

TidBits for Today

18 Reasons I Still Owe My Mother

Reason #1: My mother taught me TO APPRECIATE A JOB WELL DONE . ('If you're going to kill each other, do it outside. I just finished cleaning.')

Reason #2: My mother taught me RELIGION . ('You better pray that will come out of the carpet.')

Reason #3: My mother taught me about TIME TRAVEL . ('If you don't straighten up, I'm going to knock you into the middle of next week!')

Reason #4: My mother taught me LOGIC . ('Because I said so, that's why.')

Reason #5: My mother taught me MORE LOGIC . ('If you fall out of that swing and break your neck, you're not going to the store with me.')

Reason #6: My mother taught me FORESIGHT. ('Make sure you wear clean underwear, in case you're in an accident.')

Reason #7: My mother taught me IRONY. ('Keep crying, and I'll give you something to cry about.')

(Continues on page 2)

Knock-Knock Joke Of The Month... (Use This One On Your Kids!)

Knock...Knock

Who's there?

Dwaine

Dwaine who?

Dwaine the tub I'm drowning!!!!!!

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 advanced for all your support, and the trust you place in our firm.

Thank YOU – **Franks & Rechenberg, P.C.**

15 Best Diet Tips Ever!!! Part One

Everyone knows the keys to losing weight: Eat less and exercise more. Sounds simple enough, but in the context of real life and its demands, it can be anything but simple. So how do successful losers do it? Here's 15 best all time tips for rapid weight loss:

Best Diet Tip No. 1: Drink plenty of water or other calorie-free beverages.

People sometimes confuse thirst with hunger. So you can end up eating extra calories when an ice-cold glass of water is really what you need. "If you don't like plain water, try adding citrus or a splash of juice, or brew infused teas like mango or peach, which have lots of flavor but no calories," says Cynthia Sass, RD, a spokeswoman for the American Dietetic Association.

Best Diet Tip No. 2: Think about what you can add to your diet, not what you should take away.

Start by focusing on getting the recommended 5-9 servings of fruits and vegetables each day. "It sounds like a lot, but it is well worth it, because at the same

(Continues on page 3)

David N. Rechenberg recently settled a worker's compensation case for \$100,000.00, and another for \$89,000.00, against insurance companies who fought tooth and nail, one even appealed the Arbitrators award after trial. If you were injured at work, call today to schedule an appointment to discuss your case!

18 Reasons I Still Owe My Mother

Reason #8: My mother taught me about the science of OSMOSIS. ('Shut your mouth and eat your supper.')

Reason #9: My mother taught me about CONTORTIONISM. ('Will you look at that dirt on the back of your neck!')

Reason #10: My mother taught me about STAMINA. ('You'll sit there until all that spinach is gone.')

Reason #11: My mother taught me about WEATHER. ('This room of yours looks as if a tornado went through it.')

Reason #12: My mother taught me about HYPOCRISY. ('If I told you once, I've told you a million times. Don't exaggerate!')

Reason #13: My mother taught me the CIRCLE OF LIFE. ('I brought you into this world, and I can take you out.')

Reason #14: My mother taught me about BEHAVIOR MODIFICATION. ('Stop acting like your father!')

Reason #15: My mother taught me about ENVY. ('There are millions of less fortunate children in this world who don't have wonderful parents like you do.')

Reason #16: My mother taught me about ANTICIPATION. ('Just wait until we get home.')

Reason #17: My mother taught me about RECEIVING. ('You are going to get it when you get home!')

Reason #18: My mother taught me MEDICAL SCIENCE. ('If you don't stop crossing your eyes, they are going to freeze that way.')

Thank You! Thank You! Thank You!

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

Learn To Prevent Arthritis NOT Just Learn To Deal With It

A Holistic Approach to Life Without Pain

Many people think of arthritis as a nuisance that causes severe pain and discomfort, but that can usually be eliminated by taking some pain relievers, or a hip replacement that puts you back on track again. However, you'd be seriously misguided if you thought that.

The truth is that no condition impairs the quality of life as we begin to age and to a greater extent than arthritis. It erodes basic functions and prevents us from taking part in basic cherished activities. Leads to inactivity and other health issues that robs us of living longer as well.

Unfortunately, the solutions offered by traditional medicine are much less than ideal and often lead to additional health issues. For instance, when individuals have to rely continually on painkillers, they often put themselves at risk for developing serious side effects.

The aging human's most common affliction is osteoarthritis which involves a breakdown of joint cartilage, that rubbery tissue at the ends of bones that allows for smooth movement and shock-absorption. When cartilage breaks down, due to past traumas like old football injuries or car accidents, that leads to frequent pain, loss of mobility, and in many cases even complete disability and dependence on others.

Many of the changes that lead to arthritis are not clearly understood yet by traditional medical science. In order to prevent this debilitating disease let me share some practical information with you:

(Continues on page 5)

Know a friend who was arrested for **DUI**? Offer them great advice! Tell them to call David B. Franks at (847) 854-7700 NOW! Learn about the **Monitoring Device Drivers Permit (MDDP)**. www.McHenryCountyDUILawver.com

"The New Do's and Don'ts For Your Good Health Starts Now!"

Give The Gift Of Good Health & Longevity Today!

A part of our commitment to better serving you through our newsletter program Franks & Rechenberg, P.C. would like to send 12 FREE issues of **TidBits for Today®** to a family member, co-worker, or close personal friend of yours.

Your family member or friend will receive a welcome letter letting them know that you gave them a free subscription. Plus, they can cancel any time they want.

To give a loved one a free subscription please call our office at (847) 854-7700 and ask to speak to Marlo.

Major League Baseball Trivia Questions and Answers.

Q: What song do baseball fans break into when Mitch Williams steps out of the bullpen?

A: **Wild Thing**

Q: Whose 1996 single to center, in his first regular season at-bat, was the first hit by a Red Sox pitcher in 24 years?

A: **Roger Clemens.**

Q: Who was the American League base-stealing champ for nine years in the 1980s?

A: **Rickey Henderson**

Q: Who was the winningest active major league baseball manager before he retired in 1996?

A: **Tommy Lasorda.**

Q: Which finger on a pitcher's throwing hand controls a curve ball and slider?

A: **The middle.**

Q: What former Negro League player is the only pitcher in the Hall of Fame with a losing major league record?

A: **Satchel Page**

15 Best Diet Tips Ever!!! Part One

time you are meeting your fiber goals and feeling more satisfied from the volume of food," says chef Laura Pansiero, RD.

You're also less likely to overeat because fruits and vegetables displace fat in the diet. And that's not to mention the health benefits of fruits and vegetables. More than 200 studies have documented the disease-preventing qualities of phytochemicals found in produce, says Pansiero.

Best Diet Tip No. 3: Consider whether you're really hungry.

Whenever you feel like eating, look for physical signs of hunger, suggests Michelle May, MD, author of "**Am I Hungry?**" "Hunger is your body's way of telling you that you need fuel, so when a craving doesn't come from hunger, eating will never satisfy it," she says.

When you're done eating, you should feel better -- not stuffed, bloated, or tired. "Your stomach is only the size of your fist, so it takes just a handful of food to fill it comfortably," says May. Keeping your portions reasonable will help you get more in touch with your feelings of hunger and fullness.

Best Diet Tip No. 4: Be choosy about nighttime snacks.

Mindless eating occurs most frequently after dinner, when you finally sit down and relax. "Sitting down with a bag of chips or cookies in front of the television is an example of eating amnesia, where you mindlessly eat without being hungry, but out of habit," says American Dietetic Association spokesperson Malena Perdomo, RD.

Either close down the kitchen after a certain hour, or allow yourself a low-calorie snack, like a 100-calorie pack of cookies or a half-cup scoop of low-fat ice cream. Once you find that you're usually satisfied with the low-cal snack, try a cup of zero-calorie tea, suggests Perdomo.

(Continues on page 4)

Involved in an automobile accident and the Insurance Adjuster is asking to take your recorded statement and requesting you to sign an authorization? Find out what to do by ordering our free Audio CD and learn the 7 questions you must ask the Claims Adjuster when he calls demanding answers from you. Call today (847) 854-7700.

The Cookin' Corner...For June 2009

"Sichuan-Style Stir-Fried Chicken with Peanuts"

Makes: 6 servings (serving size: 3/4 cup stir-fry and 1 cup rice)

Ingredients:

MARINADE:

- 2 tablespoons low-sodium soy sauce
- 2 tablespoons rice wine or sake
- 1 teaspoon cornstarch
- 1 teaspoon dark sesame oil
- 1 1/2 pounds skinless, boneless chicken breasts, cut into bite-size pieces

STIR-FRYING OIL:

- 2 tablespoons vegetable oil, divided

SAUCE:

- 1/2 cup fat-free, less-sodium chicken broth
- 2 tablespoons sugar
- 2 1/2 tablespoons low-sodium soy sauce
- 2 tablespoons rice wine or sake
- 1 tablespoon Chinese black vinegar or Worcestershire sauce
- 1 1/4 teaspoons cornstarch
- 1 teaspoon dark sesame oil
- 2 tablespoons minced green onions
- 1 1/2 tablespoons minced peeled fresh ginger
- 1 1/2 tablespoons minced garlic (about 7 cloves)
- 1 teaspoon chile paste with garlic

REMAINING INGREDIENTS:

- 1 1/2 cups drained, sliced water chestnuts
- 1 cup (1/2-inch) sliced green onion tops
- 3/4 cup unsalted, dry-roasted peanuts
- 6 cups hot cooked long-grain rice

Nina Simonds, *Cooking Light*, JANUARY 2001

Inspirational Thoughts For June – Positive Thinking Every Day!

"Deficiency motivation doesn't work. It will lead to a life-long pursuit of try to fix me. Learn to appreciate what you have and where and who you are." - Wayne Dyer

"What you get by achieving your goals is as important as what you become by achieving your goals." - Henry David Thoreau

"Strive not to be a success, but rather to be of value." - Albert Einstein

"You are never too old to set another goal or to dream a new dream." - C.S. Lewis

"It is hard to fail, but it is worse never to have tried to succeed." - Theodore Roosevelt

15 Best Diet Tips Ever!!!

Best Diet Tip No. 5: Enjoy your favorite foods.

"I think putting your favorite foods off limits leads to weight gain because it triggers 'rebound' overeating," says Sass. Instead of cutting out your favorite foods altogether, be a slim shopper. Buy one fresh bakery cookie instead of a box, or a small portion of candy from the bulk bins instead of a whole bag. "You can enjoy your favorite foods, but you must do so in moderation," says Sass.

Best Diet Tip No. 6: Enjoy your treats away from home.

When you need a treat, Ellie Krieger, RD, host of Food Network's Healthy Appetite, suggests taking a walk to your local ice cream parlor or planning a family outing.

"By making it into an adventure, you don't have to worry about the temptation of having treats in the house, and it is a fun and pleasurable way to make it work when you are trying to lose weight," says Krieger. And for those times you just can't get out? Krieger stocks her kitchen with fresh fruit, which she thinks can be every bit as delicious as any other dessert.

(Continued in the July 2009 Issue of TidBits For Today®.)

FREE...FREE...FREE! We Now Have SPECIAL REPORTS Available To Answer Most Of Your Legal Questions...

We'd love to hear from our good friends and clients who enjoy reading our newsletter. If you have a question regarding *car accidents, work injuries, DUI, or Criminal Defense* please feel FREE to call our office directly at **(847) 854-7700**.

In fact, we've published several Special Reports that you can request at NO obligation whatsoever simply by calling our office **24 Hours A Day** and leaving a message on our voice mail.

ARRESTED FOR A CRIME? Worried about what will happen? Need Answers? Call David B. Franks at (847) 854-7700!

Continued... **Learn to Prevent Arthritis
NOT Just Deal With It**

A Holistic Approach to Life Without Pain

1) Reduce repetitive strain on muscles and joints. Be alert for any chronic aches and strains caused by work, hobby, or recreation-related activities. Don't ignore these symptoms waiting for them to get worse.

If you suspect your job caused these symptoms, for instance, you may need to rotate your task or modify your office chair or workstation, or even find an alternative activity. Repetitive strain can create little tears within the joints and supportive tissues that lead to arthritis in later years.

2) Make sure to exercise just don't abuse your joints! A sedentary lifestyle makes for weak muscles, while increasing the odds of developing arthritis (not to mention all the other health issues).

Regular consistent exercise is essential to health and longevity. It creates stronger and more flexible joints. Exercise doesn't have to be strenuous. Just regular. Consider a cross-training program that includes a variety of exercises and light weight training. The use of weights builds denser bones and strengthens the muscles, ligaments, and tendons associated with joint function.

3) Feed your joints right. Overweight and obese people are at greater risk for arthritis, particularly in the low back, hips, and knees. Losing weight reduces that risk drastically. However, improving dietary habits is always a tough challenge in our time-strapped society. The more you can maximize your intake of whole foods while minimize the refined, packaged foods, the better off you and your joints will be.

4) Research shows that certain nutrients are vital for joint health. They can protect the joints and minimize or delay arthritic pain. Such supplements include vitamins C and D, boron, glucosamine, chondroitin sulfate, and MSM.

**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!**

5) Drink plenty of water. Water plays a big role in the lubrication and shock absorbing properties that make up healthy joints. Dehydration may be a major underlying, and hidden factor in the breakdown of joints that lead to pain. Don't substitute sodas, coffee, and tea for water. Drink lots of good quality water everyday.

6) Stay flexible and try some Yoga. These poses can increase muscle tone, flexibility, and range of motion of joints. Research indicates that yoga generates beneficial mechanical pressures on joints.

The bottom line – Focus on becoming healthier with these tips, for years doctors have been spreading the message of prevention to protect our hearts and blood vessels. But little has been said about protecting our joints. We need to develop "joint awareness." Studies show that disability, due to arthritis, can lead to debilitating inactivity that in turn can increase the risk of cardiovascular disease.

When Victim Mentality Becomes a Way of Life For Your Teen...

It's important to confront victim thinking in our children if we don't want thinking errors to become a way of life. A few years ago, there was a very in-depth study done on criminals in the California prison system. One of the important things it showed was that people who return to prison repeatedly see themselves as victims: victims of poor childhoods, of society, of poor parenting, of poverty. And what happens is, as long as they see themselves as victims, they don't feel as if they have to take responsibility to change their antisocial behavior.

When you're a victim you can always find a way to be a victim. If you're the parent of teenagers, you know that many of them find a way to think of themselves as victims much of the time. Remember, although your child is going to develop thinking errors automatically, it's up to us as parents to challenge that victim thinking and hold our children accountable.

Getting to Know the Lawyers at
Franks & Rechenberg, P.C.

MICHAEL RECHENBERG HITS THREE HOME RUNS!

Michael, 12 years old, is the youngest of four kids in the Rechenberg clan. He loves the game of baseball and this year he is having a great season at the plate. His three homers went over the fence in straight away center field. When the ball left the bat there was no question they left the park.

On his first home run Michael did not realize that the ball went over the fence until he rounded second base, apparently he was trying for a triple. To say that his father, the coach of the team, was proud and impressed, is an understatement. In his entire baseball career, which included a 30-and-over men's league,

We hope Michael continues to go "yard" many more times the rest of the season, which is about one third over.

The team had a rough start, losing the first four games, but is mounting a come-back with three in a row in the Win column.

Now if Michael could only learn to clean his room !

Anti-Aging Diet - How Food Can Keep You Young

Did you know that changing your diet can extend your life and make you feel and even look a lot younger than your physical age? Find out what an anti-aging diet is and how it can help you defeat the aging process.

What happens to your body as you age?

Our body consists of millions of cells, as these cells die they are being replaced by new ones. The quality of new cells is directly linked to your diet, because to be regenerated properly cells need sound nutrition. As we grow older, the process of cell regeneration doesn't go as smoothly as before, it is called cell degeneration. By eating certain anti-aging foods we can help the new cells to be strong and healthy.

Foods to avoid in anti-aging diet

First, you should decrease the amount of saturated fats you take in. The American Heart Association recommends that fat should not to exceed 30 percent of your total energy. For a real anti-aging nutrition the number is about 10 percent. That means that for protein it is better to consume lean fish rather than meat.

Some anti-aging doctors suggest a completely vegetarian diet. However, it has not been scientifically proven that avoiding meat all together leads to longer and healthier life. However, when you eat meat, go for lean varieties.

And do I even have to mention avoiding junk food? Everybody knows that it is bad for you, but most people keep eating it anyway. If you seriously want to keep a nutritious diet, you should restrict yourself from chips and other "empty-calorie" foods.

Saturated fats are not the only thing to avoid. Some studies have shown that foods high in carbohydrates also lead to cell degeneration. These include sugar, chocolate, chips, pasta, and soy products. High concentration of heavy metals in your food also leads to premature aging.

(Continued on the next page)

Do you have a friend who was injured in a car crash, hurt at a construction site, or hurt as a result of a defective product, and they are 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 to hand out to family and friends.

Anti-Aging Diet - How Food Can Keep You Young

Anti-aging food - what is it?

There are several foods that help with cell regeneration. These are products high in antioxidants and omega 3 fatty acids. These are elements known as antioxidants Vitamin A, Vitamin B-6, Vitamin B-12, Beta carotene, Vitamin C, Vitamin E, Selenium and Folic acid.

Here is a list of foods important for anti-aging nutrition:

- *Raw nuts and seeds
- *Green leafy vegetables
- *Seaweed
- *Barley greens
- *Olive oil
- *Berries

Recently there has been a lot of talk about anti-aging Goji berries and Goji berries juice. These berries grow in Himalaya, and studies have shown that people who live there and consume the berries on regular basis live long and healthy lives. Goji berries and their juice are very high in antioxidants.

You may also need, because pollution in the cities and stress of everyday working life speed up the aging process, additional nutrients and vitamins to combat it. You can look online for anti-aging supplements to add to your diet.

These are vitamin and mineral complexes with high percentage of antioxidants. Alternatively, take a good brand name multivitamin every day.

The most important about anti-aging diet is that you have to be persistent and consume healthy foods every day. Eating nutritious food for several days and then returning to usual fast food lifestyle wouldn't work.

And, of course you will have to do some *exercise* to help your body feel young.

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 **Phillip Flemming**. We're treating Phil and a friend to the movies!

Fun Entertainment Trivia

What member of the Monkees, a holdout for nearly three decades, rejoined the other geezers for a 1996 album? **A: Mike Nesmith.**

What Francis Ford Coppola movie sees Marlon Brando blather: "Horror has a face, and you must make a friend of horror"? **A: Apocalypse Now.**

What David Lynch movie did a few filmgoers attend expecting to see Bobby Vinton's life story? **A: Blue Velvet.**

What rap star got his name from the observation "Ladies Love Cool James"? **A: L.L.Cool J.**

What Mayberry resident once hijacked a bull when he'd had too much to drink? **A: Otis Campbell.**

Whose guitar version of The Star-Spangled Banner was featured in a 1996 Aiwa TV ad? **A: Jimi Hendrix's.**

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

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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 2009 Issue!