

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

How well do you understand freedom?

1. According to one patriot, Americans believe some truths are so obvious there is no need to debate them. In one of the first important American documents, this patriot wrote, 'we hold these truths to be self-evident that . . .'. Who was the patriot and what was the first truth he named?
2. The same patriot went on to write that all men enjoyed certain 'unalienable' rights and he named three in particular beginning with 'life' -- what are the other two?
3. In what document did this patriot write about unalienable rights and self-evident truths?
4. Where, according to the patriots, did all men get their unalienable rights?
5. What precisely happened on July 4, 1776?



Answers

1. Thomas Jefferson wrote: 'We hold these truths to be self-evident, that all men are created equal . . .'
2. Life, liberty, and the pursuit of happiness. 'Unalienable' from Webster's Revised Unabridged Dictionary (referring to 'inalienable'): 'incapable of being alienated, surrendered, or transferred to another.' Other sources: 'incapable of being repudiated and not subject to forfeiture. A right a leader can't take away from you and which you can't give up.'
3. The Declaration of Independence.
4. They said God 'endowed' man with rights that could not be revoked by a king or a politician.
5. On July 4, 1776, the Declaration of Independence was adopted officially by the 56 representatives of the United States of America.

You can find all the answers and more at www.dar.org.

JULY EVENTS

- INDEPENDENCE DAY JULY 4
- LAKE SUPERIOR DAY JULY 20
- NATIONAL VANILLA ICE CREAM DAY JULY 23
- NATIONAL MILK CHOCOLATE DAY JULY 28



Tell a Friend about "TidBits for Today"

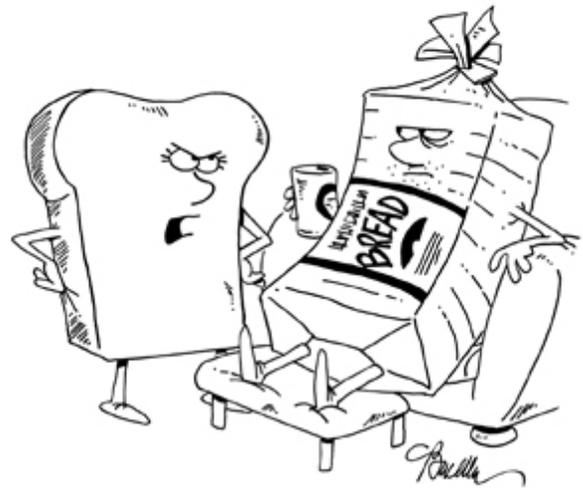
We sincerely love sharing our monthly publication with all our good friends and clients who tell us how much they enjoy receiving our newsletter. Now you can give a FREE subscription to a close friend, family member, or co-worker simply by calling our office at **(847) 854-7700** and giving Marlo or Meghan 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.

Halfway point of 2014

July 2

There are 182 1/2 days remaining in this year



"Are you just going to loaf around all day?"

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!

www.IllinoisWorkInjuryLawyer.com



“Right of First Refusal”

Divorce can be a very challenging and overwhelming time in a person’s life. While you may feel relieved to be free of the tension and strife that plagued your marriage, it can also be challenging to adjust to being single again outside the habit of being married. Creating a “right of first refusal” in your parenting order or divorce decree can take some of the pressure off and helps reassure your children that not everything in their lives has changed.

The right of first refusal was implemented as part of the Illinois Marriage and Dissolution of Marriage Act in January 2014. The statutory provision gives the Illinois courts specific authority to consider granting one or both parents the right to provide child care for their child during the other parent’s normal parenting time if the parent intends to leave the minor child with a third party childcare provider. Although this new statute does not afford an automatic right of first refusal and the courts must make the decision consistent with the best interest of the child, it does identify a definite preference for parents providing care and supervision to their children in lieu of a third party childcare provider.

Whether parents agree or the judge chooses to grant a right of first refusal as a provision of joint custody or visitation, the provision should include specific considerations such as the length of time the child will be cared for, transportation arrangements, the method of notification and response, and any other action necessary to promote the best interest of the child.

(Right of First Refusal- continued)

While the law is certain to require some minor adjustments, in some circumstances the right of first refusal is likely to help children have more time with both parents, which is essential to your child’s sense of self-worth, and may afford parents the opportunity to take actionable steps to stay healthy and move their lives forward. Be the best you can be for yourself and your children: keep doctor’s appointments, your workout schedule, *take a class* or learn a new skill. The happier you are, the happier your family will be.

Watch out for whitetail deer.....

In the United States, there are more than 1.5 million car crashes involving deer each year. They cause more than \$one billion in damage; 150 of the collisions are fatal, and there are more than 10,000 people injured. Deer live in all 50 states. West Virginia has the highest deer population numbers.

There are several things you can do to protect yourself and your family on the road.

The first is to open your eyes and stay alert. Use common sense.

"In known deer areas where there are woods or wooded lots, motorists should slow down and be prepared to avoid them," said Pennsylvania Game Commissioner Jerry Czech.

"When you see a deer crossing sign, believe it. You are entering an area where there are high numbers of car/deer accidents.

Consumer Reports has this advice:

* If you see deer along your route to work or home, make a note of it. They tend to gather and cross in about the same places each day.

* When one enters the road in front of you, brake; do not swerve to avoid the deer. You have a better chance of surviving a crash with a large animal than with another car.

* Deer are most active at dawn and dusk. With Daylight Saving Time, dawn and dusk can coincide with rush hour traffic. At these times, vigilance is more important than ever.

* When one deer crosses the road in front of you, be prepared for one or more to follow. Watch for the hesitant last one who stands by the road for a time before darting across.

* You are most likely to see deer during September, October and November because it's their mating season, but deer are present throughout the year.

**SPEEDING TICKETS OR OTHER MOVING VIOLATIONS?
YOU NEED FRANKS & RECHENBERG, P.C. ON YOUR SIDE!**

www.IllinoisTrafficTicketDefenseCenter.com

Staying Well.....

Research: Take a fish oil supplement

A great deal of research suggests that a diet rich in fish oil can be good for both the brain and the heart. Still other studies show that fish oil's omega-3 fatty acids may delay age-related cognitive decline.

To get enough omega-3s, people would have to eat oily kinds of fish about five times a week, but taking fish oil supplements can help.

The benefits are still under study, and some claim taking fish oil pills has little effect on heart health or strokes. But the American Heart Association believes the supplements benefit healthy people as well as those at risk for heart disease.

"I recommend them to most of my patients after 50," says Gina Lundberg, a spokesperson for the Heart Association and an assistant professor of medicine at the Emory University School of Medicine in Atlanta.

"Not just for the triglyceride-lowering benefit and cardiovascular benefit but for the powerful antioxidant and brain-power benefits," she says.

Those who want to take supplements should choose those that contain at least 1,000 milligrams of EPA and DHA, but they should still eat fatty fish twice a week. These include wild salmon, trout, sole, sardines and herring.



"Were You In A Car Accident And The Claims Adjuster Is Calling?"

Lake In The Hills, IL - A free book published by attorney David N. Rechenberg will teach you the seven deadly mistakes that can destroy your Illinois car accident case. If you or someone you know was recently injured in a car accident, don't speak to anyone or sign anything until you order the free book full of helpful information. To order your free copy of this book, call (800) 968-0569.

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www.fnrlaw.com

Summer birdie game

Across

- Actor Pitt
- Make over
- Place to hibernate
- Face shape
- Pakistani language
- Darn, as socks
- Goes on board again
- Kind of tax
- Philosophical doctrine
- Centers of activity
- Germany's __ von Bismarck
- Crude group?
- Snaillike
- Work station
- Joie de vivre

Down

- Smudge
- Hard to find
- Adjutant
- Chicken order
- Aquiline facial part
- "... happily __ after"
- Clammy
- Cutlass, e.g.
- Life story, in brief
- Walk heavily
- Easy gait
- Top guns
- "__ do you good"
- Ancient gathering place
- Cut

The title is a clue to the word in the shaded diagonal.

Franks & Rechenberg, P.C.
Attorneys at Law

847 854-7700

www.TheIllinoisPersonalInjuryLawyer.com
Call for your free personal injury special report
800 968-0569

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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 to hand out to family and friends. Page 3

DAVE RECHENBERG'S TRACTORS



David Rechenberg is a budding gentleman farmer and shade tree mechanic. Obviously based on the condition of these tractors, he has his work cut out for him. His youngest daughter Heidi helped "drive" the tractor back home for much needed repairs and paint. Heidi suggested painting the tractors pink, but was overruled by her father. David Rechenberg and his neighbor are planning on refurbishing the tractors and thereafter going on several "Tractor Treks". Rechenberg was informed that there is a beer tent at the end of each tractor trek, thus his enthusiasm for getting his tractors repaired and painted quickly, has greatly been enhanced.

July anniversaries

On July 1, 1862, 152 years ago, the Internal Revenue Service was established in the United States, and the first income tax was introduced.

The first U.S. Postage stamps were issued on July 1, 1847, 167 years ago.

On July 2, 1962, 52 years ago, the first Walmart store opened in Rogers, Arkansas.

The world's population reached 5 billion on July 11, 1987, 27 years ago.

On July 12, 1862, 152 years ago, the Medal of Honor was introduced, our highest military award.

July 31, 1790, 224 years ago, the U.S. Patent Office opened.

(Dave Rechenberg's Tractors – Continued)



For those who wanted to know, one tractor is a 1942 International H and the other is a 1995 International 300.



TESTIMONIAL

I retained David N. Rechenberg to represent me in my workers' compensation case. He promptly returned my telephone calls, he obtained a favorable settlement for me, he kept 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 workers' compensation case because he tries to obtain a settlement that is fair for his clients.

I think David N. Rechenberg is honest, gets to the point and gets the results you expect.

One specific experience I had with David N. Rechenberg was when the other party was not responding in a reasonable time, I could call Mr. Rechenberg and he would get the ball rolling that day. The day I called a letter would be generated and I received a copy the next day or two.

Dave moved my case through the system in a prompt efficient manner which resulted in me getting my settlement check quickly. He was very honest and forth coming in explaining my case to me and he settled my case very promptly.

The benefit of using Franks & Rechenberg is because I had done some shopping around to other law firms before I hired David Rechenberg and was told the maximum amount for my case was very little for a crushed foot, however David N. Rechenberg obtained a settlement nearly twice that amount. Thank you!

Art K., Crystal Lake, Illinois

ILLINOIS WORKERS COMPENSATION CASE

FRANKS & RECHENBERG, P.C. ATTORNEYS AT LAW

If you, a loved one or a friend are injured in an automobile crash, construction accident, dog bite, or a slip and fall, call today to get David Rechenberg working on your case.

(847) 854-7700

To prevent skin cancer: FDA pushes for more-informed daily sunscreen use



Even the most dedicated daily sunscreen users may not be using the right kind of product, and many are not using enough of what they do use, says the Food and Drug Administration.

Three types of products are involved: Sunscreen. A broad-spectrum sunscreen protects against UVA and UVB rays. It should have a sun protection factor (SPF) of at least 15. People with fair skin should use SPF 30.

Antioxidant cream. Face cream containing antioxidants helps to prevent the sun's rays from causing free-radical damage, which can accelerate aging and wrinkles. Some sunscreens also have antioxidants.

Makeup. Cosmetics with SPF act as an extra shield against the sun, especially when their SPF comes from a natural sunscreen like zinc oxide. Dermatologists quoted in *The Wall Street Journal* suggest applying makeup before sunscreen.

* FDA guidelines say any product with an SPF of 14 or lower and products without broad spectrum status must carry a message saying they are effective only against sunburn, not to prevent skin cancer.

* The terms "sunblock," "waterproof," and "sweat proof" can no longer be used, though it will take some time to clear these products from store shelves. All sunscreens must warn users to reapply every two hours.

Dermatologists at Weill Cornell Medical College in New York say sunscreen should be applied every day, but not nearly enough people now do it.

* To correctly apply sunscreen in the morning, start with one ounce, the amount equal to one shot glass. Measure and apply it to all parts of the body that will be exposed to daylight.

More than 2 million people are diagnosed with skin cancer each year, according to the Skin Cancer Foundation. Melanoma, the most dangerous form, is rising in most age groups. It increased eightfold in women ages 18 to 29 from 1970 to 2009.



How to manage interruptions

Today's many forms of communication make it easier than ever to exchange information. And easier than ever to get distracted and interrupted.

When it happens to you, remember that it's OK to politely say, "Wait, I can't talk now but I can get back to at 3." We all need uninterrupted time for quality, focused thinking.

If you must concentrate and can't afford interruptions, post a sign that says: Available at 1 p.m.

Spending two or three minutes chatting may seem insignificant, but it can take up to 15 minutes to reorganize thoughts and focus.

Nonetheless, there are times when you must speak to someone, if only because you need information so that you can proceed in your work.

Here are some less invasive ways to fit into someone else's schedule:

Try an old-fashioned sticky note with a short reminder or message. Not all communication has to be instant.

Email a request for a short meeting if you need more than 5 minutes of talk time. Suggest a time. But never wait until the last minute. That makes your problem someone else's problem.

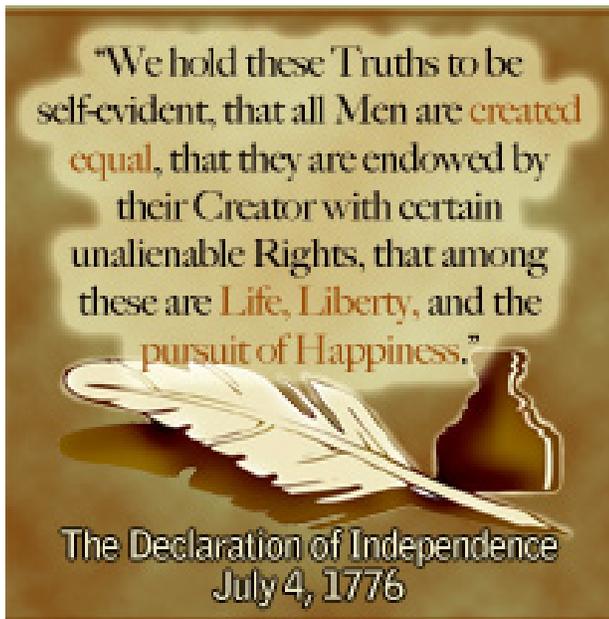
Try a working lunch for quick info with a busy colleague.

Schedule a regular time to meet even if it's just 15 minutes per week.

Take advantage of project management programs, which have To Do and Share features.

Whatever you choose, make it a priority to not interrupt others.

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!



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.

How to Handle a Know-It-All

Know-It-Alls come in flavors from mildly obnoxious to aggressively intolerable.

But the one thing they inspire in others is a frantic need to get away, which is actually one of the best ways to cope with them:

According to F. Diane Barth, a clinical therapist quoted in psychologytoday.com, deciding to leave the conversation is something you can always do. You might have to be direct, saying, "I must go speak with some other people now. It was nice meeting you."

But what if the Know-It-All sits with you at lunch every day or, worse, is a relative you must endure at holiday dinners.

The first thing to note is your reaction. Do you dislike the Know-It-All for his or her opinions or because the Know-It-All has trapped you in a one-sided, and therefore boring, conversation?

If you dislike his opinions, and you wish to stay in the conversation, caring.com recommends you master the 'yes...but' strategy.

Sometimes an acknowledgment plus a transition like 'but' can stop the steamroller.

Barth notes that, since Know-It-Alls are often insecure, they take most contrary statements as criticism. One possible way to converse with them is to form your own opinions into a question for them to answer.

You can't shut them down with direct confrontation, says Simon Casey, a psychologist in San Clemente, California, and the author of *Secrets to Emotional Wealth*. They tend to be egocentrics with an inability to admit they're ever wrong even if they have limited knowledge.

The Know-It-All differs from the Constant Talker. While both dominate the conversation and often hold their listeners hostage, the Know-It-All has a subject and needs to be right. The Constant Talker just needs to talk and will talk about any sort of trivia, even the most simplistic or personal details.

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

THE COOKIN' CORNER...

Decadent Heath Bar Cake

1 box German chocolate (or devil's food) cake mix
 1 cup caramel ice cream topping
 1 can (14 ounce) sweetened condensed milk
 1 (12 ounce) container frozen whipped topping (defrosted)
 3 to 4 Heath candy bars, chopped

Bake the cake mix according to package directions and spread in a 9 x 13 x 2-inch pan.
 While still hot, punch holes in top of cake with a skewer, straw or clean pencil.
 Pour sweetened condensed milk and caramel topping over hot cake.
 Let cake cool. Cover and refrigerate until ready to use.
 When cooled, spread with whipped topping and sprinkle liberally with chopped Heath bars.

History on the Heath English Toffee

Close to the check-out registers of practically every grocery or drug store, you're likely to see a box of Heath bars. Since 1928, Americans have enjoyed the nutty and crunchy texture of this chocolate-coated toffee.

This year, 2014, the Heath Brothers Confectionery, in Robinson, Illinois, is celebrating its 100th year.

Brothers Bayard and Everett Heath, with their schoolteacher father's backing, opened a combination candy store, ice cream parlor, and manufacturing process in 1914. Allegedly, a salesman representing a Greek confectioner gave them the toffee recipe they used to market Heath English Toffee.

The bar was so popular and had such a long shelf-life, the U.S. Army included one in the rations of soldiers during WW II. In the fifties, stores nationwide sold the Heath Toffee Ice Cream Bar; and later, Heath within other forms.

Now, Heath is used by Archway in cookies, by Klondike, Baskin-Robbins, Dairy Queen and Ben and Jerry. Heath is currently owned by Hershey.

It's not surprising that home cooks have found ways to use Heath in their desserts. A favorite passed on through families and friends is a cake recipe with the same ingredients, but different names: Heath Bar Cake; Better Than Sex Cake; Better Than Anything Cake; Better Than Almost Anything Cake; and others.

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 Lauren Cipun. We're treating Lauren and a friend to popcorn and the movies!



ARRESTED FOR DUI?

Lake In The Hills, IL - Attorney David B. Franks can provide you with a free Special Report revealing information you need to know if you were recently charged with a DUI. Don't lose another sleepless night worrying about your driver's license, increased insurance rates or the possibility of jail time. To order your FREE copy of this Special Report, call 847-854-7700. The report is FREE, so call right NOW!

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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.

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scanner application!



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**The Answers To These And Many Other
Questions Are Inside The July 2014 Issue!**

