

Honor Thy Father...

FATHERS play a special, irreplaceable role in people's lives. Let them know that. On June 18th, skip the tie and tell your dad what he means to you from the bottom of your heart. Some suggestions:

- ◆ **WRITE a letter thanking your father for all he's done and all he means to you.** Read it in front of him and the whole family. You can frame it and even add photos or other mementos.
- ◆ **CREATE a thank-you book.** Buy a small book of blank pages. On each page, write why you're thankful for him. Example: "Thanks, Dad, for all the help you provided on my algebra homework when I was a kid." Send it around to your other siblings and have them contribute the reasons they're grateful too.
- ◆ **CREATE a review of your father's life.** Get family members and old friends to write down their memories of your father. Then write a script incorporating all the stories and present it to him.

Events for June 2007

June 1-31: National Drive Safe Month
June 5: World Environment Day
June 6: D-Day
June 17: Father's Day
June 21: Summer Solstice

"When a team of dedicated individuals makes a commitment to act as one...the sky's the limit!"

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 our staff 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.

Women...The Secret To A Blissful Nights Sleep!

Most women have trouble getting a good night's sleep, but they can do better, says the National Sleep Foundation.

Nearly 70 percent of women surveyed reported sleep problems on at least some nights, and 30 percent admitted using sleep medications several nights a week.

Insomnia is a common complaint and sleep problems increase with age. **Dr. Meir Kryger**, who headed the research, says women can improve their sleep by following a few simple rules:

1. Keep a regular sleep schedule
2. Develop a relaxed bedtime routine
3. Avoid exercise, alcohol and caffeine for several hours before bedtime.

For more helpful tips, ideas, and strategies visit www.SleepFoundation.org.

INJURED ON THE JOB ? Want to learn your RIGHTS ? CALL David N. Rechenberg at (847) 854-7700 so he can answer all your questions and start working on your case right away !! www.IllinoisWorkInjuryLawver.com

Taming The Late-Night Munchies...

THE GOODNEWS: What you eat at night isn't more likely to turn into fat. The bad news: If you overeat at night, you're probably consuming too much food overall, which will make you fat. Here's how to keep your late-night binges under control:

Don't skip meals during the day. If you do, you'll end up getting hungrier late at night and more likely to overeat.

Eat a healthy dinner. That means eating a meal with low fat protein, complex carbohydrate and fiber. That also means you should keep health foods around so you'll be more likely to make a healthy, satisfied dinner.

Work out at night. This helps in three ways:

1. It's an activity that's more interesting than vegetating in front of the tube with a bag of potato chips.
2. Exercise makes you more conscious of healthy eating.
3. It helps you burn off the stress of the day, making you less likely to compensate by eating junk food at night.

Do something fun after work. That doesn't have to do with happy hour. How about reaching for a good book, calling or hanging out with a friend, or going to a movie? These mood lifters will help you stay away from the desire to reach for a high-caloric, high fat comfort foods like ice cream or pizza.

Cut back on TV watching. There's a direct correlation between the amount of TV you watch and your weight. Both go up in tandem. Keep the mindless snacking under control by simply telling yourself that you won't eat while you watch television.

Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred our law firm to their friends and neighbors last month! Our practice is built based on the positive comments and referrals from people just like you. We just couldn't do it without you. Please keep the referrals coming!!

You Can Think Your Way To Better Health!

GREAT news for couch potatoes! You can build up your body just by thinking about it, new research indicated. Stroke and injury patients too weak to exercise can use the discovery to help in their rehabilitation.

And if further research shows it also works for seniors, they could use their imagination to help maintain their muscle strength.

Guang Yue, Ph.D., an exercise physiologist at the world-renowned Cleveland Clinic Foundation in Ohio, found that a visualization exercise was enough to increase strength in a muscle in the little finger, which it uses for side-way movements.

Now scientists are focusing on the biceps. They asked 10 volunteers, ages 20 to 35 to imagine flexing one of their biceps as hard as possible, five times a week.

Every two weeks, the researchers measure the strength of the subject's muscles. Incredibly, those who thought about exercise showed a 13.5% boost in strength after a few weeks.

The remarkable gain lasted for three months after the imaginary exercising ended. A control group that did not do the mental gymnastics, experienced no increase in strength.

Scientists are doing further research to see if the breakthrough also works for seniors. It seems that the mind-over-matter techniques work!

Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David B. Franks at (847) 854-7700 NOW !

WARNING!

Toys In Doc's Office Can Be A Health Hazard!!!

Beware! Playing with the toys in your pediatrician's office can make your children sick. "Allowing kids to play with the toys in the doctor's office can expose them to harmful bacteria," says Dr. Ian McKay, a leading general practitioner in Edinburgh, Scotland.

Dr. McKay recently studied the problem with microbiologists from Edinburgh's Western General Hospital and found that all of the soft toys and 60 percent of the hard toys at his clinic harbored organisms.

And 10 percent of the toys sheltered bacteria that can cause diarrhea, upper respiratory and skin infections, according to the study published in the Scottish Medical Journal.

Dr. McKay realized the potential problem after he saw a child chew on a toy, then throw it back in the toy box. "I thought how disgusting that was and that no one made any effort to clean it." He went on to say, "I decided to culture the toys in the office and was surprised to find that one in 10 had potentially harmful organisms on them."

"I think my findings were pretty typical, and I don't think other offices have someone responsible for cleaning toys. I just think it doesn't get done." The bacteria could have come from healthy children who visited the clinic, not just sick ones, he said.

Dr. McKay believes the only way to keep children safe is to remove all toys from doctors' waiting rooms. He says, "We've gotten rid of the toys in our clinic, and the children are not more upset or making any more noise than they did before." "If just one child comes down with a disease from playing with a toy, it's just not worth it."

FACT: Nearly 20 percent of children who visit a pediatrician are not sick, they're there for a well-child exam.

The Real Reason To Hate Mondays (Post weekend stress can cause heart attacks)

Here's another good reason to hate Mondays - returning to work after the weekend can give you a heart attack or stroke! The stress of being back to the job following a relaxing two days off can raise blood pressure to unhealthy levels higher than 140 over 90 and may be the reason that 20 percent more heart attacks occur on Monday morning than any other day, says researchers.

Scientists realized that Mondays could be a killer after monitoring the blood pressure of test subjects for one week. They discovered that there was a big surge in hypertension among employees at work on Monday morning, while those who stayed home had no increase.

"Most people are free of mental and physical burdens of work on a Sunday and experience a more stressful change from weekend leisure activities to work activities on Monday," explained head researcher Dr. Shuogo Muakami, whose findings were published in the prestigious American Journal of Hypertension.

"There was a distinct peak on Mondays." Unfortunately, few of us can quit work. So experts advise that the 1 in 4 Americans who have high blood pressure see their doctors and get their conditions under control with blood pressure drugs or lifestyle changes.

Help For The Incurable Procrastinator

You may be a hopeless procrastinator, but you shouldn't give up mending your ways. At least you can try to minimize your procrastinating by following these simple steps:

STEP 1: Ask if you really want to do the task. If the payoff isn't attractive, you may decide that it's not worth effort.

STEP 2: Decide if you'd rather do the task right away or schedule it for later.

STEP 3: When you feel yourself about to procrastinate, be firm with yourself. Pinch yourself and muster up the energy to keep going.

STEP 4: Divide the task into bite sized chunks and commit to a small amount of effort at each stage.

STEP 5: When the task is finished, give yourself a certain amount of time for pure, guilt free fun.

DO YOU HAVE A WILL? If not call, Franks & Rechenberg, P.C. to schedule an appointment for a Will, Durable Health Care Power of Attorney and Living Will. Don't leave home without one.

THE COOKIN' CORNER...

Brain Tracy's Caesar Salad Recipe! This recipe is the result of 20 years of experimentation and more than 1,000 salads. Many people say that this is the best Caesar Salad they're ever had!

Serving size: 4-8 People.

- ✓ 2 medium-large heads of Romaine lettuce
- ✓ 8 tablespoons extra virgin olive oil
- ✓ 8 cloves of fresh garlic, finely chopped
- ✓ 1 tbsp. Tarragon vinegar
- ✓ 2 egg whites (discard yolks)
- ✓ 1 tbsp. fresh lemon juice
- ✓ 1 can of anchovies, finely chopped into small pieces, oil removed
- ✓ 1 tbsp. of capers
- ✓ ¼ teaspoon dry English mustard
- ✓ ½ teaspoon cracked black pepper
- ✓ ½ teaspoon seasoning salt
- ✓ 1 teaspoon Worcestershire sauce
- ✓ 2 dashes Tabasco sauce
- ✓ ½ cup grated Parmesan cheese
- ✓ ½ cup of garlic Caesar croutons

Tear Romaine lettuce heads open, discard all old leaves, rinse in sink full of cold water, and tear clean, fresh leaves into small pieces, put in colander and spin to remove water. Set aside. Use wooden salad bowl. Cut one garlic clove in half and rub inside of bowl all over with the raw garlic. Measure 8 tablespoons of extra virgin olive oil into bowl. Place whites of two eggs into bowl. Measure 1 tablespoon of Tarragon vinegar into bowl. Measure 1 tablespoon of fresh lemon juice into bowl. Chop 8 garlic cloves into finely diced pieces and add to mixture in bowl. Add 1 teaspoon of capers, 1 can of diced anchovies (oil removed), and ¼ teaspoon of dry English mustard. Add ½ teaspoon of black pepper, ½ teaspoon of seasoning salt, 1 teaspoon of Worcestershire sauce and 2 dashes of Tabasco sauce to bowl. Stir the entire mixture until it is smooth. Place the lettuce on top of the dressing, sprinkle the Parmesan cheese add Croutons on top of the lettuce then mix.

FREE...SPECIAL REPORTS Now Available On Our New Website To Answer Most of Your Legal Questions...

We have published several Special Reports that you or a friend can request at no obligation simply by going online to

www.FnRlaw.com

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, or DUI* please go to our new web site NOW!

Inspirational Thoughts By Norman Vincent Peale For June - *Positive Thinking Every Day!*

- ◆ *Be sure to image right, for we tend to become as we see ourselves. So see yourself confidently.*
- ◆ *The unconquered and unconquerable of this world are those who hold ever fresh in their hearts an abiding faith in a Higher Power and in their own destiny.*
- ◆ *The tough-minded optimist views any problem as a challenge to his intelligence, ingenuity, and faith. He keeps on thinking, praying, and believing. He knows there is a solution and so he finally finds it.*

Is Tap Water Healthier Than Bottled Water?

According to the Archives of Family Medicine, you can save a bundle by drinking plain old tap water. Water from the faucet is more likely to offer you health benefits and even be more "pure" than many bottled water brands.

For one, tap water contains fluoride, which helps prevent tooth decay and osteoporosis. Only 5% of bottled water companies adhere to public water fluoride standards.

Secondly, tap water is regulated by the Environmental Protection Agency, which requires municipalities to follow strict safety regulations in water quality. Bottled-water companies are not required the same rigorous quality standards.

What's more, controlling some substances in bottled water may be more difficult, because bottled water tends to be stored for longer periods of time and at higher temperatures than tap water.

The Best Men In Our Lives, Our Fathers

“He opened the jar of pickles when no one else could. He was the only one in the house who wasn’t afraid to go into the basement by himself.”

“He cut himself shaving, but no one kissed it or got excited about it. It was understood when it rained, he got the car and brought it around to the door.”

“When anyone was sick, he went out to get the prescription filled. He took lots of pictures, but he was never in them.”

- Emma Bombeck

Kids & What They Say About Dad...

“When your dad is mad and asks you, ‘Do I look stupid?’ don’t answer him.” -Heather, age 16

Famous People Who Have Been Rejected

Katie Couric’s boss at CNN saw her first appearance on the 6 A.M. news and called the studio saying he never wanted to see her on the air again. Now she’s everyone’s favorite anchor of the Today show.

A single mom and unemployed teacher, J.K. Rowling had her original Harry Potter manuscript rejected by numerous publishers. Those editors are probably kicking themselves now.

Abraham Lincoln lost elections for state legislature, Congress and the vice president candidacy before becoming our 16th president, abolishing slavery, and getting his face on the \$5 bill and Mount Rushmore.

Rosie O’Donnell’s own TV show *Stand By Your Man* was canceled after only seven weeks on the air in 1992. Since then she has gained fame as America’s funniest lady and now hosts her own talk show.

When Jim Carey made his debut at a Toronto comedy club, he was booed off the stage for his bad material and even worse outfit.

Michael Jordan was cut from his high school’s varsity basketball team as a sophomore, but went on to lead the Bull’s to victory and become basketball’s most celebrated player.

Here’s A Great Recipe...Patty Loveless Fruit Pie!

Try Patty’s pecan-crunchy coconut creation. It will leave you singing its praises. **Serves 8.**

2 eggs, separated

1 cup sugar

½ cup butter, melted

½ cup coconut

½ cup pecans

½ cup white raisins

1 (9-inch) pie crust

Whipped cream, optional

MIX egg yolks, sugar and butter. Add coconut, pecans, and raisins. Beat egg whites until stiff. Fold into other mixture. Pour into pie crust. Bake at 325 degrees 50 to 60 minutes. Cool. Top with whipped cream.

NUTRITION PER SERVING: Calories 261, fat 11 grams.

From the book CELEBRITY CHEFS OF COUNTRY MUSIC & MOTORSPORTS.

If You Didn’t Already Know...

Exercise Helps Blood Pressure...

For young adults between ages 18 and 30, regular exercise is one of the best ways to ensure a lifetime of heart health.

Workouts can reduce a younger person’s odds of developing high blood pressure for decades to come, according to a new study from the **University of Minnesota.**

Those who exercise an average of five times a week and burn at least 300 calories per workout are 17 percent less likely to develop hypertension than those who were less active, the study found.

David N. Rechenberg will get you the big money from your personal injury case!
Call today to schedule an appointment for a free audit of your case!

“Good Fats” For Heart Patients...

Sink your teeth into this good news: Heart attack patients can enjoy a little more fat in their diets. A Mediterranean-style diet high in olive oil and other “healthy” fats is just as good as the classic **American Heart Association (AHA)** low-fat diet for heart attack victims.

A new study found that people on either diet had one-third the risk of suffering another heart attack or stroke compared to heart patients eating normal diets. But those on the AHA diet were told to keep total fat intake to less than 30 percent of calories, while the Mediterranean dieters are allowed up to 40 percent.

EXTRA...EXTRA...! Do You Have Questions To 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, work injuries, , criminal, divorce or DUI* please feel FREE to give us a call at (847) 854-7700. In fact, we've published several Special Reports on these legal topics that you can request for FREE by simply calling our office and asking for Marlo. She'll send you or a friend one of our revealing Special Reports absolutely FREE!

VACATION...It Can Save Your Life!!! TAKE a vacation – it could save your life!

“Getting away from it all” is just what the doctor ordered, says scientists, who've discovered that an annual vacation actually boosts life span.

Stress can kill – and the temporary easing of stress with regular down time saves wear and tear on the body.

Over five years, some 12,000 males at high risk for heart disease filled out questionnaires, disclosing if they had taken a vacation in the previous years. The more frequently the men answered “yes,” the less likely they were to die from heart disease or any other cause during the nine years that followed, say researchers.

“Go Out On The Town or Stay At Home and Watch a Great Movie This Weekend...Bill Harris tells you what's HOT and what's NOT!”

Hollywood movie reviewer Bill Harris of cable's E! Entertainment Television has spent years on ShowTime, “Entertainment Tonight” And “At The Movies.” His syndicated radio show features air nationwide. NOW, TV's number one authority presents his written review.

In The Land of Women (PG-13)

Adam Brody of “The O.C.” lands his first feature lead as a TV writer just dumped by **Elena Anaya**. But when he heads to Michigan to mend his hear and care for ailing grandmother **Olympia Dukakis**, he meets a family of women who change everything. **Meg Ryan** is the mother of young **Kristen Stewart** and **Mackenzie Vega**...and just when everyone things they're losing...they find allies and affection, friendship and more.

VACANCY (R)

Kate Beckinsale and **Luke Wilson's** car brakes down in the middle of nowhere, so they check into the only motel around and watch slasher snuff movies on TV where the actors really die. Then they realize the movies were made in the same motel room they're in. Then they try to leave...

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Now On DVD

Freedom Writers

Hilary Swank stars in the true tale of an inner city teacher who changed kids' lives (“They rocked my world, and I love them.”) **Patrick Dempsey** co-stars.

ARRESTED FOR A CRIME? Don't know where to turn? Help is just a phone call away ! Call Franks & Rechenberg, P.C. at (847) 845-7700.

If You Or Someone You Know Has Recently Been In A Car Accident And Would Like To Increase The Value Of Your Case...Read THIS!

IT'S TRUE... Allstate's (auto insurance giant) own documents show that, "consumers with attorneys filing claims against Allstate receive 2-3 times more in awards!"

"Not represented \$3,464, represented \$7,450.00!"
Your insurance adjuster might NOT have told you EVERYTHING when you signed legal documents. *Don't let this happen to you!* Just call our office at (847) 854-7700 and ask for Marlo to set up your Free auto accident **AUDIT** consultation!

What Should You 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!

A Word Of Thanks...And A Great BIG Welcome To Our Family!

I would like to welcome the following new clients to our firm and "Thank You" for being our client. If you would like to receive a **FREE** Auto Accident Handbook just call our office at (847) 854-7700. When you call for your booklet, make sure to get one for each car in your family. It's a great idea to have one in every car.

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 Phil Huber. We're treating Phil Huber and a friend to the movies!

Home Alone

Is it safe for your children to be at home alone? It's a difficult decision for parents, but these are some ways to make sure first, that your child is developmentally ready, and second, that he or she will be safe.

1. **How long will I be gone?** A child may not be ready to be left alone for a few hours, but you can start to build confidence by leaving him or her alone while you run a few quick errands.
2. **Is my child emotionally ready?** If they're afraid to be left alone, they're not ready.
3. **Does my child exercise good judgment?** You need to have confidence that your child will follow directions on answering the telephone and door, on allowing friends in the house, on the computer, and television usage, and on getting along with siblings.
4. **Can my child handle an emergency?** Does your child know when and how to call 911, operate fire extinguishers, and follow the home fire-escape plan?
5. **What are my state's laws** on when only children must be to be left unsupervised? Check with your county child protection services.

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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Is DIVORCE in your future? If so, call Franks & Rechenberg, P.C. at (847) 854-7700 to protect your children and yourself before it is too late!

TidBits for Today...!

is a FREE monthly newsletter from your friends at

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The *Answers* To These And Many Other Questions Are Inside The **June 2007** Issue!