

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

National Volunteer Week: April 15-21

Presidential Proclamation, Barack Obama

In part, the President's proclaimed:

America's story has been marked by the service of volunteers. Generations of selfless individuals from all walks of life have served each other and our Nation, each person dedicated to making tomorrow better than today. They exemplify the quintessential American idea that we can change things, make things better, and solve problems when we work together.

Volunteers are the lifeblood of our schools and shelters, hospitals and hotlines, faith-based and community groups. From mentoring at-risk youth and caring for older Americans, to supporting our veterans and military families and rebuilding after disasters, these everyday heroes make a real and lasting impact on the lives of millions of women and men across the globe.

Last year, nearly 63 million Americans gave of themselves through service.



APRIL EVENTS

Good Friday	April 6
Easter Day	April 8
Passover	April 7-14
Earth Day	April 22
Administrative Professionals' Day	April 25

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.

Easter decorating

Give plastic eggs a second life as eggimals!

Whether the kids are age 4 or 40, they'll be smiling when they see the eggimals on your Easter tables. Your plastic eggs may have turned into cats, mice, pigs, skunks or even owls.

They're cheaper by the dozen than chocolate eggs and better for your teeth. All you need to make them is some glue, tiny pom-poms for noses, a little felt, a black permanent marker for eyes and whiskers, plus a three-inch piece of yarn and one pipe cleaner.



You could be creative on your own or download a template at FamilyFun.com. Use Crafter's Pink glue or hot glue to attach the features.

For the pig, curl a 4-inch piece of pipe cleaner around a pencil to make the tail, then glue it in place so it stands up. It has pink ears and feet, drawn-on eyes and a nose.

For the mouse's tail, glue on a 3-inch length of yarn, knotted at the end. It has round ears.

For the skunk, glue the rear half of the stripe to the tail, then glue the tail and front of the stripe to the body.

For the cat, make pointed ears, a tail, and a pom-pom nose. Draw its whiskers and mouth with the marker.

After assembling your materials, it takes about an hour to create your herd of eggimals. Make some stand up the tall way and some the short way.

They make nice decorations, but making them can also be an Easter afternoon project with your children. Dad will probably have an idea or two.

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

www.IllinoisWorkInjuryLawyer.com

TOP SOURCE OF HIDDEN SALT: BREAD

Here's a surprising discovery made by the Centers for Disease Control and Prevention: the number one salt culprit in the United States is bread, including rolls and sweet rolls.

Americans get twice as much salt from bread products as from salty snacks, which only stand at number 10 in the CDC's list of the saltiest foods.

Breads and rolls aren't saltier than many other foods, but people eat a lot more of them, according to the CDC. Breads and rolls account for about 7 percent of the salt we consume.

About 40 percent of the salt we get is hidden.

After bread, the next nine are:

- * Cold cuts and cured meats, such as deli turkey or ham
- * Pizza
- * Fresh and processed poultry
- * Soups
- * Sandwiches on bread or buns (including cheeseburgers)
- * Cheese
- * Pasta dishes
- * Meat-mixed dishes, such as meat loaf with tomato sauce
- * Snacks, such as chips, pretzels and popcorn.

These 10 foods are responsible for 44 percent of all sodium consumed.

Nine out of 10 Americans over age two get too much sodium. On average, they eat 3,300 mg a day.

Experts say everyone over age 51, all African Americans and anyone with high blood pressure, diabetes, or chronic kidney disease should limit sodium to 1,500 mg a day.

For everyone else, less than 2,300 mg is recommended.

Consuming too much salt is linked to heart disease and stroke.

Passover ...

It begins at sundown, April 6, and is observed in Jewish homes and in synagogues through April 14.

Passover celebrates the story of the Exodus, in which the ancient Israelites escaped from slavery in Egypt

Celebrate Earth Day by recycling in new ways

Here are seven ways to protect the earth by creating less trash:

1. Recycle paperboard. It's the thin cardboard packaging that holds many of the items we buy, like cereal and tissue. Pizza boxes aren't accepted because they may have food residue.
2. Recycle more paper. That includes school papers, junk mail, magazines and catalogs. Even window envelopes and colored paper can be recycled.
3. Don't put leftover food into the trash. About a third of what goes into the trash is food. Compost it instead.
4. Recycle electronics. E-waste is the fastest growing disposal problem in the country. Its components are both dangerous and valuable. Website buyback programs and qualified recyclers are listed at DoYourPart.com/columns.
5. Think about how items can be reused. Glass jars are ideal for storing leftovers. Old holiday cards can be turned into gift tags. Sell sporting equipment in a yard sale.
6. Save outgrown or out-of-favor clothes so others can use them. Make a tax deductible contribution to a charity. Sell nice things on eBay or through a consignment shop. Even torn or worn-out clothing can be donated to Goodwill, which sells them to recyclers.
7. Buy food and drinks in larger packaging, like gallon bottles of water instead of individual bottles.

**GOT A MOVING VIOLATION TICKET?
YOU NEED FRANKS & RECHENBERG, P.C. ON YOUR SIDE!**

www.IllinoisTrafficTicketDefenseCenter.com

NOT THE BEST IDEA?

NEW DEMAND FOR KNEE REPLACEMENTS AT AGES 40 AND 45

In the past, older people wanted knee replacements for pain relief so they could live a normal life.

Today, people ages 45 to 64 and even age 40 and younger, want them so they can continue to participate in sports like skiing and activities like dancing. The number for knee replacements is skyrocketing.

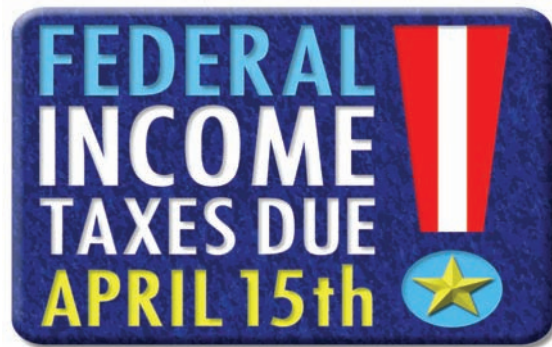
At the orthopedics and arthritis center of Brigham and Women's Hospital in Boston, doctors say the demand has shifted toward the young. But those who want it at an early age should know that many will need a do-over later in life, especially if they participate in sports, according to the National Health Interview Survey.

The American Academy of Orthopaedic Surgeons says the report will help the nation grasp the health burden posed by early replacements. An initial surgery costs \$20,000. Revisions cost far more. They are complicated and risky.

Manufacturers say some prosthetic joints will last 30 years, but there are no studies to support that claim. The academy believes older people's knee replacements will last for their lifetime.

Younger people need to discuss what they can expect in terms of longevity of the prosthesis and whether they would be better off delaying surgery. They should focus on the two major risk factors: obesity and playing sports.

At the same time, their doctors should consider other treatments for knee pain and not be so quick to recommend knee replacement, the simplest answer.



Devices use energy from walking, running to power phones

It's aggravating when you're out for an hour's run to discover you can't make a phone call because you're out of power. Now, techies and sportsmen have an answer for that, and it's not searching for an electrical outlet where they can plug in a phone.

The nPower PEG is a nine-inch tubular device (\$159) that can be worn on a belt. It converts the kinetic energy of motion into enough power to keep devices running. Fifteen minutes of walking turns into a minute of phone talk time.

A tech truism called Moore's Law holds that computing power will grow exponentially as transistors get smaller. But it doesn't apply to batteries. This problem has created a market opportunity for makers of battery-boosting devices.

The latest body-powered technology includes devices that absorb excess energy produced by motion, like the jiggle of a backpack or bend of a knee. There are T-shirts that capture electricity in sound waves and boots that convert walking into energy.

One backpacker, quoted in The Wall Street Journal, was hiking the Appalachian Trail. He said he was always stopping to buy new batteries, which were heavy, expensive and didn't supply all the power he needed.

Now he attaches the nPower PEG upright on his backpack and gets all the power required to run his phone and other devices.

Do you have a friend who was injured in a car crash, hurt at a construction site, or injured 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.

**NEW OWNERS TO BE
NAMED IN APRIL
TWENTY TEAMS OF THE RICH AND
FAMOUS ARE BIDDING FOR THE LOS
ANGELES DODGERS**

When Frank McCourt bought the storied Dodgers in 2004, there were few other bidders to be considered. He bought the team for \$430 million.

This year, 20 bidders are lining up with big dollars available, and McCourt thinks the final bid will be about \$1.5 billion. That would be a record for a North American sports franchise.

He plans to keep the parking lots and land surrounding Dodger Stadium, but the lucrative TV contract, which may exceed \$4 billion, awaits the winning bidder.

McCourt will submit a maximum list of 10 bidders to Major League Baseball for pre-approval, but he will make the final decision on who gets the team.

* Magic Johnson has the star power on his bidding team, backed up by Mark Walker, the money man, who has \$125 billion in assets under management. Stan Kasten, former president of the Atlanta Braves and Washington Nationals is the team's baseball man.

* TV's award winning Larry King is the star power of his team. Jason Reese, CEO of Imperial Capital, the investment bank he co-founded in 1997, and Yale's Randy Wooster are the money men. The baseball man is Dennis Gilbert, one of the most powerful agents in baseball. He's an assistant to Chicago White Sox owner Jerry Reinsdorf.

* Peter O'Malley, is both a money man and a baseball man. His family owned the Dodgers for nearly 50 years until selling to Fox in 1998 for \$311 million. He leads another team.

It's a fact ...

Old fashioned rabbit-ear TV antennas (\$13 at Radio Shack) are coming back. About 46 million Americans who are tired of big cable bills are using them for free access to over-the-air TV from affiliates of CBS, NBC and ABC, according to Daily Finance.com.



THE JOURNEY IS THE REWARD

Sometimes it feels like we can hardly wait until our lives change so we can at last be happy.

We tell ourselves it will happen when our kids get older, when we get a better job, a nicer car or a bigger house. Or it will surely happen when we are able to go on nice vacations or retire.

The truth is there's no better time to be happy than right now. If not now, when? Your life will always have its challenges and goals to be met. It's best to admit this to yourself and decide to be happy anyway.

Philosopher Alfred D. Souza said, "For a long time it seemed to me that life was about to begin, real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."

There is no "way to happiness." Happiness is in the journey and the way.

So treasure every moment that you have. And treasure it more if you can share it with a family or with someone special, someone special enough to spend time with you.

Injured on the Job?
Order this **FREE BOOK**
"Everything You Wanted to Know About Recovering Money in Your Illinois Worker's Compensation Case"
Call and Order this Free Book to Learn The Nine Mistakes that Could Ruin Your Illinois Worker's Compensation Case
Call **847-854-7700** and request this FREE book
Written by Attorney David N. Rechenberg, or
Visit the web site of **FRANKS & RECHENBERG, P.C.** at 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

**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!** Page 4

FRANKS & RECHENBERG

CRUSTLESS QUICHE BUMPS UP THE TASTE AND SHAVES THE CALORIES

Quiche, the savory custard pie, is usually attributed to French cuisine. It actually originated in the old kingdom of Lothringen, which was ruled by Germany in the 1870s.

The word, "quiche," is derived from the German "kuchen," meaning cake, and was originally a pastry shell or bread dough stuffed with egg cream custard and smoked bacon.

French chefs added ingredients like spinach, cheese and onions, dubbing their creations with surnames like Lorraine or Alsacienne quiche.

So how can you make a great treat even better? Make it more nutritious. Forget the pie crust!

Shrimp, crabmeat and spinach crustless quiche:

5 eggs, beaten
1 tablespoon canola oil
1 cup baby shrimp
1 can crabmeat
2 tablespoons chopped chives
8 ounces frozen chopped spinach, thawed
3 cups shredded Parmesan cheese
1/4 teaspoon salt
1/4 teaspoon coarse black pepper
3 dashes nutmeg

Preheat the oven to 350 degrees and lightly grease a 9-inch glass deep-dish pie pan.

In a large mixing bowl, whisk eggs until smooth and blended.

Add remaining ingredients and combine thoroughly.

Bake 30 minutes or until the eggs have solidified. Let cool 10 minutes and cut, using a pie server to retain the shape of the servings.

While quiche is usually associated with breakfast, it makes a great light fare for any meal.

Cups of fruit make a delicious and healthy side to accompany the dish.

Credit card rewards:

Are you getting what's coming to you?

Your credit card bill nicely lists every charge you make, but when it comes to rewards, you just get one total.

You may wonder if you got the 5 percent reward on a big purchase or if it was rewarded at a lower rate. At CreditCardForum.com, they say the lack of transparency is one of the biggest complaints they get.

Banks say they don't itemize rewards because they want to keep their statements simple and uncluttered.

Quoted in SmartMoney, a spokesman for Chase Card Service says banks usually provide a charge-by-charge accounting over the phone with a customer-service representative if a cardholder calls for it.

The conversation might yield surprising revelations. Some reward programs rotate which categories are eligible during a given period and cap rewards. But they don't tell you about it.

Others don't count sales at certain types of merchants. American Express offers higher rebates for gas purchases but only at stand-alone gas stations, not for gas sold at superstores, convenience stores, or supermarkets.

Unless you're a rewards fanatic, it may be better to use a card that offers an uncapped reward on all charges.

ONLY IN AMERICA ...

- * Can a pizza get to your house faster than an ambulance.
- * Are there handicap parking places in front of a skating rink.
- * Do drugstores make the sick walk to the back of the store to get their prescriptions, but sell cigarettes at the front.
- * Do customers order a double cheeseburger, large fries, and a diet coke.
- * Do banks leave both doors open but chain the pens to the counters.
- * Do we leave cars worth thousands of dollars in the driveway and lock our useless junk in the garage.
- * Do we use answering machines to screen calls and have call waiting so we won't miss a call from someone we didn't want to talk to in the first place.
- * Do we buy hot dogs in packages of 10 and buns in packages of eight.
- * Do we have drive-up ATM machines with Braille lettering.

ARRESTED FOR A CRIME?

Don't know where to turn?

Help is just a phone call away ! Call David B. Franks at 847.854.7700

\$20 SMARTPHONE?

If you've been wanting to move up to a smartphone but don't want to pay \$200 or \$300, the new Nokia 710 might be just right for you.

It costs \$50, but Wal-Mart was recently selling it for \$18.88. Or it's free with a T-Mobile account, which costs \$49 a month, or \$60 a month for 500 minutes of voice, unlimited text, and 200 megabytes of data (unlimited data costs \$20 more).

It's an easy-to-use, voice-activated Microsoft Windows phone with 4G Internet and GPS. The screen has tiles that can show live data, like the weather. It has a rear camera and rechargeable battery.

FREE...FREE...FREE!!! Do You Have Questions About 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, DUI, or criminal charges*, 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. Simply call our office and ask Marlo or Tammie to send you or a friend one of our informative Special Reports for FREE!

MEDITERRANEAN DIET MIGHT REDUCE RISK OF MEMORY LOSS

Eating fruits and vegetables is good for you, that's a well-known fact and one component of the Mediterranean diet. The diet also focuses on whole grains, nuts, olive oil, a moderate amount of alcohol and small amounts of meat. This group of foods has been shown to lower heart disease and stroke risk.

There's more. A study reported in the Archives of Neurology shows that the diet may also protect against blood-vessel damage in the brain, reducing the risk of memory loss.

HOW TO GET ENOUGH B12 TO KEEP YOUR THINKING SHARP

If you're not getting enough B12 in your diet, your cognitive ability score might not be as high as it could be.

Doctors at Tufts University say evidence on vitamin B12 and thinking ability have been linked for a long time. Some of the earliest research at Tufts Neuroscience and Aging Laboratory connected low B12 levels to central nervous system problems.

A new study reported in the journal Neurology shows that a low B12 score is connected with performance in organization, speed of thought and memory. In older people, it also predicted decreased total brain volume.

The National Institutes of Health say the richest source of B12 is beef liver, which has eight times the recommended daily value (DV) requirement; 3 ounces of clams have more than five times the daily value.

Other sources of B12 include trout with 90 percent of the DV, and 3 ounces of salmon with 80 percent.

A cup of plain yogurt has 23 percent, the same DV as 3 ounces of broiled sirloin steak. A three-ounce serving of tuna has 17 percent.

A cup of milk has 15 percent of the DV, and a large egg has 10 percent.

People age 50 and older are advised to eat foods fortified with B12 or take supplements. At that age and beyond, they absorb less from natural sources.

Fortified foods and supplements use a form that is more easily absorbed.

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

www.McHenryCountyDUILawyer.com

How to solve a sudoku puzzle

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.

Sunny April Sudoku

2				1	3			
		3			2	7	8	
							6	3
9	5			8	6			
	7						4	
			4	7			2	9
4	2							
	1	6	7			3		
			5	2				6

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 **Frances Pruden**. We're treating Frances and her husband to popcorn and the movies!

Disaster anniversaries in April

April 13 is the 20th anniversary of the 1992 Great Chicago Flood. The Chicago River broke through an underground wall, flooding basements of many downtown buildings. The greater Loop area was closed as electricity was shut off.

April 15 at 2:30 a.m. is the 100th anniversary of the sinking of the Titanic. About 1,500 passengers were lost.

April 18 is the 206th anniversary of the San Francisco Earthquake. Buildings on 10,000 acres of the city were destroyed and 4,000 lives were lost.

April 27 and 28, 2011, were the days when 164 tornadoes struck in 16 southeastern U.S. states. About 300 lives were lost and entire cities and towns were destroyed.

IN THE YEAR OF THE DRAGON CHINESE COUPLES WANT A 'LUCKY' BABY

Getting pregnant in February, March, or maybe in April, will ensure a Chinese couple's baby is born in 2012, the year of the dragon. The dragon, according to Eastern philosophy, is not only the deliverer of good fortune and luck, but a master of authority.

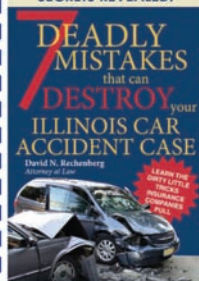
Those born as dragons are supposed to be the strongest, smartest and luckiest, says Yibing Huang, a professor of Chinese literature and culture at Connecticut College. Huang has a dragon brother, but he himself is a sheep, a mediator, he says. Dragon babies are to be honored and respected.

In 2000, the last year of the dragon, 202,000 more babies were born in Taiwan than in the previous year.

Many Chinese-American couples have visited fertility clinics to increase their chances of having a dragon baby.

Insurance Companies HATE THIS BOOK!

SECRETS REVEALED:



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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.

www.FnRLaw.com

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1301 Pyott Road, Suite 200
Lake in the Hills, Illinois 60156

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Attorneys at Law

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scanner application!



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**The Answers To These And Many Other
Questions Are Inside The April 2012 Issue!**

