

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

Americans are still in love: with the pickup truck

Auto makers are in a battle to increase their market share of one of its profitable products as the global auto market picks up steam.

Pickup buyers are notoriously brand loyal and the big automakers are raring to sell them their favorites. Experts say fleet buyers and individuals were holding back their multimillion dollar business as the economy cooled.

The Ford F-Series is presently the leader with 33.2 percent of the market. It's followed by the Chevrolet Silverado at 21.5 percent, Dodge Ram with 15.1 percent and the GMC Sierra with 8.1 percent,

Toyota Tundra draws 5.2 percent of buyers, and the Nissan Titan has a 1.1 percent market share.

Sales of larger pickups were up 20 percent in the first four months of this year compared with last year. They had larger gains than those of small and midsize cars, according to Autodata Corp. In Texas, pickups accounted for 23 percent of the state's 22.6 million registered vehicles last year, says The Wall Street Journal.



AUGUST EVENTS

IMMUNIZATION AWARENESS MONTH	AUGUST 1-31
CHILDREN'S EYE HEALTH MONTH	AUGUST 1-31
CHILDREN'S SAFETY MONTH	AUGUST 1-31
INTERNATIONAL FRIENDSHIP DAY	AUGUST 4
NATIONAL AVIATION DAY	AUGUST 19
SENIOR CITIZENS DAY	AUGUST 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 Marlo or Adrienne 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.

National Aviation Day is August 19

Observance of National Aviation Day was established in 1939 by President Franklin Delano Roosevelt. He issued a presidential proclamation which designated the day be observed on the anniversary of Orville Wright's birthday.

According to the National Aeronautics and Space Administration: His adventurous nature and drive to succeed combined with his brother Wilbur's research skills to achieve what is considered by many to be the greatest, most influential accomplishment of the 20th century. Their feat changed the way we live our lives, the way we see the world and "revolutionized both peace and war."



Were you involved in an automobile accident and the Insurance Adjuster is asking to take you 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 (847) 854-7700!

Treasure hunting in the 21st century excites every generation

Remember going on scavenger hunts? You were divided into teams and given a list of items to find (or beg from someone) in a set amount of time. These days, you can invest in a hand-held GPS unit or an app for your smartphone and search for buried treasure the high-tech way.

Saturday, August 17 is International Geocaching Day! It has become a worldwide craze. Some call it a sport, some a hobby, but people of all generations have become adventure seekers and taken up this exciting, sleuthing activity.

Geocaching is hunting for a cache of trinkets hidden in a waterproof box. Each box contains a log book. You sign it to register your success in finding the treasure. If you take a trinket, you leave one to take its place. Items include inexpensive things, like postcards, small plastic animals, toy action figures or yo-yos.

To date, over two million caches have been hidden around the world in 180 countries. Your GPS uses longitude and latitude coordinates to pinpoint the hidden box's location.

Begin your geocaching by registering at the official website www.geocaching.com. It's free. No matter if you're on vacation in the Grand Canyon or Hawaii, camping in your nearest state park, or just out biking in your neighborhood, you merely indicate the ZIP Code or nearest town or city to receive specific coordinates. Upload photos of your find. Keep your own log.

Many state historical societies offer summer geocaching hunts that combine history with hiking. It promotes family togetherness, gets everyone out of the house, and provides a fun way to learn a little local lore.



Arrested for DUI?
Contact:

www.illinois-DUI-Counsel.com

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847.854.7700
Experience Counts. Results Matter.

EVERYTHING YOU WANTED TO KNOW ABOUT RECOVERING MONEY IN YOUR

ILLINOIS WORKERS COMPENSATION CASE
BUT WERE AFRAID TO ASK!

Find out the new mistakes that could cost your Illinois Worker's Compensation Case

LEARN THE DIRTY LITTLE TRICKS INSURANCE COMPANIES PULL

David N. Rechenberg
Attorney at Law

FRANKS & RECHENBERG, P.C.
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Collectively, David Franks and David Rechenberg have more than 48 years of experience in practicing law.**

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FR
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TESTIMONIAL

David B. Franks works hard for his clients. David advised me of all my options and gave me great advice about starting the program before my Court date. He answered all of my questions regarding my case and promptly returned my telephone calls.

David helped me get a favorable result in my DUI case.

The staff treated me very well, and I love the newsletter. I would recommend David B. Franks to my family and friends if they are ever arrested for a DUI.

Ronnaleigh S., Huntley, Illinois

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

'Better boss' tips work in companies of all sizes

By this time, you know that people want different things. Some want attention; some want you to know about their families; and some want to be promoted, but some don't. But this advice works for all of them.

Make corrections in private. Avoid criticizing anyone's work in front of co-workers. You will build resentment among other team members as well as the humiliated individual. Correct and coach people in private, but give thanks and praise for good performance in public.

Manage in person, not by email. For matters of coaching or any conflict, email will just make things worse. Talk on the phone or in person about any important subject. What's more, without feedback from you, people often misunderstand emailed instructions.

Maintain relationships. Check in with individuals occasionally to see how their work is going. Ask what's happening outside of their daily routines.

Don't spend the majority of your time on problem people. Sometimes paying attention to undesirable behavior helps to sustain it. Focus on your stronger people, those who will have the best new ideas, ideas that can be built into successful new processes.

Bestseller challenges thinking about the future:

You know that kid who is fantastic with a joy stick and video game? Maybe he is just practicing skills for his future as a surgeon. Surgery could be done with a joystick. It could be done from a control room thousands of miles away. And the kid who plays video games might grow up to be the surgeon behind the camera.

Things are changing. And fast. Author Randy Gage has some ideas about how things will change and how prosperity will be built in the future. Risky is the New Safe: The Rules Have Changed is a book designed to give businesspeople (or any person) some warnings and some hot tips about the future. Gage says fast changes in technology and economic upheaval are changing the game. Gage serves up the usual doom and gloom about the future, so common in books today: The Euro and precious metals will collapse along with oceanfront real estate. Social programs will expand, trapping vast number of people in ignorance and poverty. All this, he predicts, will cause economic collapse. But he is also optimistic, predicting that the rules will change and have changed. Does your kid really need an MBA? In the future, which Gage predicts is close, the average student will just pick a study niche: Game development or operating surgical equipment. In Gage's future, seeing the world differently is the key to wealth in a world of economic woes. A high school dropout, the self-made Gage has been dubbed "The Millionaire Messiah" because he believes you should be rich. Risky is the New Safe: The Rules Have Changed by Randy Gage, Wiley, \$24.95 at bookstores, discounted online, and available for Kindle and other readers

Top retirement mistake: Thinking you'll spend much less

When that magic retirement day arrives, will you suddenly spend less, while reaping the benefits of your social security, pensions or investments?

Yes, you'll spend a little less, but the hard truth is: The less you have, the less you spend. Most retirees have less.

According to the Census Bureau, out of 100 people who started working at age 25 and retired by 65, about 63 percent are dependent on Social Security, friends, relatives and charity.

Just 4 percent have saved enough to pay for their retirement.

The US Bureau of Labor Statistics Consumer Expenditure Survey shows spending drops 14 percent immediately after retirement. Retirees spend less on work related items and food.

Up to 53 percent of retirees experience some drop in spending at retirement. But 47 percent spend the same -- or more.

The reasons are simple: Retirees who imagine they will be better off at retirement are sometimes worse off and their spending goes way down.

Retirees whose investments give them an equal income, spend more. They want to travel, shop, play golf, pursue their hobbies. All of that costs money that you did not spend while working.

Add the cost of those activities to inflation, and after the average retirement length of 18 years, savings will be stretched thin.

A paid-off house can ease the strain of retirement economics, but the number of homeowners paying off their houses is dwindling.

For all retirees, housing and related expenses are the top spending category. According to the Federal Reserve Board, about 25 percent of families headed by someone 75 or older still had a mortgage in 2010. In 1989, just 5.8 percent of the same families had a mortgage.

Finally, don't assume you can continue to work into your 70s and save money for retirement. You might not be healthy enough and, in fact, about 25 percent of retirees are forced out of the workforce for health reasons.



Wine Lovers' Favorites

V T W Y C H A B L I S F S
 O A J Y R A O Y H F H U A
 U C S J F R D V B L C M D
 V S E I D N E A W J T E N
 R U V E U U L H O G E B O
 A M A G E A T C S L D L G
 Y U R G S Y S C A A A A I
 X U G R O U O Z N R C N G
 B K A C R D A F C E S C C
 A M G B E R Y O E T U M H
 R S M M I N I T R A M A I
 O A H H A D W O R V R D A
 L E S O M L T L E T I E N
 O D G A R E B R A B O I T
 S A U T E R N E O R J R I
 I R A P M A C M C P A A I

BARBERA	MARTINI
BAROLO	MEDOC
BORDEAUX	MERLOT
BURGUNDY	MOSEL
CAMPARI	MUSCADET
CHABLIS	MUSCAT
CHIANTI	PORT
CLARET	RIOJA
FUME BLANC	ROSE
GIGNONAS	SANCERRE
GRAVES	SAUTERNE
LAMBRUSCO	SHERRY
MADEIRA	SHIRAZ
MALBEC	VOUVRAY
MARSALA	

Protect your body at garden clean up time

If the tomato plants have done their duty and bean rows have become a non-producing jungle, garden cleanup will be the next step. It will be one of your most-taxing garden tasks and one that could bring muscle and joint pain or even hurt your back.

Be sure to loosen up first.

Walk around for a few minutes, then warm up the big muscles in your upper arms and back with these stretches. Repeat the series two or three times.

Lace your fingers together and extend your arms in front. Then reach for the sky. Hold for 3 seconds, stretching the upper back. Release. Lace your fingers behind you and press, pushing your chest forward. Hold for 3 seconds.

While standing, (holding on to a chair if you like) bend your right leg back and bring the heel up toward your butt. With your hand, hold it there for 3 seconds. Change legs.

Workers save with health insurance selections

Some big employers are allowing employees to choose their health plans from private online insurance markets

The new online marketplaces are popping up everywhere, including one operated by consulting firm Aon Hewitt. This marketplace was used by 100,000 employees as well as Aon Hewitt's own employees. Employees shop for their own insurance on the marketplace, starting with the set contribution offered by their employers. They have their choice of plans, with different costs. They can pay extra for low-deductible plans or less for high deductible plans.

The early results from Aon Hewitt's private exchange is that 39 percent of workers chose high-deductible, lower-cost plans. Overall, 42 percent of employees picked less rich plans than they had the previous year, while 26 percent picked more expensive coverage. Early surveys showed employees were generally pleased with the setup.

Companies want supply-chain management MBAs

It's a hot new MBA. More schools are increasing their Supply-Chain Management majors.

As global operations become more complex than ever before, companies in manufacturing, retail and technology are scrambling to hire people with supply-chain expertise.

One example: A craft store needs knitting materials. Yarn has to travel quickly from factory to shipper to warehouse to store distribution to store shelf. If delays occur, the company misses out on the new knitting craze.

With global partners, companies dearly value supply-chain experts and the field is open. Grads can expect a starting salary of high 50k maturing to 100k.

The College of Business at Bryant University in Smithfield, R.I., is one of several schools that have added an undergraduate major and MBA specialization.



FRANKS & RECHENBERG, P.C. ANNOUNCES A LOST KEY TAG PROGRAM

Ever reach into your pocket or your purse looking for your keys and suddenly get that sinking feeling when you can't find them and you realize your keys are lost? To help avoid that awful feeling, Franks & Rechenberg, P.C. has rolled out a FREE lost key tag program! Just call or stop by the office to receive your FREE key tag that fits conveniently on your key chain. Each key tag has a specific registration number that you can register online at FnRlaw.com/registrationkeytags. When some Good Samaritan finds your lost keys, they will call our office and we can reunite the lost keys with the owner through the Registration Number.

Make sure you get one 'lost key tag' for every member of your family who carries keys!

INJURED ON THE JOB? Need to get your bills PAID? Wondering how the new Worker's Compensation Law will affect your case? 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!

www.IllinoisWorkInjuryLawyer.com

August Sure Is Hot!

Hot weather tips for respiratory patients

Doctors at Johns Hopkins Medicine remind you to be sure to stay out of the heat and take prescribed drugs for respiratory problems, like colds, asthma, allergies or COPD.

Doing the little things can keep you stay cooler on hot days:

- * Don't cook on the stove or oven, if you can help it.
- * Take a cool or tepid shower in the hottest part of the day for a quick refresher.
- * Do errands, exercise, and outside activities early in the day.
- * Stay inside when both the temperature and pollen counts are high.
- * Get hydrated. Drink plenty of cool fluids. Avoid alcoholic beverages, coffee and sugary beverages, which can be dehydrating.
- * Wear lightweight, light-colored and loose-fitting clothing that "breathes."
- * Park in a shady area so you won't have to get into a hot car.



David Rechenberg Gets Up On Skis

I was truly a 'Ripley's Believe It Or Not' moment when Dave Rechenberg got up on skis during his recent trip to Clam Lake, Wisconsin. Some may argue that the pictures are photo-shopped; others just plain disbelieve what they are seeing, while others question 'exactly how big was the motor to get him up?'

Dave Rechenberg can now check water skiing off of his bucket list. He claims he wanted to water ski since he was a young boy, when he watched other people ski on Clam Lake.



Dave water skiing on Clam Lake, Wisconsin

Mold facts

Where there is moisture, there is mold, a problem that can make you sick and even prevent you from selling your house.

Mold spores are present everywhere, growing on foods, plants and even foods. These microscopic organisms produce spores, which act like seeds. Each spore can produce mold growth, needing only sufficient moisture.

To prevent dangerous mold growth, you must be prevent moisture buildup. Leaky plumbing, bad drainage, wet crawl spaces and damp basements are all likely suspects. But, there are less obvious causes of mold growth, too, such as steamy bathrooms, wet carpets, even wet clothes drying in a home.

That humidifier you use in the winter could become a serious source of mold.

Indications of a moisture problem may include discoloration of the ceiling or walls, warping of the floor, or condensation on the walls or windows.

Exposure to mold can cause health problems in some people. The most common are allergic responses from breathing mold spores. These include symptoms of hay fever or asthma and irritation of the eyes, nose, throat or lungs. Allergic responses can come from exposure to dead as well as to living mold spores. Therefore, killing mold with bleach and or other disinfectants may not prevent allergic responses.

How to clean it up

1. You must find the source of the moisture. Once you find the source, seal off the area so mold spores don't relocate to another room.
2. Put on long sleeve shirt, long pants, cover your head and use a mask.
3. Make the repairs needed to stop the moisture, for example leaky pipes or ceiling.
4. Remove the mold with a bucket of soap and water, a solution of one cup household bleach in one gallon of water, or a commercial mold removal products and a rag. Rinse the cleaned area with water. Ventilate with a fan and open windows so it dries. It may take up to 48 hours to dry completely.



SPEEDING TICKETS OR OTHER MOVING VIOLATIONS:

You NEED David B. Franks on your side!

www.IllinoisTrafficTicketDefenseCenter.com

TESTIMONIAL

I retained David N. Rechenberg to represent me in my personal injury case. He promptly returned my telephone calls, he obtained a favorable settlement for me, he kept me informed of the status of my case, and answered all my questions.

I would recommend David N. Rechenberg to my family and friends if they had a personal injury case because presents all of the facts, provides suggestions, but encourages you to make your own decision with all the needed information.

I think David N. Rechenberg is a good lawyer because he is very knowledgeable about his cases and ensures his clients are aware of all possible outcomes.

A specific experience I had with David N. Rechenberg was on my first visit with him. He was very informative and gave me a peace of mind. I was unaware of what I was entitled to for my injury. I was very concerned that I would have to find a way to pay all the medical bills. Mr. Rechenberg took the time to hear my story and explained to me what I was entitled to, he also explained in great detail the entire process and worst case scenarios.

Another benefit of using Franks & Rechenberg was I did not feel like a case number. I felt like a valued client and was never turned away with the numerous questions I had. I was always informed and received copies of all documentation and the next steps that were to follow on my pending case.

The staff was very nice. Their communication with one another was great. Regardless if they knew the answer or not, they ensured to back to me in a timely manner. I felt as though I could leave a message with them and would know that the appropriate individual would

Amya O., Carpentersville, Illinois



FRANKS & RECHENBERG, PC
ATTORNEYS AT LAW

Here's how to settle a sleep debt

About 50 million Americans report getting an insufficient amount of sleep, according to the Centers for Disease Control and Prevention. Seven to nine hours of sleep are recommended but many people get closer to six. As the week wears on, they build up a sleep debt.

Recovery sleep

New research shows, contrary to previous information, sleeping later on Saturday morning can count as recovery sleep. It works best for owls who normally stay up late.

If you're a lark who wakens early, a nap later in afternoon would work better. Larks tend to wake at dawn. People generally rank somewhere between an owl and a lark.

Recovery sleep works in the short term, says the American Academy of Sleep, but it will only pay a sleep debt created over two to four days. Sleep you lost two weeks ago is gone forever.

Sleep banking

Here's a new idea. Recent data suggest that banking sleep in advance of a long night can prevent upcoming sleep deprivation. If you know you'll be up until the wee hours of the morning on one or more days, you can prevent sleep deprivation by sleeping longer on a few nights before the event.

Scheduled naps

Doctors at Stanford University Sleep Clinic say scheduling naps during the day would be better than disrupting your usual sleep pattern by sleeping late on weekends. The best naps are about 25 minutes long.

The effects of changing sleep patterns from weekdays to weekends can confuse the body and result in grogginess. Still, those who do it are better at tasks than the sleep deprived.

August Horoscopes

ARIES: In conversations with your boss, good vibes seem to be there all the time. While it seems as though good luck is the cause, it's your good work that's appreciated.

GEMINI: Practice being more diplomatic when discussing a situation. Avoid blaming a person when something goes wrong. Focus on fixing the problem instead.

CANCER: An upcoming surprise could be good or not-so-good. It depends on what you read into it. Take the high road and you can find some advantages in it for you.

LEO: At a gathering over the Labor Day Weekend, the role of peacemaker may fall to you, or at least it seems that way. Friendships could be at stake, so do what you can.

VIRGO: Don't let the hot Dog Days of summer get you down. Go to cool places to revitalize yourself. Then remember that you love your work and get back to it.

LIBRA: Keep an eye out for spontaneous bursts of creativity. Make a note of the bright idea you have when relaxing outdoors or in the quiet time while sitting by a lake.

SCORPIO: When you think about your future, make your health a prime consideration. If you take good care of your body now, it could last you a lifetime.

SAGITTARIUS: When it comes to financial matters, you may not be an expert. But if you stay anchored on your plans for the future, you'll discover you're an expert after all.

CAPRICORN: It's summertime, and love is in the air. Whether you have a partner or are looking for one, keeping love in mind, or the prospect of it, will take you far.

AQUARIUS: Don't leave your creativity at the workplace. Take it home and do some decorating. It could mean painting, hanging a picture or finding new pillows for the sofa.

PISCES: As it should be, your friends are important to you. Don't be too busy to get together with them. Think of a friend you haven't contacted in a while and call.

TAURUS: When teaching a coworker to take on one of your duties, be careful not to be too intent. Give instructions, but inject a little lightheartedness once in a while.

Capricorn ♄ 22 Dec - 20 Jan	Aquarius ♒ 21 Jan - 19 Feb	Pisces ♓ 20 Feb - 20 Mar	Aries ♈ 21 Mar - 19 Apr
Taurus ♉ 20 Apr - 20 May	Gemini ♊ 21 May - 21 Jun	Cancer ♋ 22 Jun - 23 Jul	Leo ♌ 24 Jul - 23 Aug
Virgo ♍ 24 Aug - 22 Sept	Libra ♎ 23 Sept - 22 Oct	Scorpio ♏ 23 Oct - 22 Nov	Sagittarius ♐ 23 Nov - 20 Dec

Question Of The Month

The time and expense of commuting to work is always a big issue, particularly for those who have a long drive.

Ride sharing can help, particularly if you can find three people who are convenient to pick up and drop off. Then the price of gas and parking can be split four ways. And three mornings out of every four, you can read the morning paper while en route.

Some cities have express lanes that reduce the amount of time it takes to travel across town.

How have ride sharing and express lanes worked out for you?

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? Are they 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 or one for family or a friend!

Fresh Recipes Straight From Your Garden

When you planted six tomato plants in your garden you had no idea how many big tomatoes they would produce, which is why you planted a couple of plum tomato plants with them. Now it's August, and you have them by the basketful.

Here's a wonderful answer for the question of how to use your plum tomatoes. This recipe freezes well, and it's highly nutritious.

Tomato Basil soup

Ingredients

3 pounds ripe plum tomatoes, cut in half lengthwise
1/4 cup plus 2 tablespoons of good olive oil
1 tablespoon kosher salt
1 1/2 teaspoons freshly ground black pepper
2 cups chopped yellow onions (about 2 onions)
6 garlic cloves, minced
2 tablespoons unsalted butter
1/4 teaspoon crushed red pepper flakes
1 (28-ounce) canned plum tomatoes, with their juice
4 cups fresh basil leaves, packed
1 teaspoon fresh thyme leaves
1 quart chicken stock or water

Directions

Preheat the oven to 400 degrees F.

Toss together the tomatoes, 1/4 cup olive oil, salt, and pepper. Spread the tomatoes in 1 layer on a baking sheet and roast for 45 minutes.

In an 8-quart stockpot over medium heat, saute the onions and garlic with 2 tablespoons of olive oil, the butter, and red pepper flakes for 10 minutes, until the onions start to brown.

Add the canned tomatoes, basil, thyme, and chicken stock. Add the oven-roasted tomatoes, including the liquid on the baking sheet. Bring to a boil and simmer uncovered for 40 minutes. Pass through a food mill fitted with the coarsest blade. Taste for seasonings. Serve hot or cold.



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 Paul Davis. We're treating Paul and a friend to popcorn and the movies! Enjoy the show.

August Fun Facts

Birthstone(s): Peridot & Sardonyx

Fruits & Veggies: Peaches, Cactus Pear, Prickly Pear, Nopales Cactus, Celery & Fennel .

July Flower(s): Poppy & Gladiolus

Astrological Signs: Leo (until the 22nd)
Virgo (beginning the 23rd)

August 3rd - National Mustard & Watermelon Days

August 5th - Spirit of the Sisterhood

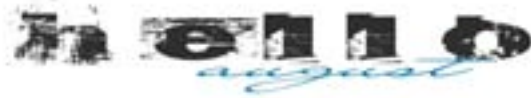
August 5th-11th - National Smile Week

August 13th - National Vinyl Record Day & National Lefthander's Day.

August 15th - Lemon Meringue Pie Day

August 30th - National Toasted Marshmallow Day

- Origin of August's name: August was the 6th month in the early Roman calendar, names after Julius Caesar Augustus.
- On August 20, 1630, Lemonade was first served in Paris, France.
- Full Moon on August 28th, also known as the Dog Day's Moon. You can also see a total eclipse of the moon at 3:52 a.m.



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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**The Answers To These And Many Other
Questions Are Inside The August 2013 Issue!**

