

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

## Easter Candy

Did you know? Easter is the second best-selling candy holiday in America, after Halloween. Among the most popular sweet treats associated with this day are chocolate eggs, which date back to early 19th century Europe. Eggs have long been associated with Easter as a symbol of new life and Jesus' resurrection.

Another egg-shaped candy, the jelly bean, became associated with Easter in the 1930s (although the jelly bean's origins reportedly date all the way back to a Biblical-era concoction called a Turkish Delight). According to the National Confectioners Association, over 16 billion jelly beans are made in the U.S. each year for Easter, enough to fill a giant egg measuring 89 feet high and 60 feet wide. For the past decade, the top-selling non-chocolate Easter candy has been the marshmallow Peep, a sugary, pastel-colored confection. Bethlehem, Pennsylvania-based candy manufacturer Just Born (founded by Russian immigrant Sam Born in 1923) began selling Peeps in the 1950s. The original Peeps were handmade, marshmallow-flavored yellow chicks, but other shapes and flavors were later introduced, including chocolate mousse bunnies.



## MARCH EVENTS

DAYLIGHT SAVINGS	MARCH 13
ST. PATRICK'S DAY	MARCH 17
SPRING BEGINS	MARCH 20
EASTER	MARCH 27



## **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.

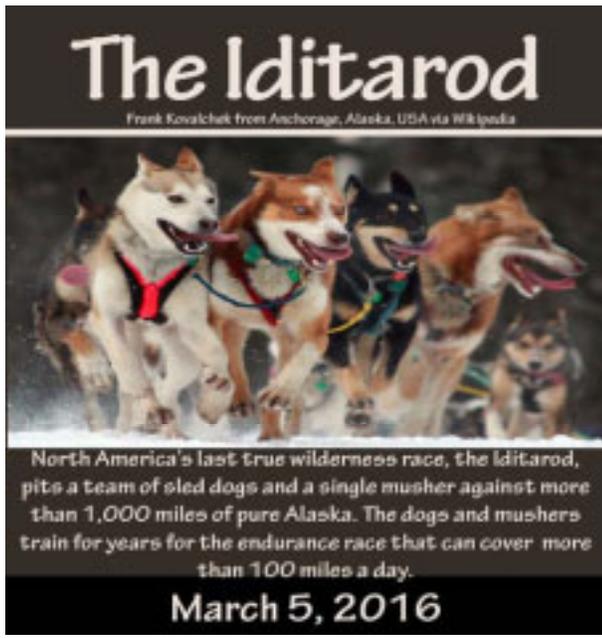


## ARE YOU READY FOR MARCH MADNESS?!

The term March Madness is used to describe the craziness that occurs in the month of March as a result of both the men's and women's NCAA Basketball Tournament. It was first used in the 20th century but has since then been adopted by the mainstream media. Since the tournament features 68-teams and is single elimination, meaning that if a team loses one game they are eliminated, there are typically lots of upsets and buzzer beaters that result in lots of madness.

If the madness that surrounded the NCAA Tournament wasn't enough already, it is very common for groups of people to compete in a tourney bracket competition. People competing in the brackets try to predict the winners of all the matchups before guessing the national champion. Various bracket point systems are used but in general the person who guesses the most correct winners usually wins the title of the 2016 March Madness bracket champion

**David Rechenberg just settled another car crash case for the \$100,000.00 policy limit. If you were injured in a car crash and need help with your case, call David N. Rechenberg at 847.854.7700 so he can immediately start working on your case to get you the money you deserve!**



### The Iditarod:

#### The Trial of the Musher and their Dogs

One of the nation's last frontiers, Alaska has wilderness, vistas, big wild animals -- and the last, greatest, most dramatic race on earth. The Iditarod Trail Dog Sled Race starts in Anchorage on March 5, 2016, and concludes about 10 days and a thousand miles later in Nome. The race is an exhausting trek through blizzards, extreme wilderness, wild-chill temps as low as 100 degrees below zero, fallen timber, and charging moose.

The object of the Iditarod race, Alaska's best-known sporting event, is for the 50 or more mushers and their teams of 16 dogs (at least six must be on towline at the finish) to cover the grueling 1,049 miles in the shortest amount of time. The mileage is officially rounded off to 49 to signify Alaska's number of statehood. In 2004, 77 mushers finished the race, the largest number on record. The original Iditarod Trail was only nine miles and was used to deliver mail and food supplies by dog sled in the 1800s. The first long-distance race was run in 1973. Alaskans wanted to save the huskies and the sled dog culture.

*(continued to page 3)*

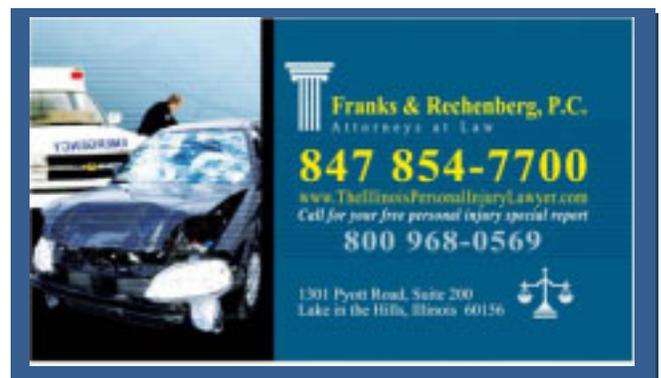
### **Bad Day At Work? Leave It There!**

Is it time to rethink your after-work routine?

If you get home stressed from traffic, annoyed by the boss and generally cranky and worn out, it's time to spend some time in a transporter buffer.

That is the space between here and there that is crucial for a happy transition. Psychologists call it "boundary work," the process of leaving the stresses of the day behind, thinking happily about your next stop and distracting yourself until you get there.

"Do something that makes you happy," says Cali Williams Yost, a consultant on flexible workplaces and author of *Tweak It*. It could be stopping for an expresso, hitting the gym, or doing an errand you want to do. One doctor admits that he listens to celebrity gossip on his phone during the drive home. Since it is hard to decompress after work, why hurry home in traffic? One advisor recommends taking a train and relaxing to music or reading social media instead of fighting traffic and trying to save 5 minutes more on your way home. These simple entertainments replace the natural tendency to focus on stressful experiences. Distraction equals distance. Yost says it helps to think about the transition from work to home in three stages: leaving the workplace, getting home, and walking through the door. Figure out what triggers negative thoughts and feelings at each stage. Either eliminate the triggers or develop new routines and rituals to get around them. A feeling of confidence at the end of the workday can ward off a bad mood, research shows. One worker builds a 30-minute buffer before leaving with no calls or conversations.



**Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David Franks at 847.854.7700 NOW!**

[www.McHenryCountyDUILawyer.com](http://www.McHenryCountyDUILawyer.com)

## Easter Table Glorified Rice

### Ingredients:

- 1 cup uncooked rice (3 cups cooked)
- 1 teaspoon salt
- 1 3-ounce package of lemon or orange gelatin
- 1 13 and 1/2-ounce can of crushed Pineapple in juice
- 1 12 cups whipped cream
- 1 cup sugar (or 8-ounces Cool Whip and no sugar)

### Directions

- \*Boil rice with the salt until well done.
- \*Rinse, drain well and cool.
- \*Make lemon Jell-O, using only 1 cup boiling water.
- \*Drain pineapple and add enough water to the juice to make a second cup of liquid. Add the juice mixture to Jell-O; refrigerate until almost set.
- \*Whip cream, adding the 1 cup sugar (or use Cool Whip, defrosted); fold into rice mixture.
- \*Beat the set Jell-O with a whisk or hand beater; fold it into rice and cream.
- \*Add crushed pineapple; refrigerate dessert (or fruit salad) until set.

Serve in a colorful bowl or individual sherbet dishes, and top with a few maraschino cherries. Serves 8 to 10.



(continued from page 2)

## The Iditarod: The Trial of the Mushers and their Dogs

Sled dog culture requires a lifetime of training for musher and dogs. The dogs (and mushers) train for years as endurance athletes. As pups, the chosen dogs are the willful type that are rowdy on the leash. That suggests the dog will love to run and pull. By the time they are trained in commands, camping in the wilderness, and pulling a sled with the team, the dogs will be able to run 100 miles in a day without a significant break. During their trek, they will need 10,000 calories per day.

## Celebrating St. Patrick's Day

Welcome to all those who become Irish on St. Patrick's Day, March 17<sup>th</sup>. 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.



**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.**

## Deciding What Kind Of Care You Need Now

Should you go to a clinic, urgent-care center, the ER, or back to bed? When you feel awful and don't know what to do about it, you might wonder if you should go to the emergency room or just back to bed.

Here are some ways to decide: Do I have a broken bone or do I need stitches? Go to an urgent-care facility or the ER immediately. Do I have chest pains or abdominal pain with vomiting? Get to the emergency room as soon as possible. These can be signs of serious illness. Is my breathing so bad that I can't walk? It is well over-time to get treatment. Go to the emergency room. Fever over 104 degrees? Get to the emergency room. Sudden loss of vision (even if it returns)? Go to an emergency room. This could indicate a stroke. If none of these are true, ask yourself if you can wait for an appointment with your primary care physician. If you can get an appointment quickly, it's the best place to go because they know your medical history.

Do I need treatment today because of my schedule? A quick-stop clinic might be the answer. You'll find them popping up at your pharmacy, offering flu shots and more. At the CVS MinuteClinic, they say the clinic is a good choice for someone who can't get in to see their regular doctor and has a minor ailment like sore throat. At the MinuteClinic, the nurse practitioner says sometimes people just want advice on what to do for themselves. Patients might feel bad, and want to know if their symptoms are serious. If it's just a bad cold, they can quickly leave with an over-the-counter treatment and head back home to bed. *(continued to page 5)*



### Five ways to keep your memory sharp

It's really no surprise, and you might have guessed what researchers recommend: The best ways to prevent cognitive impairment and memory problems is to do what you should be doing. Researchers in the most prestigious hospitals and health organizations say these common recommendations will help you keep your body and mind in good condition. They aren't a proven prescription for preventing cognitive decline, but defiantly reduce your risk.

- \* Eat a healthful diet, one that contains fruits, vegetables, dairy, meat and fish. Study the DASH diet.
- \* Stay active. Exercise can improve the efficiency of brain, particularly activities associated with memory.
- \* Watch your weight. The heavier you are, the more likely it is that you will develop Alzheimer's disease.
- \* Flex your brain. Have brain-stimulating activities such as reading, playing cards, working puzzles.
- \* Stay social. Do it as much as you can to keep your brain healthy.

An advertisement for a law firm. On the left is a photograph of a construction worker wearing a yellow hard hat and a blue work shirt, working on a ceiling. On the right is a dark red background with white and yellow text. The text includes the firm name "Franks &amp; Rechenberg, P.C.", the website "www.IllinoisWorkInjuryLawyer.com", and two phone numbers: "847 854-7700" and "800 968-0568". There is also a small logo of a scale of justice at the bottom right.

**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 N. Rechenberg at **847.854.7700** for answers to your questions and so he can start working on your case!

(continued from page 4)

## Deciding What Kind Of Care You Need Now

With less-expensive urgent-care facilities and store clinics available, it's worth considering in advance where you should go. Cost is a growing concern for many families. Going to the emergency room can be very expensive, but many illnesses can be treated at a clinic for far less. Clinics are convenient and can provide treatment today.



"My name is Debra and it's been 3 hours since I posted pictures of my cat, my grandchildren, my dinner, my..."

Our office wants to give YOU a thank you and at the same time, introduce you to our friend, Shanna, at Image 1:27 Photography. Stay tuned for dates and contact info to set up your FREE photo shoot in the April newsletter.

**Image 1:27 Photography**  
www.facebook.com/image127

**www.image127photography.com**

### Wordoku: UNDERCOAT

*How to solve wordoku puzzles*  
To solve a wordoku, you only need logic and patience. Simply make sure that each 3x5 square region has only one instance of each of the letters in the word UNDERCOAT.

Each column and row of the large grid must have only one instance of the letters in the word UNDERCOAT. The difficulty on this puzzle is easy.

T	R		U	D			
O	E		N	U	T	R	
	D		O				
						U	
		D	E	C	O		
A							
			U			N	
E	T	C	O			R	A
	U	A			T	E	



## TESTIMONIAL

I retained David N. Rechenberg twice to represent me in personal injury cases. He obtained a favorable settlement for me and always kept me informed and up-to-date on the status of my case.

I would recommend David N. Rechenberg to my family and friends if they had a personal injury case because he was very down to earth and professional. David N. Rechenberg is a good lawyer because he does exactly what he says he is going to do. He is honest and tells you what he thinks, not what he thinks you want to hear.

The staff at Franks & Rechenberg, P.C., were amazing.

Lisa M., Lake in the Hills, Illinois

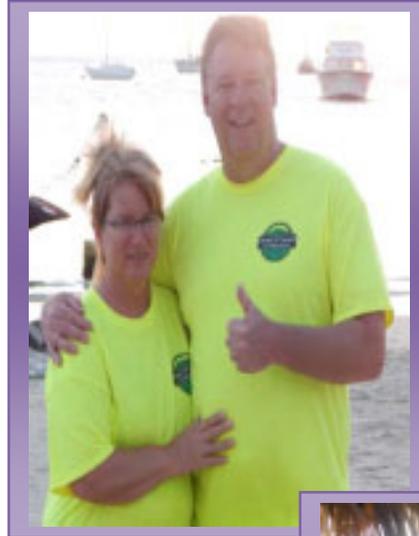
**ARRESTED FOR A CRIME?**  
**Call David B. Franks at 847.854.7700!**  
[www.McHenryCountyCriminalLawyer.com](http://www.McHenryCountyCriminalLawyer.com)

## THE RECHEBERGS UP CLOSE AND PERSONAL

David Rechenberg took his lovely wife Debra to Sandals in St. Lucia for Valentine's Day. They hiked a small mountain on Pigeon Island. Had a mud bath heated from an active volcano and enjoyed some good snorkeling. Purchased some handcrafted wooden works of art. They are now empty nesters as all their kids out of the house are in college, thus it is a good time to do some traveling.



The Atlantic Ocean is on the left side and the Carribean is on the right



They took a boat ride to see the biggest mountains on the Island called the Pitons. Dave was quick to point out that the Island's local beer is also called Piton, which he sampled quite a few on the trip.

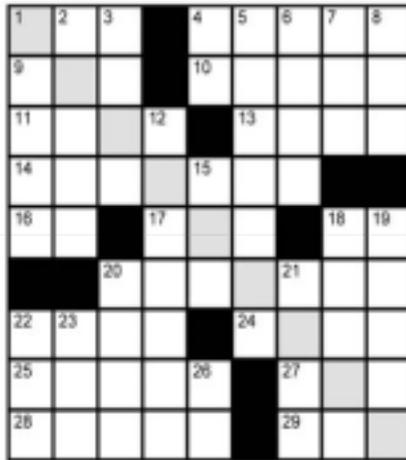


**ESTATE PLANNING! LEARN HOW TO PUT THE PROPER PROTECTIONS INTO PLACE AND AVOID UNINTENDED CONSEQUENCES BY SCHEDULING A FREE ESTATE PLANNING CONSULTATION WITH ROBERT MEDANSKY AT FRANKS & RECHENBERG, P.C. YOU OWE IT TO YOURSELF AND YOUR FAMILY!  
CALL ROBERT MEDANSKY AND SCHEDULE YOUR  
FREE ESTATE PLANNING CONSULTATION TODAY! 847.854.7700**

There was once a man from Nantucket . . .

**Across**

- 1. "Acid"
- 4. Fasteners
- 9. IX - VI
- 10. Arctic abode
- 11. Charity
- 13. Greasy
- 14. Edge
- 16. Word in a simile
- 17. Computer monitor, for short
- 18. Atop
- 20. Armerian porridge
- 22. Horse color
- 24. Ponzi scheme, e.g.
- 25. Military groups
- 27. Island strings
- 28. Museum piece
- 29. Bell and Barker



**Down**

- 1. Jungle climber
- 2. Missile housing
- 3. Lowers the light
- 4. Hello
- 5. Cousins of the guinea pig
- 6. Open, as an envelope
- 7. Campaign pro
- 8. \_\_\_ sauce
- 12. Trig ratios
- 15. Bobby of the Bruins
- 18. 1970 World's Fair site
- 19. Directory contents
- 20. "Aquarius" musical
- 21. Lowlife
- 22. Same old, same old
- 25. "Walking on Thin Ice" singer
- 26. Therefore



The title is a clue to the word in the shaded diagonal.

**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 Paul Petri. We're treating Paul and his wife to popcorn and the movies!

**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**



**FRANKS & RECHENBERG, P.C.**

847-854-7700 or 815.596.0DUI

ATTORNEYS AT LAW

**DUI TESTIMONIAL**

During my first meeting with Mr. Franks I asked him what I needed to do about my case. He responded, "Hire us", and that was the best decision I made. He found a more favorable outcome to my case than I could have ever dreamt of.

I enjoyed not having to worry about my case and letting Mr. Franks handle everything. He is knowledgeable, respectful, timely, and most importantly, a great lawyer. In a rough patch, Mr. Franks helps you let go of the stress.

I would recommend David Franks to anyone arrested for a DUI.

Hannah B., Lake in the Hills, Illinois



**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. You can also order one for yourself or one to hand out to family and friends.**

1301 Pyott Road, Suite 200, Lake in the Hills, IL 60156

*A Referral is  
the Best  
Compliment  
You Can Give Us!*



***TidBits for Today...!***

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](http://www.FnRlaw.com),

[www.TheIllinoisPersonalInjuryLawyer.com](http://www.TheIllinoisPersonalInjuryLawyer.com)

[www.McHenryCountyDUILawyer.com](http://www.McHenryCountyDUILawyer.com)

Do you have a  
smart phone? Add  
Franks &  
Rechenberg, P.C. to  
your contacts using  
your bar code  
scanner application!



What's Inside?

1. Are You Ready for March Madness?..... (Pg 1)
2. Bad Day at Work?..... (Pg 2)
3. Easter Glorified Rice Recipe..... (Pg 3)
4. How To Keep You Memory Sharp?..... (Pg 4)
5. Free Photo Shoot Announcement?..... (Pg 5)
6. Dave & Debra Rechenberg's Trip to St. Lucia..... (Pg 6)
7. Client of the Month! ..... (Pg 7)

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

