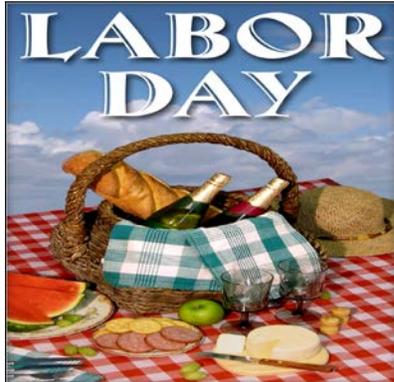


A FREE Monthly Newsletter From Your Friends At FRANKS & RECHENBERG, P.C.



On September 4, Labor Day: Summer's last fling has a serious past.

Nap in the hammock, have a barbecue or dive into the city swimming pool. Whatever you do, you are celebrating the last weekend of summer, though the calendar might disagree. This year marks the 123rd celebration of Labor Day. After much ado for many years, President Grover Cleveland signed the Labor Day proclamation in 1894. It is the only holiday in the year that does not focus on an individual or a national event.

The path to this proclamation was not a simple one. Rather, it was marked with hard work and risk by labor leaders and many thousands of workers.

(continued to page 2)

SEPTEMBER EVENTS

LABOR DAY 9/4

SUICIDE PREVENTION WEEK 9/5-9/11

GRANDPARENTS DAY 9/10

ROSH HASHANAH BEGINS AT SUNSET 9/20

YOM KIPPUR BEGINS AT SUNSET 9/29

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.

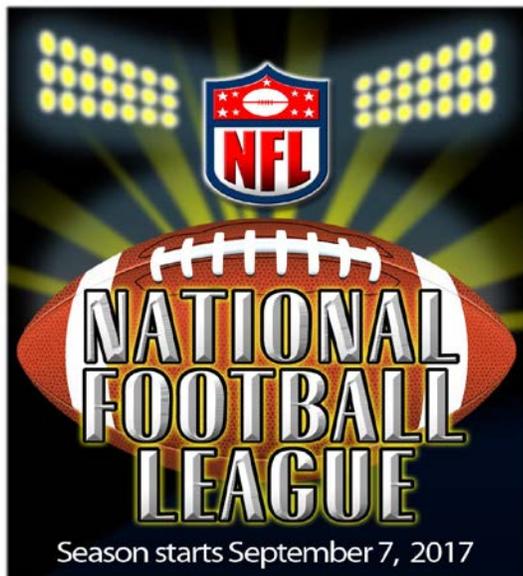
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correct answer wins!



David N. Rechenberg just settled a workers compensation shoulder rotator cuff surgery case for \$47,000.00. If you or a loved one were injured at work and are wondering what to do next, who will pay your medical bills, how you will get TTD benefits, or how to file a claim, then hire David N. Rechenberg to represent you right away. 847.854.7700



ARE YOU READY FOR SOME FOOTBALL?!

GO BEARS!

(continued from page 1)

On September 4, Labor Day: Summer's last fling has a serious past.

While the work toward getting a labor day began years before, it was a celebration by the Knights of Labor in 1882 that brought the cause to the public's attention. More than 20,000 demonstrators paraded in New York City. Many carried signs that said "8 hours for work, 8 hours for rest, 8 hours for recreation."

In addition to a day of rest for workers, they paraded for better working conditions. The Labor Day movement spread from East to West over the following years. In 1887, Colorado was the first state to declare Labor Day a state holiday. By 1893, more than half of the states had an official Labor Day. Then, a bill for a national Labor Day was introduced in Congress. When President Cleveland signed it on June 28, 1894, he thought it was a good political move. But he was not reelected.

National Suicide Prevention Week: Understanding the Signs & Getting Help

Suicide is the 10th leading cause of death in the United States with about 112 people taking their own lives every day, according to the American Foundation for Suicide Prevention. To help spread awareness and to potentially help those in need, the American Association of Suicidology has designated September 5-11th as National Suicide Prevention Week.

According to the National Institute of Mental Health, concerned people can look for a set of warning signs that often proceed self-harm:

- Talk of suicide.
- Feeling trapped, guilty or in pain.
- Increased use of drugs or alcohol.
- Agitation.
- Changes in eating habits.
- Withdrawal from family and friends.

Some have a higher risk of suicide, either because of life circumstances or because of intrinsic mental health issues. Psychiatry.org explains that mood disorders such as depression and bipolar disorder, a recent loss of a friend or family member, a history of abuse, and chronic physical pain can all contribute to a suicidal mentality.

If you know or suspect a person is at risk of suicide, there is help available by calling the National Suicide Prevention Hotline which is available 24 hours a day, seven days a week.

Are you a Car Crash Victim? Is the adjuster Calling? Wondering who will pay my bills? 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!



September Is National Preparedness Month

A Few Easy Steps Can Prepare For Disaster

No part of the country is immune to natural or man-made disasters. During September, the Department of Homeland Security joins with national, state, and local agencies to encourage Americans to prepare their homes for disasters of all kinds.

According to the Federal Emergency Management Agency (FEMA), engaging citizens in disaster preparedness is a critical first step in effective response and recovery efforts. In other words, if you know what to do when a disaster is predicted, what to do when it occurs, and what to do afterward, you will be in a better position to save yourself and your home before help arrives.

While there are obvious differences in preparing for a hurricane and preparing for a forest fire, there are similarities in preparedness for all types of disasters. You should know where you will go to escape, what your mode of transportation will be, and when you should leave. (It's never a good idea to let your car be almost out of gas.)

Assemble important documents to take with you including copies of insurance policies, identification, and bank account numbers. Use a waterproof container and include some cash.

(continued to page 3)

Recipe: Iron-Skillet Seared Chops and Peaches

Ingredients:

2 thick boneless center-cut pork chops
1 Tablespoon olive oil
1/2 onion, thinly sliced
2 peaches, pitted and thinly sliced
1/4 cup chicken broth
1 Tablespoon chopped fresh basil

Instructions:

Sprinkle pork lightly with salt and pepper. Cook in hot oil in a cast-iron skillet over medium-high heat 4 to 5 minutes per side or until browned. Remove from skillet. Add onion to skillet; reduce heat to medium. Sauté 5 minutes or until onion is browned and tender. Stir in peaches and broth. Return pork to pan. Cover and simmer 5 minutes or until pork is done. Sprinkle with basil.

Cooking with cast iron:

If you are tired of wimpy, scratched non-stick pans, maybe it's time to think cast iron skillets. This is the skillet used over outdoor fires for centuries and it's still used by great chefs. Cast iron cooks evenly, goes from stovetop to oven, and will last a lifetime. Generally the pans won't warp, but use them cautiously on electric stoves, the heat from which is usually uneven. Proper seasoning of a new skillet will give cast iron a natural, smooth, non-stick surface, according to whatscookingamerica.net.

Here's how to do it:

Rub a very thin coat of vegetable oil on the pan and then towel it off. It should look dry. Now bake the pan upside down in the oven for 30 minutes at 450 degrees. Put a sheet of foil below it to catch any drips. It might smoke a little. Don't worry about it. Let the pan cool in the oven to room temperature. Repeat the process. Now every time you cook with the pan you are seasoning it again.



Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David Franks, the State of Illinois Delegate to the National College for DUI Defense.

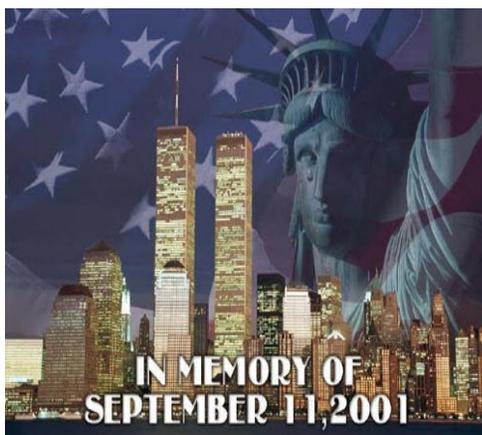
847.854.7700 www.McHenryCountyDUILawyer.com

Don't Forget Grandparents Day

Each year, the second Sunday in September is recognized as Grandparents Day. This year, it's on the 10th. It's the time to give them a card or gift, to visit, or to call them on the telephone.

For adult grandchildren, grandparents can be great sources of information. They've lived life and learned many things. Their knowledge and experience is a valuable asset you can draw from. Sometimes they can make just a simple statement that's loaded with the truth.

Today's grandparents are young. The average age for first-time grandparents today is about 48. While that may seem infinitely aged to kids and young adults, those grandparents, unlike the oldsters of yore, are still busy and in the workforce. For kids, it is probably the great-grandparents who have lived the longest and now have time to teach and reminisce.



(continued from page 3)

September Is National Preparedness Month

It may not be necessary to leave your home. Do what you can in advance of a storm or earthquake to make it safer. Remember the basics of survival: water, food, clean air, and warmth.

Consider the amount of water and non-perishable food your family will need to stay in place without power for at least three or four days. Always have extra batteries for portable radios. Also have a backup battery for cellphones.

WATCH OUT FOR FORTIFIED SNACKS

Snacks that are "fortified" with vitamins aren't necessarily good for you. According to the Journal of the Academy of Nutrition and Dietetics, adding vitamins doesn't improve the nutritional value of foods that are high in sugar and calories and low in fiber.

How To Make Lemonade Out Of Lemons

Somebody has to do it, and that somebody could turn out to be you. When you are assigned a project or task that seems unimportant, or one that could be headed for failure, you have some choices. You could try to convince your boss that you are the wrong person for the job. Assigned to head up plans for a service awards dinner, you could say you know nothing about event planning, food, or entertainment. You might convince the boss to pick someone else, but it would hardly be a feather in your cap.

Sometimes the unwanted project is one that seems destined to be a failure, one that couldn't produce the results the company wants. When that happens, it's important to keep your boss informed about progress or lack thereof all along the line. In many cases, you will be recognized for your diligence and efforts even if the project fails.

When life gives you lemons, the old saying goes, make lemonade.

If you, a loved one or a friend were injured in an automobile crash, construction accident, a slip and fall, or bitten by a dog, then call today to get David Rechenberg working on your case! 847.854.7700.

ENJOY tea with honey and lemon. The tea hel

Origins of The Rule: No white after Labor Day

Don't wear white after Labor Day? Famed fashionista Coco Chanel never bought that rule. She wore white year round. But many have long accepted that caution as fashion law.

Among upper classes in the late 1800s, white was reserved mainly for resort, sport and summer-wear. When Labor Day became a federal holiday in 1894, the fashion powers-that-be accepted the day as the end of summer and, thus, the end of white clothing. Those rules eventually filtered down from the swells to everyone else and by the 1950s women's magazines were repeating the rule.

There might have been a practical reason for the code, according to wisegeek.com. White clothing, especially shoes, were easily soiled in slushy winter and rainy weather, especially on streets that were filled with horses.

Even though the dress rules have loosened significantly since the 1970s, white wear still suggests a feel of vacation or non-working time, especially for men.

Festive Beverage

- Across
- Robinson of song
 - Oxford doctorate, briefly
 - "That feels good!"
 - Muse of poetry
 - Knight's title
 - Emulated a rook
 - How bodysuits fit
 - St. in New England
 - Bleated
 - Part of the verb "to be"
 - Shakespearean term of address
 - Muscle twitch
 - Author Levin
 - Donnybrook
 - Biblical verb ending
 - Grassy area
 - Type of rug

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

- Down
- Church service
 - Parade spoiler
 - Bush
 - Renounced
 - Supplication
 - "Hee ___"
 - Any thing

V	A	R	D	R	V	M	S
H	I	E	E	E	L	E	M
R	A	I	M	S	A	S	S
H	A	R	I	R	V	S	I
		D	E	V	B		
E	M	L	L	G	U	N	S
E	D	W	C	A	W	S	I
O	E	R	A	T	H	R	A
L	H	I	L	D	P	H	L

The headline is a clue to the answer in the diagonal.

ROSH HASHANAH 2017

Rosh Hashanah begins at sunset on Wednesday, September 20th and ends on the evening of Friday, September 22nd.

What is Rosh Hashanah?

Rosh Hashanah, literally the "head of the year" is the Jewish New Year. It is a time of inner renewal and divine atonement.

What foods do we eat on Rosh Hashanah?

It is customary to have big feasts on both nights of Rosh Hashanah and there are thus a plethora of customary dishes, including: honey cake, brisket, tzimmes and more Rosh Hashanah recipes.

What are some Rosh Hashanah practices?

One of the common practices of Rosh Hashanah is attending the High Holy Day services, where the shofar can be heard. Many people go to a Tashlich service where they throw bread crumbs into a naturally running body of water as a means of casting away their sins. On the second night of Rosh Hashanah it is customary to eat a new fruit, a symbol of newness.



**Charged with a Misdemeanor or Felony?
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www.McHenryCountyCriminalLawyer.com**

YOM KIPPUR 2017

Begins at sunset on Friday, September 29th and ends at sundown on Saturday, September 30th. Yom Kippur (the Day of Atonement) is one of two Jewish High Holy Days. The first High Holy Day is Rosh Hashanah (the Jewish New Year). Yom Kippur falls ten days after Rosh Hashanah on the 10th of Tishrei--the Hebrew month that correlates with September-October on the secular calendar. The purpose of Yom Kippur is to bring about reconciliation between people and between individuals and God. According to Jewish tradition, it is also the day when God decides the fate of each human being. Although Yom Kippur is an intense, solemn holiday, it is nevertheless viewed as a happy day, since if one has properly observed this holiday, by the end of Yom Kippur they will have made lasting peace with others and with God.

National Recovery Month

Everyone has heard about the opioid epidemic, but the numbers are still shocking: a person dies from a heroin or opioid overdose every 19 minutes. About 21 million Americans are estimated to be dealing with substance abuse addiction; more than all cancer patients combined. According to USA Today, however, that number has immense implications for health care and law enforcement. Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors a Recovery Month to help spread the message about these disorders and to celebrate those who are succeeding with recovery. Their message is that recovery is possible in many forms and that prevention works to avoid having issues with behavioral health in the first place. Because recovery is different for everyone, it is important to tailor treatment to each individual for them to succeed. Medication and counseling, often in combination, are some of the ways to help someone struggling with addiction. While these services can be found in the obvious places like hospitals and rehabilitation programs, they are also available through peer-run organizations, home-based providers, and other community-driven locations.

To find out more about treatment options in your community, go to: samhsa.gov.

TESTIMONIAL

David Franks is competent, aggressive, and gets results. Results matter the most when dealing with the court system and legal process. David secured an acquittal for my DUI in court. Enough said; results matter and David helped clear my record.

His staff was pleasant, courteous and professional in response to my questions. Marlo was great. She was one factor in choosing Mr. Franks.

I would recommend David Franks to my family and friends if they were ever arrested for a DUI.

Robert B., City Withheld at Client's Request



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'Patronize' Wordoku

How to solve wordoku puzzles

To solve a wordoku, you only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the letters in the word PATRONIZE.

Similarly, each letter can only appear once in a column or row

T	I	N	E	Z	P	A	R	O
A	R	Z	O	N	I	T	E	P
E	P	O	A	T	R	Z	N	I
Z	E	I	P	A	T	N	O	R
P	A	T	R	O	N	I	Z	E
O	N	R	I	E	Z	P	A	T
R	Z	A	T	P	O	E	I	N
N	O	P	Z	I	E	R	T	A
I	T	E	N	R	A	O	P	Z

T	I			P				
	R	Z	O					P
		O					N	
			A			O	R	
A	T				I	Z		
O	N		E					
	Z				E			
N				E	R	T		
			N			P	Z	

in the larger grid.
The difficulty on this puzzle is medium.

Congratulations To Our Client Of The Month!

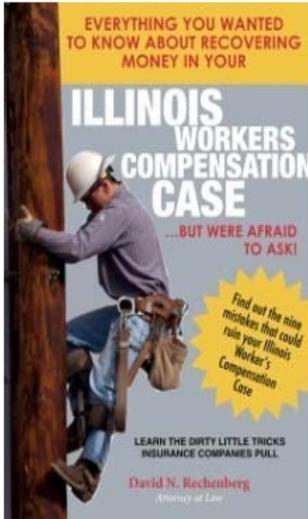
Every month, we choose a very SPECIAL client. It's our way of acknowledging our great clients and saying thanks to those who support our Firm by telling others about us.

This month's Client of the Month is Tiffany Gaski. We're treating Tiffany and a friend 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.

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Book not available free for attorneys or insurance company employees.

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- 6. Yom Kippur 2017..... (Pg 6)
- 7. Client of the Month! (Pg 7)

**The Answers To These And Many Other
Questions Are Inside The September 2017 Issue!**

