

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



## Confusion Reigns As World Looks To Rio Olympics

The Brazilian economy is on the rocks. Zika mosquitoes are swarming. But the biggest problem for the Rio Olympics is whether the Russians are coming. As the time ticks by to the Rio Olympics August 5, there is still a war of words. According to USA Today, there is a possibility that the Russian delegation won't show up. And, on the other hand, it might. Maybe some of them? Maybe all of them? The Russian problem involves a massive track and field doping scandal. The International Association of Athletics Federation, the world governing body of track and field, says the Russians are banned, and that is that. The sole exception is for Russian athletes who have been training outside the country and have been routinely checked for doping by verifiable tests. But the International Olympic Committee President Thomas Bach has said the Russians will compete.

*(continued to page 2)*

### AUGUST EVENTS

**National Immunization Awareness Month**

**BACK TO SCHOOL**

**NATIONAL NIGHT OUT AUGUST 2<sup>ND</sup>**



### **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 Dimitra 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.

**FINEST HOUR**

"To each there comes in their lifetime a special moment when they are figuratively tapped on the shoulder and offered the chance to do a very special thing, unique to them and fitted to their talents. What a tragedy if that moment finds them unprepared or unqualified for that which could have been their finest hour."

*- Winston Churchill*

**INJURED ON THE JOB? Need to get your bills PAID? Wondering how the Worker's Compensation Law will affect your case? Want to know what your case is worth? CALL David Rechenberg at 847.854.7700 for answers to your questions and so he can start working on your case!**

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## Shoppers Trade Carts For Phones



Online shoppers are leading a retail revolution, says United Parcel Service. UPS's Pulse of the Online Shopper Survey found that, for the first time in the survey's five-year history, more than 50 percent of all purchases were made online. Respondents reported in 2015 that 48 percent of their purchases were made online. The annual survey of more than 5,000 online shoppers shows that smartphones are coming into their own in the shopping experience. The use of smartphones is up 10 points to 77 percent during the last two years. Retailers have been ahead of the trend, and 73 percent of survey respondents said they were satisfied with their mobile experience. That satisfaction percentage is up eight points since 2015. Online sales drive significant in-store traffic. Half of shoppers who buy online, ship to a physical store. Of these, 46 percent make additional purchases while picking up their items. About 60 percent of shoppers also prefer to return items to a store, at which time 70 percent of them make additional purchases. Only 36 percent of shoppers say they experience helpful associates when returning items to a store, according to UPS.

*(continued to page 3)*

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## Confusion Reigns As World Looks To Rio Olympics

Meanwhile, Russian President Vladimir Putin hints that if the track athletes don't play, none of the Russians will play. Longtime observers are betting the Russians are coming. All of them.

### FOR REFERRING ATTORNEYS

If you are one of our many referring attorneys, we want to thank you for allowing us to serve. Your trust means a great deal.

We seek to strengthen your relationship with the client by providing him/her with great experience, as well as a great result. Additionally, we will always make it a point to emphasize that you are truly the person to thank, as it was your good judgment that allowed us to take part in their representation.

If questions arise in the coming month concerning a life-changing injury or event that required legal representation, we are here to help. From simply answering your questions to being associated on or referred the case, please let us know what we can do to benefit you and the client. Likewise, if you have a potential client call us directly, be sure to have him/her say who made the referral so we know who to thank.

To discuss anything from litigation tactics or how we can help your clients in any of the areas we practice, call 847-854-7700 or email at [drechenberg@FnRLaw.com](mailto:drechenberg@FnRLaw.com)

**Know a friend who was arrested for DUI? Tell them to call David Franks,  
the State of Illinois Delegate to the National College for DUI Defense.  
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[www.McHenryCountyDUILawyer.com](http://www.McHenryCountyDUILawyer.com)

## Why Is A Roller Coaster Thrilling?

You feel light. You feel heavy. You're wrong-side up and upside wrong. Welcome to the roller coaster thrill. According to Science, the rush a coaster brings is because of constant changes on your body and you have two principles of physics to thank: gravity and acceleration. When the coaster dives down a steep hill, you feel an upward pull as acceleration lifts you up, and gravity pulls you down at the same time.

If the coaster is going fast enough, you experience the same sense of weightlessness as a skydiver in free fall. You might not realize it but one of the reasons this seems thrilling is that your body, organs and muscles are accelerating at different times. Your organs are not in left in place as they normally are but instead they are each weightless. That is what makes the thrill hill feeling. When the coaster goes fast up a steep hill, the gravity and acceleration pull you in the same direction, making you feel heavier.

"If you were to sit on a scale during a roller coaster ride, you would see your weight change from point to point on the track," writes Tom Harris, structural engineer, for Science. That is the physics of the experience, but part of the tingle is the sensory experience. You feel the air. You see the height. You see you are upside down. You feel yourself pressing against the seat. You know you are going fast because you see yourself passing structures. But you never actually feel velocity. You only feel change in velocity (acceleration).



(continued from page 2)

## Shoppers Trade Carts For Phones

Online shoppers report they are using their smartphones in-store. Nearly 30 percent of shoppers look up product reviews, read product details, compare prices, and access coupons for in-store redemption regularly (often or most of the time). Just 31 percent of shoppers are aware of in-store text beacons. A quarter of smartphone users is receptive to in-store mobile messaging with urban shoppers and millennials even more receptive. However, more than four in 10 smartphone users are neutral toward the idea of in-store mobile messaging.

## BACK TO SCHOOL TIPS

Even if your child can't wait to start school, transitioning from lazy summer days to strict school schedules can be tough. You can help your family prepare for the school year by easing into new routines and promoting healthy habits at home.

### Eating:

**Breakfast:** Don't let your kids skip breakfast in the morning rush. A nutritious morning meal helps kids concentrate better in class and maintain a healthy weight. Stock your kitchen with plenty of healthy breakfast foods, such as whole-grain breads and cereals, yogurt, and fresh fruit, or make sure your children eat a balanced breakfast at school.

**Lunch:** Look over the school menu with your child, especially if he's a picky eater. (Many schools post menus on their websites.) If he turns up his nose at the special of the day, plan to pack a healthy lunch he'll enjoy.

**After school:** Keep nutritious foods on hand so your child can prepare her own snacks. She may be more likely to eat celery with peanut butter or carrot sticks with low-fat dip. Microwave popcorn, nuts, and low-fat cheese with whole-grain crackers are also good options.

(continued to page 4)

**GETTING DIVORCED? WORRIED ABOUT WHAT WILL HAPPEN TO YOUR CHILDREN? CONCERNED ABOUT WHO WILL PAY THE BILLS AND MORTGAGE? WHAT WILL HAPPEN WITH YOUR SAVINGS AND RETIREMENT? HELP IS ON THE WAY! REDUCE YOUR STRESS AND CALM YOUR FEARS. GET ROBERT S. MEDANSKY ON YOUR SIDE! ROBERT IS A FAMILY ATTORNEY WITH OVER 29 YEARS EXPERIENCE HELPING PEOPLE GET THROUGH A DIVORCE!**

**CALL ROB NOW AT 847.854.7700.**

Page 3



(continued from page 3)

## **BACK TO SCHOOL TIPS**

### **Sleeping**

Earlier wake-up times can be tough on kids and parents alike. Ease your family's transition to a "school night" sleep schedule by rolling back bedtimes the week before classes start. Kids ages 5 to 12 need 10 to 11 hours of sleep per night, while older children need at least 9 hours of sleep.

Your kids may not be getting enough sleep if they: are irritable or restless or have a short attention span, have much less energy than they normally do, are more impatient, anxious, or defensive than usual.

You can help your children get sufficient sleep by establishing and maintaining a nighttime routine. The National Sleep Foundation recommends: limiting caffeine consumption in the afternoon and evening, avoiding serving big dinners close to bedtime, setting a regular bedtime and enforcing it, creating a calming nighttime routine, video games and TV shows are too stimulating before bed. Instead, share a favorite story with your child or encourage her to read on her own.

### **Learning**

Much of a child's success in school is tied to the support he gets at home. You can help your kids get the most out of school by: Maintaining open lines of communication with teachers and understanding their expectations, Creating a homework station and keeping adequate school supplies on hand, Designating times for doing homework, playing outside, and watching TV or playing video games, Being available to help with homework, Observing your children for signs of frustration or confusion.

You'll most likely get the teacher's email address or phone number at the school open house. Don't be afraid to use it, and don't wait until the parent-teacher conference to address issues of concern. Taking steps early can make a big difference.



Back to School

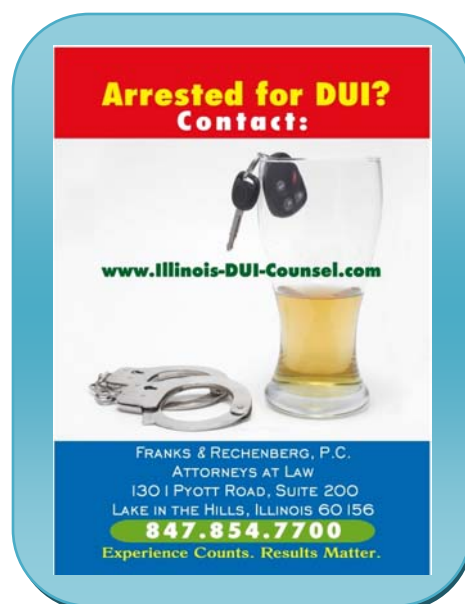


## **Know the Signs of Heat Exhaustion, Heat Stroke**

Exposure to excessive heat can cause the body to lose its ability to cool down. Your temperature can reach levels of 104 degrees or higher in 10 to 15 minutes. The symptoms of heat exhaustion include profuse sweating, muscle cramps, intense thirst, dizziness, nausea, fatigue and headache. If you experience any of these, drink plenty of water or other cool nonalcoholic fluids, and get to a cool or shady place. If symptoms don't improve, or if you have any of these heat stroke symptoms, seek immediate emergency medical attention.

- \* Hot dry skin, often with no sweat
- \* A rapid pulse
- \* Nausea, vomiting or diarrhea
- \* A throbbing headache
- \* Trouble breathing

Heat stroke affects the brain, so the person may be confused, or agitated. If not treated promptly, heatstroke can lead to seizures, coma and death.



**Arrested for DUI?**  
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LAKE IN THE HILLS, ILLINOIS 60156  
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Experience Counts. Results Matter.

**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.**

## WHAT DOES DROWNING LOOK LIKE?

The lovely days of August are perfect for swimming and as you keep a watchful eye on swimmers, keep in mind that drowning rarely looks dramatic. In fact, unlike what you see on television, people do not flail around and yell for help when they are drowning. Instead a child drowning may make no movement at all. He could simply sink to the bottom of a pool, arms out to the side. It usually isn't the noisy swimmers who are having a problem. It is the quiet ones.

(continued to page 6)



"I'd like to run a few more tests just to rule out 'Baseball Fever.'"

## August Sudoku

### How to solve sudoku puzzles

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the

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

large grid must have only one instance of the numbers 1 through 9.

The difficulty on this puzzle is easy.

## WORKER'S COMP TESTIMONIAL

I retained David N. Rechenberg to represent me in my workers' compensation case. He obtained a favorable settlement for me - by having a lawyer like David, I received twice as much money than what was offered.

David Rechenberg is very honest, he did not charge excessive fees or added charges. He kept me informed of the status of my case, was prompt in returning my phone calls and answering all of my questions.

When I spoke with the staff, they were pleasant, courteous and professional. They were always respectful and treated me with dignity, and answered my questions quickly.

I would recommend David N. Rechenberg to my family and friends. I think he is a good lawyer because he knows the law and is able to explain it so you can understand it.

- Frances H., Cary, Illinois



A study by the Insurance Research Council, funded by insurance companies, found that an injury victim who is represented by an attorney generally received 3 1/2 times more money than those without an attorney.



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## Charged with a Misdemeanor or Felony?

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## **E-Cigs: Harmful Or The Better Alternative?**

One set of facts is never in dispute during the debate over smoking alternatives. Every year nearly a half million (1 in 5) die from smoking related diseases. Meanwhile, 16 million people are taking the painful road to death with diseases related to smoking. Smoking kills. Everyone agrees. But are electronic cigarettes better than the tobacco?

Duke University smoking cessation expert Jed E. Rose says electronic cigarettes appear to successfully help people quit smoking, although long-term evaluation of e-cigarettes will take years. Writing in the Wall Street Journal, Rose says that important organizations in Britain and Geneva, have already approved e-cigs as a quit-smoking medicine. Rose points out that all nicotine replacement therapies have shown to be effective.

On the other side of the issue University of California Professor Pamela Ling points out that the only randomized clinical trial of e-cigarettes compared their effectiveness to patches. It showed little difference between quit rates of e-cig versus patches.

Most major health organizations, including the American Medical Association and the World Health Organization, do not recommend e-cigs based on a lack of evidence. In addition, Ling says that existing evidence shows people who smoke e-cigs still use tobacco products.



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## **WHAT DOES DROWNING LOOK LIKE?**

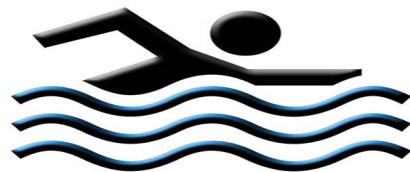
The Instinctive Drowning Response has five qualities, according to Francesco A Pia, an American lifeguard whose doctoral studies focused on unobserved drowning:

1. No calls for help. Breathing becomes primary and drowning victims will have no chance for speech.
2. Mouths sink below the surface and then reappear. Victims exhale, inhale but have no time to make noise.
3. Arms extended to the side. Naturally this helps victims press down on the surface to lift mouths out of the water. But they can't wave for help.
4. They can't reach for rescue equipment or move toward a rescuer.
5. Bodies are upright with no kicking. A drowning person can struggle on the surface from 20 to 60 seconds before totally submerging.

There is a pre-drowning moment when a victim may be able to scream, wave and reach for life-saving equipment so thrashing in water should not be ignored. In a boating situation, a person in the water sometimes appears to be treading water. The best way to be sure they are not in trouble is to simply ask them if they are okay. If they don't answer, they are not okay. Experts say rescuers have about 30 seconds to get to them.

A drowning person who is quiet and unmoving in the water may have their head low with water at mouth level. Or their head could be tilted back with the mouth open. Eyes may be closed. Hair may be over the eyes or forehead. They may be vertical in the water but not using legs. A drowning person may also be moving, appearing to slowly climb an invisible ladder. They may be trying to swim, but not getting anywhere. They may try to roll over on their back.

Watch for these signs and let silence in the water be a warning.





**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 Richard Seibel. We're treating Richard and a guest to popcorn and the movies!

**Mission Statement**

It is 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](http://www.FnRLaw.com)**

**Fan of water life**

Across

- The \_\_\_ Four
- New England catch
- Fanciful story
- Two-door car
- Infomercials, e.g.
- Watery eye discharge
- Giggle
- Hence
- Link
- Radio mode
- Pinch pennies
- Collar attachment
- Jersey call
- Free-for-all
- Prevent
- Brenda, of the comics
- Setting for TV's "Newhart"

Down

- Off-pitch
- Adjutant
- Attack
- Like an owl
- Legacy sharer
- Parisian way
- Creative work
- Floor model
- Many a snake
- Rain clouds
- \* \_\_\_ for the poor"
- Encounter
- Bellyache
- Smut
- In the style of

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O	O	W	H	S	A	L	E
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W		R	H	E	U	A	D
E		C	O	L	P	L	I
D		S	C	R	O	F	A

# TRAFFIC TICKET TESTIMONIAL

David Franks is capable, available, straightforward, and easy to understand. From our first conversation, I felt that David was honest, capable, direct and accessible (funny, too!). I still feel that way. I was told honestly what I might expect. I received what I was told. That goes a long way.

His staff was polite and professional, but not stuffy. I felt at ease.

David Franks promptly returned my telephone calls. He kept me informed and answered all of my questions regarding my case. He obtained a favorable outcome for me in my Traffic case.

I would recommend David Franks to my family and friends if they were ever arrested or received a traffic ticket for a traffic offense.

Name Withheld at Client's Request




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**Attorneys at Law**

**1301 Pyott Road, Suite 200**

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**What's Inside?**

- 1. Confusion Reigns over Rio Olympics ..... (Pg 1)
- 2. Shoppers Trade Carts for Phones..... (Pg 2)
- 3. Back to School Tips..... (Pg 3)
- 4. Know the Signs of Heat Stroke..... (Pg 4)
- 5. August Sudoku..... (Pg 5)
- 6. E-Cigs, Harmful or Better Alternative?..... (Pg 6)
- 7. Client of the Month! ..... (Pg 7)

**The Answers To These And Many Other Questions Are Inside The August 2016 Issue!**

