once you learn how to use this technique correctly you'll be able to use it in any stressful situation.

**5. Yoga.** Yoga is a form of exercise that will help you develop greater flexibility while helping you to slash your stress. You can enroll in a yoga class or find a good DVD to help you learn more stress reducing techniques.

**6. Aromatherapy.** This powerful technique can be easily used to help you feel more relaxed in places that you find stressful. You can use aromatherapy at the office, or your home. All you have to do is place your favorite calming fragrance oil out and let them get into your senses.

**7. Massage.** To reduce your stress levels book an appointment to get a massage. Make sure that you find a good masseuse who knows how to apply pressure point techniques as well.

**8. Acupressure.** The ancient practice to help you get rid of stress is acupuncture and instead of those very fine needles, you can also experience acupressure. You can actually find these services any where these days. This technique can have a good overall effect on your health.

*(Continues on page 5)*



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**www.FnRlaw.com**  
Book not available free for attorneys or insurance company employees.  
It may be ordered for \$16.95 plus shipping at [www.amazon.com](http://www.amazon.com)

## "What's The Best Approach To Disciplining Your Children?"

I'm certainly no Dr. Phil by any stretch of the imagination! However, raising a healthy, happy, and successful child is every parent's number one goal. Parenting can certainly be one of the most stressful jobs on earth, yet it can also be one of the most rewarding.

As parents we want to do the very best we can for our children. Don't you wish there was a set of rules that made parenting easy?

Making choices when it comes to discipline can be very stressful to say the least, especially if you are a single parent. How we raise our kids is often a direct result of how we were raised by our parents.

When I was young and head strong, I swore I'd never raise my kids like that! And yet, as I have grown older, I often find myself saying or doing the same exact thing my parents said or did to me. Do you catch yourself doing this too? When it comes to parenting, there are four different approaches that we can look at.

**1. Authoritative Parenting** - This is ruling with an iron fist, or what's commonly known as a dictatorship. Children learn to listen out of fear of what could happen to them if they don't.

Some of the more harsh (violent) techniques that are used in this approach are spanking, hitting, yelling, laying blame, using guilt, humiliating, criticizing and so on.

*(Continues on page 3)*

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](http://www.McHenryCountyDUILawyer.com)

## "The Do's and Don'ts For A Better Life Starts Here!"

*Give The Gift Of Longevity...*

A part of my commitment to better serving you through my newsletter, **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.

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. Call the office at **(847) 854-7700** and ask to speak with **Marlo** to give a loved one a free copy!

### Fun TV and Movie Trivia...

Which Hollywood film maker produced a string of films in the 1950s and 1960s using animals as actors in a drama?

**A: Walt Disney.**

To whom is Mae West popularly (but wrongly quoted) supposed to have said 'Come up and see me some time' in *She Done Him Wrong*?

**A: Cary Grant.**

Which character made his debut in the silent film *Plane Crazy* in 1928? **A: Mickey Mouse.**

Who was noted for his cameo walk-ons in his own films? **A: Alfred Hitchcock.**

Which film actor shot to fame in 1976 with his portrayal of the boxer Rocky Balboa?

**A: Sylvester Stallone.**

How did James Dean die?

**A: In a car accident**

Which world-famous cartoon cat was created in 1929 by Pat Sullivan? **A: Felix the Cat.**

*- The End*

## What's The Best Approach To Disciplining Your Children?....(Continued)

**2. Punishment and Reward** – Although this is a less violent method than authoritative parenting, it is still based on intimidation to achieve a desired outcome.

Children are either punished by removing privileges, given time-outs, withdraw of love and guilt; or by rewards that can include money, extra privileges, new toys and the like.

Studies have clearly demonstrated that these two forms of discipline are quite damaging to children because it hurts them on an emotional level. It ruins their self-esteem and confidence, while removing any sense of personal power over their own lives.

**3. Permissive Parenting** - Parents don't feel like they are in control, and will parent through trying to coax their child by bribing, pleading, and negotiating with them.

In this approach to parenting, it is the parents who feel totally stressed out and at wits-end. Parents have lost their own sense of personal power.

This method can also be damaging to the child. Often in this situation, the needs of the child are not being met. It's true that all children do need rules, and routines to function at their best.

**4. Democratic Approach** – As the name suggests, this is more of a win, win situation for parent and child. This method to parenting is where there is a level of mutual trust and respect toward one another. This method comes from a place of love because the child is included in the process.

It allows the child to grow and gain self-esteem, confidence and personal power while at the same time respecting what is asked of them by the parent. This method lessens conflict, and stress for both parent and child because it's based on a connection.

Having set rules and routines are extremely important to help children develop into successful adults. Discipline with love and understanding so your child is empowered to do what's right.

*- The End*

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**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!!**

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<<Franks & Recheberg, P.C.'s >>

## “Corned Beef Hash”

If you're looking for a hearty St. Patrick's Day treat that has a healthy profile, then this is what you've been looking for!!!

### Ingredients:

2 teaspoons canola oil  
1 large onion, chopped  
4 cups diced cooked potatoes  
1 cup chopped lean corned beef brisket  
1/2 cup reduced-sodium chicken broth  
1/4 cup chopped fresh parsley  
Salt & freshly ground black pepper, to taste  
4 large eggs

### Preparation:

1. In a large cast-iron skillet, heat oil over medium-high heat. Add onion and sauté; until it starts to brown, 5 to 8 minutes. Add potatoes and cook, stirring, until they brown in spots and become crusty, about 8 minutes more.
2. Stir in corned beef and broth and cook, scraping up any browned bits, until liquid is absorbed, 5 to 8 minutes. Add parsley and season with salt and pepper.
3. Meanwhile, fill a large skillet with 2 inches salted water and bring to a gentle simmer. Break eggs, one at a time, onto a saucer and slide into the simmering water. Poach eggs until set to desired firmness, 4 to 5 minutes.
4. Divide hash among 4 plates. Place eggs on top of hash.

**Tip:** Corned beef can be purchased at your supermarket deli. Be sure to specify lean: it has one gram of fat per ounce and an ounce of regular corned beef has five grams of fat.)

### Nutrition:

**Per serving:** 320 calories; 13 g fat (4 g sat, 6 g mono); 240 mg cholesterol; 36 g carbohydrates; 15 g protein; 3 g fiber; 493 mg sodium; 695 mg potassium.

- The End

## “Positive Thoughts Will Lead You To Success (Just Try Them)!”

"Go confidently in the direction of your dreams. Live the life you have imagined." ~Henry David Thoreau

"Success is the sum of small efforts, repeated day in and day out." ~Robert Collier

"Keep steadily before you the fact that all true success depends at last upon yourself." ~Theodore T. Hunger

## Everybody's A Bit Irish On St. Patrick's Day.....(Continued)

**2. Food and Beverage:** When you tell your friends and family about your event ask everyone to bring their favorite Irish dish. Corned Beef and Cabbage is the Irish St. Patrick's Day tradition most people recognize.

How about other party favorites that are already green such as guacamole, green salsa, and spinach dip. You can easily spice up beverages by adding green food coloring to light colored beers.

For non-beer drinkers you can make green apple vodka martinis. To end your party you can always serve non-alcoholic Irish coffees with some whipped cream!

**3. Music:** You can't expect to have a great party without music that rocks! It's incredibly easy to find traditional Irish songs on the Internet that you can instantly download to your iPod. You can include the traditional Irish drinking songs, fiddle music and Celtic classics. Should you prefer modern rock look up the music of bands and singers who are from Ireland and you'll have music to party to all night long.

The last thing to do is give your home a touch of Ireland with a hearty dose of green. As you can see, it doesn't take a lot of effort to host a festive St. Patrick's Day party! In fact, it's a lot easier than you might think.

- The End

Involved in an automobile accident and the Insurance Adjuster is asking to take your recorded statement and requesting you to 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 to get your free CD today!

## "10 Funny Friendship Quotes To Make You Laugh!"

It's true that no one can make us laugh quite as much as our friends can. So, here are some of my all time favorite friendship quotes to share with someone you care about.

1. "Friends are God's way of apologizing for our families."  
~ **Anonymous**
2. "A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked."  
~ **Bernard Meltzer**
2. "Money can't buy friends, but you can get a better class of enemy."  
~ **Spike Milligan**
3. "Friends may come and go, but enemies accumulate."  
~ **Thomas Jones**
4. "A true friend stabs you in the front."  
~ **Oscar Wilde**
5. "An old friend will help you move. A good friend will help you move a dead body."  
~ **Jim Hayes**
6. "Love is blind. Friendship tries not to notice."  
~ **Anonymous**
7. "I got a lotta best friends. Some o' them I don't even hardly know!"  
~ **Archie Bunker**
8. "It takes a long time to grow an old friend."  
~ **John Leonard**
9. "We must hang together, or surely we shall hang separately."  
~ **Benjamin Franklin**
10. "Friendship is born at that moment when one person says to another, 'What! You too? I thought I was the only one.'"  
~ **C.S. Lewis**

These funny friendship quotes are a great way to remind us of what makes our friends so very dear to us. Please share a few of these funny quotes with a close friend who makes your life a bit brighter. - **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 don't have an auto accident handbook, please contact our office and we'll send you a **FREE** copy! Make sure to call **TODAY!**

## Slashing Stress .....(Continued)

**9. Sleep:** Research has shown that most people need between 7 and 8 hours of sleep every night. Just like babies, when you don't get enough sleep, you are crabby and everything seems to irritate you.

**10. Self-care:** This can be anything from taking a bubble bath to getting a manicure, and pedicure. The main thing is to do something for **YOU** on at least a weekly basis, preferably daily. Every day you can easily take 30 minutes to just sit and relax with a cup of tea.

**11. Exercise:** You can do anything from walking or running, to working out at the gym. From personal experience, I can tell you that a boxing class is a great stress reliever!

Now you have the tools and techniques to slash your stress forever! It gets a lot easier the more you apply these techniques. So, the next time you feel overwhelmed, put one or more of these ideas into practice. **- The End**

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.

## "Joke of the Month!"

Sherlock Holmes and Dr. Watson were going camping. They pitched their tent under the stars and went to sleep.

Sometime in the middle of the night Holmes woke Watson up and said: "Watson, look up at the stars, and tell me what you see."

**Watson replied:** "I see millions and millions of stars."

**Holmes said:** "and what do you deduce from that?"

**Watson replied:** "Well, if there are millions of stars, and if even a few of those have planets, it's quite likely there are some planets like earth out there. And if there are a few planets like earth out there, there might also be life."

**And Holmes said:** "Watson, you idiot, it means that somebody stole our tent." *- The End*

### ***Thank You! Thank You! Thank You!***

Special thanks go out to all of our clients and friends who graciously referred our law firm to their friends and neighbors last month! Our practice is built based on positive comments and referrals from people just like you. We just couldn't do it without you.

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Book not available free for attorneys or insurance company employees.  
It may be ordered for \$16.95 plus shipping at [www.amazon.com](http://www.amazon.com).

## "Learn To Laugh When All Hope Seems Lost!"

As an attorney, I know how stressful life can be for clients who have challenges. I often tell them that laughter is by far the best medicine to getting through it. Author, Robert Browning, once said, "Laugh at a fall ... get up and begin again."

You know that laughter makes you feel good, because it can ease any problem you might have, but it does so much more than that. Over the years, laughter has been shown to improve emotional health, while even helping to cure several diseases.

Did you know there are yoga classes that combine laughter with yoga? There are laughter support groups in many communities, and there's even a day that is dedicated to laughter. It's called, "Laughter day." It's celebrated all over the world on the first Sunday of May. Here's a short list of the benefits to laughter:

1. **Reduce Chronic Pain:** Well-known author, Dr. Norman Cousins, who suffered from inflammatory arthritis had decided to use laughter therapy to help him feel better. In his book "Anatomy of an Illness as Perceived by the Patient," he describes how he used old Marx Brother's movies to overcome his pain.

A study in 1996 showed that patients who underwent surgery required fewer pain pills if they watched funny movies. Indeed, several studies have shown that it significantly improves the quality of life for people who suffer with pain.

2. **Significantly Reduce Stress:** Due to our overly demanding schedules our lives are packed full of stress, and the pressure that most of us feel can sometimes become overwhelming. Sure we're stressed-out at work, but stress also comes from lots of other areas such as marriage problems, money problems, and illness.

That's why it's so important to learn how to control stress before it leads to anxiety and depression. Numerous studies have shown that stress is greatly reduced by laughter. In fact, it's virtually impossible to feel anxious or depressed when you're laughing.

*(Continues on page 7)*

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

## Congratulations To Our "Client of the Month!"

Every month, we choose a very SPECIAL client to showcase. It's our way of acknowledging our great clients and saying thanks to those who support our law firm and by telling others about us.

This month's Client of the Month is **Brandon Niederkorn**. We're treating Brandon and a friend to popcorn and to the movies!

### Learning To Laugh.....(Continued)

**3. Improve Heart Health:** Michael Miller, M.D., of the University of Maryland has shown that a good laughter session is as good for your arteries as aerobic exercise (but don't stop aerobic exercises just because you had a laugh today). Dr. Miller also stated that it has been shown to stop or decrease atherosclerosis, and it helps adjust coagulation of the blood and clotting.

By far your heart is one of the greatest benefactors of having a good laugh, and studies at the University of Seattle as well as other universities have proven that fact time and time again. Laughter makes the blood vessels throughout the body function better by relaxing and dilating them. As a result, blood flows through your body much better.

**4. Helps With Diabetes:** Japanese researchers have shown that laughter also reduces sugar levels in the blood, which is great news for diabetics, and pre-diabetics. What it does is decreases the time for the glucose in your blood to be used by your cells.

**5. Helps Boost Your Immune System:** Studies have shown that laughter raises levels of anti-bodies which fight off infections in your body. In general, laughter improves your resistance to disease. Too much stress is associated with decreased immune response, which is obviously harmful to your health. Having a good laugh decreases stress levels, while boosting your immune system response.

*Keep reading on the other side of this page....*

Laughter can, for example, drop the blood's supply of the stress hormones which are known as, cortisol. Chronically elevated cortisol levels have been shown to weaken the immune system.

**6. Triggers the Release of Endorphins:** It's a well known fact that the "runner's high" is largely due to the release of endorphins. Endorphins play an important role in your body, and since they give you a natural "high", or at least make you feel good, it's important to release them whenever possible. So, again, if you want to feel good, start laughing!

**7. Improves Emotional Wellbeing:** One of laughter's greater benefits may be to your emotional and mental health. Laughter often inspires hope, which is something that is frequently needed for sound emotional health. It's a known fact that laughter brings people together; it strengthens bonds between them.

**8. Use Humor to Repair Relationship Problems:** Constant disagreements and arguments can lead a marriage to divorce court. One of the quickest ways of fixing a marital problem is to use humor. Laughter strengthens marriages by helping couples get through tough times. Did you know that laughter causes "attraction" between the sexes? In the middle of an argument, or when you see one coming on, try to say something humorous, it will quickly break the tension.

**9. Helps You Become More Creative:** Humor helps job performance of people who are involved in creative work. It helps by keeping you focused and on task.

*PS.* One last thing, my staff and I sincerely hope that you enjoyed this month's newsletter. Please give us a call and let us know what you think. Remember, to make laughter a habit; it is the habitual nature of things that bring us down. Changing bad habits to good ones will also raise the energy and laughter in your life.

*- The End*

### Mission Statement

It is 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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*EXTRA- EXTRA: Read All About It...*

**"The Latest News You Can Use!"**

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**Plus, A Special Corned Beef Hash Recipe  
Everyone Will Love For St. Patrick's Day...**