

TidBits for Today



Celebrating St. Patrick's Day
Welcome to all those who become Irish on St. Patrick's Day, March 17.

Join the fun by wearin' the green clothes and drinkin' the green beer on this day, which is bound to be a brighter Monday than most.

The New York City's St. Patrick's Day Parade is oldest Irish tradition in the U.S., marching for the first time more than 250 years ago, on March 17, 1762, 14 years before the Declaration of Independence.

The Chicago St. Patrick's Day Parade is held every year on the Saturday before St. Patrick's Day. The Chicago River is dyed green at 10 am, and the parade kicks off at noon.

Thank You So V-E-R-Y Much For Telling Your Family And Friends About Us!

The highest compliment you could give our law firm is the referral of your loved ones and friends. Over the years our practice has been built upon the trust you place in our ability to take care of those you care the most about. Our major purpose is to provide OUTSTANDING legal service to everyone who comes to us in need. We would like to thank you in advance for all your support, and the trust you place in our firm.

Franks & Rechenberg, P.C.

Moneywise

How to reduce your risk of a tax audit

The idea of having an Internal Revenue agent spending days at your place examining your books can strike fear into the hearts of most people. Even if the agent finds nothing (and they usually find something to argue about) it's a scary experience.

Tax advisor Frank Degen, writing in Kiplinger's Personal Finance, says, generally, auditors are looking for something on your tax return that's out of the ordinary, such as a big deduction you haven't claimed before.

If you have a business and report a large loss, particularly one that offsets other income. That's one reason the auditor has come. Additionally, they want to see if your business is a hobby in disguise.

Large charitable contributions could be a red flag. Auditors ask if you have a receipt for every contribution. Today you must remember that a receipt is now required for every contribution.

Unreimbursed business expenses are another item that gets flagged. Be sure you convince your tax preparer that they're legitimate before you have to convince the IRS.



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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

INJURED ON THE JOB? Need to get your bills PAID? Want to know what is your case worth? CALL David N. Rechenberg at (847) 854-7700 so he can start working on your case right away! Rechenberg just settled a wage differential case for \$170,000.00!

***How Do You Beat This Winter's Blaugh...?
Go to Aruba for Fun in the Sun!***

David Rechenberg and his lovely wife, Debbie, went to Aruba for 5 days of sunshine to beat this winters blues. They have never been to Aruba before and thoroughly enjoyed the trip. Since it was an all-inclusive, David Rechenberg over ate and was over served on at least one occasion. The locally brewed beer is called "Balashi" and it goes down quite well in the sun.

The snorkeling was wonderful and they even got to go on a submarine ride diving 137 feet deep to see a ship wreck and various marine life.

The weather was sunny and in the high 80's every day. David Rechenberg was able to avoid getting a sunburn by using SPF 50 and sitting under a palm tree on the beach. Debbie was not so lucky.

The trip was so successful in defeating the winter blues, Marlo Kreczmer decided to plan a trip there this month. Be sure to ask her about her trip once she gets back.



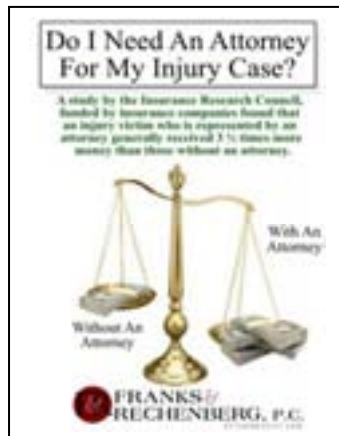
Debbie & Dave
After dinner



Drinking Balashi



Submarine Tour



Tuesday, March 4, 2014

Good bacteria helps to prevent, treat colic in babies

It appears that giving newborns "good" micro-organisms may prevent the functional gastrointestinal disease known as colic, characterized by lengthy crying. It includes pain, regurgitation and constipation.

A recent study shows that as many as 20 percent of infants have colic in their first three months of life.

The study by Aldo Moro University in Italy had parents give five drops of a solution containing lactobacillus reuteri, which is well known for its health benefits.

States weigh tougher rules for vaccination exemptions

With outbreaks of measles, whooping cough and other preventable diseases, Colorado is making it harder for parents to exempt children from the vaccinations needed for school or day care.

It's one of 48 states that allow exemptions, which often require little more than a parental signature on a form. In the 2012-2013 school year, about 4.3 percent of kids were excused.

March 26-13, 2014
National Poison Prevention Week

More than 2 million poisonings are reported each year to the 61 Poison Control Centers across the country. About 90 percent of poisonings occur in the home. Most non-fatal poisonings occur in children younger than age six, but poisonings are one of the leading causes of death among adults.

If you think someone has been poisoned from a medicine or household chemical, call 1-800-222-1222 for your Poison Control Center. This toll-free number works from anyplace in the United States 24-hours-a-day, 7-days-a-week. Keep the number by your phone. The centers maintain information for the doctor or the public on recommended treatment for the ingestion of household products and medicines. They are familiar with the toxicity of most substances found in the home.

Adult Tips

Poisonings can happen to anyone, so learn how to prevent poisoning, how to recognize and store poisons around your home, and what to do in a poison emergency. Remember, if you suspect someone has been poisoned, call the Poison Control Center right away.

Pay attention to these products:

* Painkillers, sedatives (drugs used to reduce anxiety), hypnotics (sleeping pills), and antipsychotics (drugs used to treat mental illness)

* Household cleaning products, never mix household cleaners or chemical products together.

Be aware of common poisons to avoid. And keep all of your medicines out of sight.

Children

The best poison prevention plan is: First, keep medicines, vitamins and chemicals away from small children.

Second, keep an eye on small kids. The fact is, they are likely to put almost anything that fits into their mouths.

Children act fast. So do poisons.



Why is it called 'March Madness?'

Forget mad as a hatter. If you want to describe batty, go with Mad as a basketball fan in March. That is just screw-loose crazy, my friend.

Everything important in college basketball happens in March. The winners win and the losers lose and the winners play the winners and at the end of the month the NCAA champ is crowned. And until then the thrill of victory and the agony of defeat light up cities all across the country.

Unlike events like the World Series, there is no pansy best out of 5 or best out of 7. In the NCAA tournament, you can be the favorite, but if you lose that first game, you're out. It's sudden death every night. Upsets. Shots at the buzzer. Agonizing mistakes in the last three seconds. Thrilling saves. March just has a corner on maddening and enchanting basketball.

So many games go on throughout the country during the month, usually during the same time and in rapid succession. You've got a lot of team spirit going on at institutions of higher learning. All month, college students make a special effort to celebrate even more specially than they usually do every weekend.

At the start of the post season in college basketball, there are 68 teams that have a shot at the national title. If one gets hot, and others get cold, anything can happen. Hence, March Madness generates a substantial buzz because there is always that maddening uncertainty.

(Continued on Page Five)

Are you a Car Crash Victim? Adjuster calling? Looking for Answers? Call our office to obtain a free audio CD and learn what to say when the insurance adjuster calls asking for your recorded statement! David N. Rechenberg will help get you all the money you are entitled to from your personal injury case!

National Meatball Day is March 9 and it deserves to be celebrated!

The United States has been called a "melting pot" ever since author J. Hector St. John de Crevecoeur first used the term in 1782. He said, "Individuals of all nations are melted into a new race of men, whose labors and posterity will cause great changes in the world."

Since then, we have become an even more diverse mixture and here's the piece of obscure food trivia: all immigrants brought their meatball recipes with them.

German meatballs often include salted herring or anchovy and are served with a caper sauce. Albania's have feta cheese and are fried; Iran's are often filled with hard boiled eggs or dried fruit. Chinese pork meatballs are usually steamed or boiled; and Turkey's are usually made with ground lamb.

As we look for healthier versions, ground turkey or chicken have become popular base meats.

Baked Turkey Meatballs

1 pound lean ground turkey
1 small yellow onion, finely diced
2 garlic cloves, minced
2 cups finely chopped fresh spinach
1 egg
1 cup dry bread crumbs
1/2 cup grated Parmesan cheese
1 teaspoon red pepper flakes
3-5 dashes of Worcestershire sauce
Salt and pepper to taste

Preheat oven to 425 degrees. Line a baking sheet with aluminum foil (or parchment) sprayed with vegetable oil.

In a large bowl, combine all ingredients. Mix well with your hands. Form mixture into golf ball or walnut-sized balls and place them on the baking sheet. Bake for 15-20 minutes, turning once, or until golden brown.

Makes 24 small meatballs. Serve on spaghetti, baked squash, or on rice with marinara sauce.
Or, use as an appetizer with a dipping sauce.

POLAR VORTEX!

The polar vortex caused some big problems. It was a humdinger of a winter for more about 200 million North Americans.

All across the U.S. and Canada, cities were hitting all time low temperature records. But how cold was it? Colder than Mars. The planet Mars.

On January 7, Winnipeg, Canada, was colder than the planet Mars, according to the Winnipeg Free Press and readings from NASA. The rover Curiosity measured temperatures in the Mars summer as -20 degrees. But all day long it was slightly colder in Winnipeg.

It was so cold that on January 6 in Babbitt, Minnesota, it was -37 degrees while it was -20 at the North Pole and a toasty -6 at the South Pole.

In the midst of it, Mark Fischetti of Scientific American had these comments:

"Temperatures across half of the United States are dropping like a rock. So what is it invading America? The polar vortex is a prevailing wind pattern that normally keeps extremely cold air bottled up toward the North Pole.

Occasionally, though, the vortex weakens, allowing the cold air to pour down across Canada and the U.S. In addition to bringing cold, the air mass can push the jet stream that typically flows from the Pacific Ocean across the U.S. much farther south as well."

The jet stream normally brings warmer air to the U.S., but it was absent during the polar vortex move to the south. The jet stream was also pushed to the south. The weather in Australia was nice and warm.

The polar bear at Chicago's Lincoln Park Zoo was taken inside after zookeepers realized she lacked enough insulating fat to keep warm in the subzero temperatures.

The first use of anesthesia: 172 years ago
Pain-free surgery: A human achievement

Until the mid-1800s, the likelihood of surviving any malady that required surgery was minimal. The surgeon was the local barber or a member of the family. Besides lack of knowledge and sanitation, there was, more importantly to the patient, no effective way to kill pain.

Surgery was torture.

For most of human history, a patient had the choice of alcohol (if available), opium (if lucky), or being strapped down (if possible or if endurable).

For many centuries the main drugs for surgery, if available, were opiates. Cocaine was often used as a local anesthetic.

Herbal preparations were known throughout history to produce some sleepy or pain killing effects, but as 16th century physician Fallopius observed: "When soporifics are weak, they are useless, and when strong, they kill."

By the 1840s, that began to change. Scientists began find ways to create a lack of awareness of pain that was reversible -- anesthesia -- a word suggested by poet and physician Oliver Wendell Holmes.

On March 30, 1842 -- 172 years ago this month -- an American surgeon in Georgia, Crawford Long, used diethyl ether to remove a tumor from the neck of a patient. It is recognized as the first use of effective anesthesia for surgery.

About the same time, nitrous oxide (laughing gas) came into use for dental procedures. The colorless, odorless gas made short procedures painless, which was a miracle in the day. But the gas was no good for long operations. Breathing in too much for too long causes permanent brain changes and death.

The first use of barbituates to induce drowsiness or sleep before surgery occurred in 1934 when sodium pentothal (called a truth serum) was shown to be effective.

What You Should Do In Case Of A Car Accident - Safety Tips To Remember!

If you're ever in a car accident here are some safety tips that can save your life and protect your family.

1. **DON'T** make any sudden moves to your head and neck. You may have sustained a serious injury that could be aggravated by sudden movements.
2. **TURN** the engine off **IMMEDIATELY!**
3. **MAKE** sure that everyone in your car is conscious and hasn't sustained any cuts or lacerations.
4. **IF** you have small children in the car make sure that they're OK.
5. **IF** you have a cell phone **call 911** for help.
6. **IF** you smell gas fumes get out of your car at once.
7. **BEFORE** getting out of your car make sure that no other car is coming.
8. **IF** you're OK to get out of your car check on the other driver.
9. **IF** you don't have an auto accident handbook, please contact our office and we'll send you a **FREE** copy! Make sure to call **TODAY!**

(Continued from Page Three)

The NCAA tournament touches all four corners of the country, with games in various geographic regions. Schools may or may not be assigned to their home geographic region, depending on the way the draw is constructed.

Usually, the number one seeds in each quarter of the draw are assigned to play their opening games near their home regions, but nothing is guaranteed.

What is Bracketology?

To heighten viewers' interest, contests ensue called NCAA Bracketology: contestants pick the winners in each geographic bracket. Bracketology could arguably bring the most popular betting frenzy in sports, generating a lot of interest for a small investment.

Bracket contests are held in many companies. The results are so unpredictable that even the novice can compete with the so-called experts, making it fun for all.



**Monday
March 17, 2014
ST. PATRICK'S
DAY!**

**Do You Have An Urgent Legal Question
That You Want Answered FREE?**

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question regarding anything related to auto accidents, workers compensation cases, construction injuries, dog bite cases, DUI or criminal arrests, please feel free to give us a call at **(847) 854-7700**

We've written several Special Reports on these topics. To get your FREE copy simply call our office and we'll send you, a family member, or friend one of our informative Special Reports or audio CD's.

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



Little-known emoticon honors hacker :-)

Everyone by now is familiar with the famous smiley face emoticon that is made with the letters :) or :-)

Less known are the emoticons named for people. In Facebook there is the obscure emoticon named Putnam. Type :putnam: to get the emoticon that is a hat tip to former Facebook engineer Christopher Putnam. Putnam is famous for his 2005 hack of Facebook in which Facebook pages were transformed into replicas of MySpace pages.

Putnam and two other friends devised the hack, not to actually destroy content, but as a prank to amuse themselves. The hackers made no attempt to hide their identity and the worm itself was not intended to be destructive. But, it inadvertently did end up deleting user data and that's when Facebook co-founder Dustin Moskovitz contacted Putnam.

According to an article by Putnam in the 2011 Business Insider website, Moskovitz told Putnam that the hack was funny but deleting information was not cool. Putnam revealed all the information about the worm that started it all and by January 2006 the two were friends. Moskovitz invited Putnam to interview for a job.

Putnam was delighted - but also wary since a MySpace hacker was once invited for an interview by his victim as a ruse to have him arrested. When he eventually walked out of Facebook headquarters with a job, and not a federal charges, he was much relieved.

Putnam was luckier than MySpace hacker Samy Kamkar who authored a worm that destroyed nothing but merely planted the phrase, 'but most of all Samy is my hero' on the profile page of the victim. If you viewed the profile, you got the worm and your page then displayed the declaration of love for Samy. The Samy worm demonstrated the power of social media because in just 20 hours, more than 1 million users had the virus.

Instead of getting a job, Kamkar was arrested by the Secret Service and was convicted of a felony. He went on to become a famed security analyst and technology whistleblower.

Putnam left Facebook in 2010, but his emoticon lives on.

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.

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 Jim Firszt. We're treating Jim and his wife to popcorn, soda and the movies!



Will your nest egg hold up?

A sophisticated way to test your retirement savings against what retirement will cost is the Balance Sheet Plan, which is used by most pension plans. If your expenses are more than your assets, you need to save more.

You compare the actuarial value of your present assets and liabilities. Use the value of all your expenses in retirement as a lump sum and compare it with the lump sum of all your assets in today's dollars, including your portfolio.

A survey by Russell Investments shows that only 15 percent of financial advisors use this plan, but it gives you a good idea of where you stand.

Make the Last Hour Count

Some see the last hour of the day as a time to relax and wind down. Others make it a last-minute rush to wind things up, especially on Friday night.

The first situation results in not getting enough done. The second results in mistakes and undue pressure on others. Either way, the time is poorly spent.

In one company, supervisors actually hid in their offices during the last hour. Then the workers and supervisors talked things over and decided to change. No one had to hide anymore.

To get personal satisfaction in our work, we have to know that the last hour is as important as other hours.



**Be sure to
turn your
clocks
ahead on
Sunday,
March 9,
2014 at 2:00
a.m.**



If you, a loved one or a friend are injured in a car crash, call (847) 854-7700 to get David N. Rechenberg working on your case today!!

Check out www.TheIllinoisPersonalInjuryLawyer.com to learn what steps to take after the car crash to protect yourself

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the Best
Compliment
You Can Give Us!*



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is a FREE monthly newsletter from your friends at :

FRANKS & RECHENBERG, P.C

Attorneys at Law

1301 Pyott Road, Suite 200

Lake in the Hills, Illinois 60156

(847) 854-7700

www.FnRlaw.com,

www.IllinoisWorkInjuryLawyer.com

www.McHenryCountyDUILawyer.com

Fax: (847) 854-7848

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

MARCH

*We would like to thank those
friends and clients who have
referred us cases.*