

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

## Mother's Day

### Here we are, Mom, thanks to you

Being a mother is a tough job. There is plenty of work, no days off and resignation is not an option.

Early on, the only thanks you got from us were in the form of first smiles, which later turned into smiles plus hugs. As time went by, you nurtured us, watched us grow and encouraged us to learn.

Then came the day you released us to try our fluttering wings in a world of our own making. There were a few tears at our parting, sometimes for the loss of our company, but sometimes for the joy of seeing us take off to find our own places in time and life.

Did we thank you? Did we thank you enough for giving yourself and your life to us? How could we.

Now we are grown, and some say we are mature, so we come back again to you on this Mother's Day to thank you for your love and for showing us the way.

## May Events

- May 8: Mother's Day
- May 21: Armed Forces Day
- May 23: Victoria Day
- May 30: Memorial Day

Florence Nightingale, born May 12, 1820, contributed perhaps more than any other person to the development of modern nursing procedures and the dignity of nursing as a profession.



## 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.

## DIETING WITH WHOLE GRAINS REDUCES ABDOMINAL FAT

When you calculate the calories in your weight reduction diet, be sure to include the value of whole grains.

An important clinical study of people age 20 to 65 shows that dieters who included plenty of whole grains not only lost more belly fat, they reduced an inflammation marker linked to diabetes, hypertension and cardiovascular disease.

Over the 12-week study, all dieters got the same weight-loss advice, but half of them ate whole grains instead of refined grains. The two groups lost the same amount of weight, but the whole-grain group lost significantly more fat from the abdominal region than those who ate white bread and other refined grains.

The whole grain group also experienced a 38 percent decrease in C-reactive protein, an inflammatory marker linked to the risk of heart attack, stroke, high blood pressure and diabetes. The reduction was similar to that seen with the use of statin drugs.

Senior researchers for the study say a lot of foods claim they contain whole grains but are not really major sources. They recommend finding products in which at least 51 percent of grain comes from whole grain. Examples of such foods include oatmeal, whole grain cereal, brown rice, granola bars, popcorn and whole-wheat crackers.

David N. Rechenberg just settled a Worker's Compensation 8(d)(1) Wage Differential Case for \$140,000.00. If you were hurt at work or need solutions to your work injury problems get Rechenberg on your side!!

## **You're it! Get fit!**

### **May is National Physical Fitness and Sports Month!**

The weather is fine and the outdoors are calling. What better time than May to get out there, have fun and get fit by doing things you enjoy?

National Physical Fitness and Sports Month is a great time to promote the benefits of physical activity.

No matter what your age and fitness level may be, getting active increases your chances of living a longer and better life: It also helps to:

\* Control your blood pressure, blood sugar, and weight.

\* Raise your "good" cholesterol. \* Prevent heart disease, colorectal cancer, and type 2 diabetes.

Here are some tips:

\* Aim for at least two hours and 30 minutes of moderate activity a week. This includes things like walking fast, dancing or biking. If you can't walk fast at first, set your own pace. Walking with a friend is enjoyable.

\* Do muscle-strengthening activities at least two days a week. Try to strengthen muscle groups in your legs, hips, back, chest, stomach, shoulders, and arms.

Though you may not have thought of it this way before, these are three important pieces of fitness equipment: a pencil, a paper and a clock. Good intentions do little for your health unless you make a plan, one you will enjoy and that can fit into your schedule.

All it takes to get fit is 150 minutes a week to lengthen your life and improve its quality.

***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!!

## **Speaking of Safety**

### **Indoor gas leak cautions**

If you smell gas in your home or business, leave immediately and get far enough away so you no longer smell gas.

Before leaving, do nothing that could create a minor spark, which could trigger an ignition if gas has significantly accumulated.

Everyone knows better than to light a match, but these are some steps you may not be aware of.

- Don't use a phone or cellphone before leaving. If you notice the leak while talking on the phone don't hang up.
- Don't turn any lights, appliances, or anything electrical, on or off.
- Don't open or close windows.
- Don't start a vehicle if it's in an attached garage, and don't use the garage door opener.
- Call the utility company as soon as possible from a phone in a different location.
- Switching a wood-burning fireplace to gas
- If you like the coziness of a burning fireplace but don't like to find wood and store it, or the task of building a fire, you may be among homeowners who decide to switch to a no-fuss gas fireplace instead.
- The Chimney Safety Institute of America recommends that the chimney be thoroughly cleaned before installing a gas-burning unit. With gas, creosote doesn't build up as quickly, but the chimney needs to be inspected for cracks.

## Make your own granola

To put more whole grains into your life and have some great snacks, try this simple granola recipe offered by [cdkitchen.com](http://cdkitchen.com):

4 cups old-fashioned oats  
1 1/2 cup sliced almonds  
1/2 cup packed light brown sugar  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/4 cup vegetable oil  
1/4 cup honey  
1 teaspoon vanilla  
1 1/2 cup raisins or dried cranberries

Bake at 300 for 40 minutes, stirring often. Cool and put in several sealed plastic bags.

## Moneywise:

### Debit cards are not best for everything.

People like their debit cards, because they are convenient and interest free. But sometimes a credit card is better for purchases like these:

- \* Online. Some debit cards aren't covered by the law that gives you the right to dispute purchases. Credit cards are better.
- \* Big Ticket items such as a television set or dishwasher.
- \* Restaurants. The card is out of sight, a problem in itself, but there have been reports of adding or adjusting tips without advising the card holder.
- \* Hotel reservations. Because the hotel has no way of knowing how much your final bill will be, they place a generous hold on your bank account.
- \* Automatic payments. Unless the charge is the same each month, such as for life insurance, money can be pulled out of your account before you can address any mistakes. If the unexpected withdrawal is for hundreds of dollars, it could cause problems.

## THE LATEST INFORMATION ... HERE'S WHAT TO DO ABOUT SPRING ALLERGIES:

About 60 million Americans may perhaps be excused if they do not share in the raptures of spring.

That's the estimated number of people who suffer from allergies to spring pollens.

Studies by the American Academy of Allergy, Asthma & Immunology, in New Orleans, suggest that the duration of the suffering season seems to be increasing. One surprising reason: More trees than 100 years ago.

Most allergy sufferers have itchy, watery, red eyes during the allergy season. Eye problems are a neurological reflex that starts in the nose, travels to the brain and back to the eyes and nose again.

Doctors at Montefiore Medical Center in the Bronx, N.Y., say sufferers first try to treat themselves with over-the-counter medications. There are many effective eye drops, such as mast cell stabilizing agents, antihistamines and nonsteroidal anti-inflammatory drugs for relieving redness.

One caution: Using decongestant eye drops (as opposed to simple saline drops) for a long period of time can lead to increased pressure in the eye. Chronic use could lead to glaucoma.

If over-the-counter meds don't relieve your allergy symptoms, see your doctor. Many prescription drugs are available.

New prescription nasal sprays shrink swollen nasal passages. According to the Mayo Clinic, there are also a variety of prescription antihistamines and leukotriene inhibitors that may work for you. Short term oral steroids can be prescribed for those with severe symptoms.

Adults and children who are tired of their spring and fall allergies, and their efforts to treat them, should consider allergy shots. After taking them twice a month for six months, a maintenance shot is given once a month for two to five years. In time, you may not need shots at all.

**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.**

## GET READY FOR A SUMMER PARTY OR PICNIC!

There's no better bonding experience than playing in a friendly, competitive game. Some examples:

**Cornhole.** One of the most popular backyard games, there are technical rules and even an American Cornhole Association. But basically, in singles, contestants compete against each other, each throwing four bags in an inning. In doubles, players each pitch two bags.

The match is scored in innings.

A corn bag that is thrown through the hole in the cornhole platform, or knocked in by another player, has a value of three points. One that just touches the hole scores one point.

Cornholeworldwide.com has many sets beginning at \$79.

**Rollors:** It's a game of skill and chance. Opponents take turns rolling three large discs, which are numbered from one to six on each side, toward the pyramid goal. Only the player whose roller comes closest to the goal scores that round.

If a rollor lands face up, the number showing equals the number of points awarded. If it stops upright, score a point value equal to the sum of the numbers on each side. Rollors that lean against the goal score points twice the number showing. \$39 a set in stores. (continued ...)

## Is your body telling you to be grumpy? Tell your body to knock it off

Psychologist Mark Salem says a bad mood is your brain's response to outside conditions. But you can change your mood by changing conditions. Here's how:

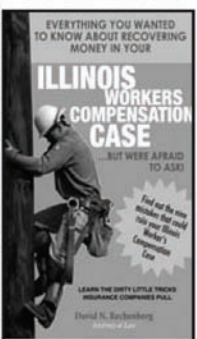
- \* Smile even if you don't feel like doing it. You can't be angry when you're smiling. Just try it. It's impossible.
  - \* Clean. Visual confusion makes us uneasy, so pick stuff up from the floor and take the glasses off the coffee table. At work, visual confusion can be used in your favor. If you don't want people to linger in your office, clutter up the desk.
  - \* Sniff a lemon. Nice smells can turn your mood around.
- (continued on page 6)

## Get ready for a summer party or picnic! (continued):

**Kan Jam:** This game is a combination of beanbag toss and horseshoes played with a Frisbee by teams of two. Teammates stand at opposite ends of the field and take turns throwing the Frisbee toward the basket-shaped goal. Unlike most other throwing games, both teammates can be involved.

One point is awarded when a teammate redirects the disc to hit the goal before falling to the ground, resulting in a "dinger." A deuce is when the thrower hits the side of the goal from 50 feet away without a teammate's help. Three points are awarded for alley-oops, when the disc is tipped or dunked into the goal. Should the thrower get the disc into the goal unaided, it's an instant win! A set is \$39 at kanjam.com.

**HORSE:** This basketball game is fun on dry land and even more fun in a swimming pool. Competitors try to make a basket from the same position as the previous shooter and earn one letter per successful shot. Five letters (HORSE) win the game. For a shorter game, players can shoot for PIG, three baskets.



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## **How to Interpret the FDA Food Pyramid**

Do you feel as though you can't keep up with the latest nutrition news because it's always changing? Knowing these basics, you'll be better equipped to sort through the latest information.

### **What foods are in the grain group?**

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, breakfast cereals, tortillas, and grits are examples of grain products.

### **What's in the vegetable group?**

Any vegetable or 100 percent vegetable juice counts as a member of the vegetable group. In cooking, vegetables may be used raw, cooked, frozen, canned, dried or dehydrated.

### **What foods are in the fruit group?**

Any fruit or 100 percent fruit juice counts as part of the fruit group. Fruits may be used fresh, canned, frozen or dried and may be whole, cut-up, or pureed.

### **What foods are in the milk group?**

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not. Most milk group choices should be fat-free or low-fat.

*(continued ...)*

### **What is 'the cloud'?**

The latest buzz phrase is 'computing in the cloud.' Like many technology words, it can mean different things, but 'the cloud' most often refers to the Internet. Tech experts say that soon, you won't install software on your computer and your computer won't have a hard drive. Instead of struggling to install software on your computer, all the applications you want, will be 'in the cloud.' You will access them on the Internet instead of hosting them on your own computer.

### **Travel time safety advice: Car safety**

More people will be traveling by car this year than by plane, bus or train. Here's some advice from the American Automobile Association on how get there and back safely.

- \* Be sure your car, its engine, cooling system and tires are in good shape. Program your GPS or study your route before leaving home. Be well rested before starting the trip.
- \* Guard against driver distractions, the most common cause of accidents. Stop the car at a restaurant to eat, text and use your cellphone.
- \* At rest stops, park in well-lit areas. Avoid being the only person in a building. If you see a suspicious person or group of people, wait until they are gone or drive to the next rest area.
- \* If you are approached by someone asking directions, keep the doors locked and crack the window to answer. Don't get out of the car.

## **How to Interpret the FDA Food Pyramid *(continued)***

### **How about the meat group?**

Foods made from meat, poultry, fish, dry beans, peas, eggs, nuts and seeds are considered part of this group. Dry beans and peas are part of the FDA's meat group as well as the vegetable group.

Fish, nuts and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.

### **What are oils?**

Oils are fats that are liquid at room temperature. They come from many different plants and from fish. Some common oils are: canola oil, corn oil, cottonseed oil, olive oil, safflower, soybean and sunflower oil. A number of foods are naturally high in oils, like nuts, olives and avocados.

## 'Eat down the fridge'

It's an expression borrowed from the Great Depression era that means eating foods you already have instead of buying more.

The idea is a healthy one, since the largest percentage of food thrown away is made up of vegetables and fruit. Kim O'Donnel, author of *The Meatlover's Meatless Cookbook*, challenges you to be resourceful for a week or longer in order to reduce food waste.

According to Jonathan Bloom in his book, *American Wasteland*, Americans annually throw away about 197 pounds of food per person.

### ***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!

## **Is your body telling you to be grumpy?**

*(continued from page 4)*

\* Wear something blue. It's relaxing. Orange is the biggest irritant. Red suggests power. Writing in *Men's Health*, Salem says you could wear a red shirt to work and act like a big shot.

\* Throw off your taste buds by putting OJ into your coffee or eating sweet-and-sour chicken. Varying textures works too. Eat nuts or popcorn when you're in a bad mood.

\* Pet your pup. Salem says skin-to-skin or skin-to-fur contact is a natural upper.

## **French dip or Italian beef:**

### **It's your choice tonight**

Whether it be the corner diner or a charming bistro, the French dip sandwich is a universal favorite. From the fast food versions to those prepared with left-over prime rib, it is hard to mess up this satisfying comfort food.

There are varying tales of the origin of Italian beef. Despite its name, it is rarely found on menus in Italy. It was concocted by Pasquale Scala 75 years ago in Chicago. Al's No. 1 Beef of Chicago also lays claim, while others believe it was first served in 1918 in Los Angeles.

French dip or Italian beef subs:

- 1 pound roast beef cut thin from deli
- 2 cups commercial grade au juice
- 1 can condensed French onion soup
- 4 sub buns, toasted
- 2 tablespoons green bell peppers cut fine
- 1/2 cup hot peppers (porcini, sweet banana or Jalapenos), save some for garnish
- 1/2 teaspoon fennel seeds
- 2 tablespoons chopped, fresh basil
- 4 slices Provolone and/or Swiss cheese

- In a large saucepan, combine the au juice and French onion soup and heat to just below a boil. Cut the beef into two-inch strips and set aside.
- Divide the au juice mixture, into two sauce pans. In the Italian beef sauce pan, add the fennel, basil, chopped bell peppers and as many of the hot peppers you want in order to agree with your desired heat and taste.
- Reheat both au juice mixtures, adding half the meat slices to each, and bring to a boil.
- If two French dips and two Italian beefs are being served, add the meat accordingly to each of the toasted buns.
- Place the slices of Provolone cheese on the two Italian sandwiches. Place Swiss cheese slices on the two French sandwiches.
- The recipe can be altered to make all four sandwiches French dips or Italian beef creations.
- Dip the filled subs into one of the au juice mixtures for a delightful dining experience.

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**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.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 3 | 8 |   |   |   | 5 |   |
|   |   |   |   | 9 |   | 8 |   | 4 |
|   |   | 4 | 2 |   | 6 |   | 9 |   |
| 9 |   |   |   |   |   |   | 3 |   |
| 1 |   |   | 4 | 2 | 9 |   |   | 8 |
|   | 6 |   |   |   |   |   |   | 9 |
|   | 1 |   | 5 |   | 2 | 9 |   |   |
| 4 |   | 6 |   | 8 |   |   |   |   |
|   | 5 |   |   |   | 3 | 1 |   |   |

**Trade gift cards for cash!**

If you have gift cards left over from Christmas or a birthday, and for a store you don't frequent, you could trade them in for about 90 cents on the dollar. Or these services give you the option for trading for an Amazon.com gift card. It is worth slightly more than cash.

Money magazine tested the plan using \$100 cards from major retailers.

PlasticJungle.com accepts cards from more than 400 merchants. The cards must have at least a \$25 minimum balance and have no expiration dates. Cash back on a \$100 gift card was \$82.67. Or you could get an Amazon.com gift card worth about \$86.80.

GiftCardRescue.com works with more than 350 merchants. It returned an average of \$81.33 for a \$100 card or \$85.40 on an Amazon.com gift card.

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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).



**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 **Greg Reichel**. We're treating Greg and a friend to the movies!

**EDUCATION NAMED AS TOP FACTOR IN LIFE SUCCESS**

A recent USA Today Gallup poll shows how Americans feel about getting ahead in life: 36 percent say the most important factor is a good education.

Hard work was named most important by almost as many respondents. It seems the two are almost equally important. They say the more you know, the better off you will be, but success in life also takes hard work and dedication.

Poll findings were the same, regardless of age, race, gender or income and education levels. The findings are also consistent with surveys by the non-profit Public Agenda.

Other factors named were: Saving and smart spending decisions, 14 percent; knowing the right people, 8 percent; coming from a wealthy family, 5 percent; natural ability, 3 percent; and luck, 2 percent.

**Mission Statement**

It the mission of Franks & Rechenberg, P.C. to continuously earn our reputation as a pre-eminent local law firm by always providing our clients with responsive, zealous, cost-effective and highly competent legal service and representation, in a professional, courteous and respectful manner.

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