

TidBits for Today

The Power Of...

Positive Thinking During Tough Times Can Help You Reduce Stress, Drastically Eliminate Anxiety, Chronic Illness, While Helping You Enjoy MORE Life! Part 1

As your family attorney I want to do everything I can to help you during these tough times. Positive thinking helps reduce stress, improve your health, while giving you more quality of life! Inside this article I would like to help you overcome negative self-talk by recognizing it, then practicing some amazing powerful tools to help you turn any negative situation around.

Have you ever heard this question? "Is your glass half-empty or half-full?" How you answer this question will determine if you are an optimist (positive thinker) or pessimist (negative thinker) which ultimately determines your outlook in life, your attitude toward yourself and how you'll achieve your goals.

Some recent studies have shown that these personality traits — optimism vs. pessimism — can affect many areas of your health and longevity. *(Continues on page 2)*

We Have New Special Reports Available To Answer 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, dog bite cases, criminal defense and DUI***, 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.

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

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

Tips For Helping Your Kids Better Deal With Back to School Anxiety

The beginning of a new school year is now upon us which can be a stressful time for many young children, with new teachers, classmates, bigger classrooms, new routines and more homework. This time can particularly be overwhelming for school children who are facing major transitions such as starting elementary school, entering middle school, or going to high school. As a parent there are proactive steps you can easily take to help support your child as he or she heads back to school this fall.

Step #1: Is to become highly interested and enthusiastic about the start of a new school year. They say that enthusiasm is contagious. If you're excited about school, your child will be too. I would suggest that you take the time to visit your child's school during open house events, so you can take a walk around the school with your child and locate his or her classrooms, lunchroom, playground and restrooms. This will help keep your child from feeling anxious or lost on the first day.

(Continues on page 2)

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The Power of Positive Thinking...

Without a doubt positive thinking is a critical ingredient to effectively manage stress. Positive thinking doesn't mean that you keep your head in the sand while ignoring life's less pleasant situations. On the other hand, it simply means that you approach the unpleasantness in a more productive, empowered and positive way.

With all this in mind, let me give you a crash course in positive thinking. Discover how you can put positive thinking into *action* so you can reap the benefits. The first step is to understand what positive thinking and self-talk is.

Self-talk is the endless stream of thoughts that run through your head everyday. These automatic thoughts can be "positive" or "negative." Some psychologists believe that we have over 50,000 thoughts racing through our minds everyday. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly gloom and doom, your outlook on life will most likely be less empowered and pessimistic, which will lead to a severe strain upon your immune system. If your thoughts are mostly positive, you're empowered to take positive action steps to make things happen.

The Health Benefits of Positive Thinking:

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- 1) Increased life span
- 2) Improved coping skills during hardships and times of intense stress
- 3) Increased resistance to cold symptoms
- 6) Better psychological and physical well-being
- 7) Reduced risk from cardiovascular disease
- 8) Decrease your risk of depression

(Part II Continues Next Month)

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Tips for Helping Your Kids Better Deal With Back to School Anxiety

Take time to listen to your child and talk about aspects of the new school that he or she is worried about. Let your child know that it's perfectly normal to feel a little nervous about the start of a new school year. For parents of younger children I would suggest that your child take a family photo or special object to school making his or her surroundings more comfortable. At the end of the day you should spend some time talking to your child about what happened at school. Give your child encouraging support and feedback about his or her new experiences.

Step #2: Praise and encourage your child to become involved with school activities and to simply try new things. The key to helping your child make a smooth transition is to attend school functions and stay involved in your child's education. Children whose parents are more involved with their education have higher academic performance, are better adjusted, and are less likely to drop out of school.

Make a point to learn about how your child develops not just physically, but emotionally, and socially as well. If you are aware of what's typical behavior for your child's stage of development, you'll more readily be able to tell when things may not be right.

Step #3: Just remember that anxiety and stress about starting school is normal for a child and usually passes within the first few days or weeks. If your child continues to seem anxious or stressed about school, it may be time to seek professional help. Talk to your child's teacher and/or family physician about what you can do as a parent. If problems persist, consider a referral to a trained and qualified mental health professional (child psychologist).

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

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

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.

Music Trivia Questions and Answers

What two Frank Sinatra hits were tops for U.S. karaoke singers in 1993?

A: New York, New York and My Way.

What stringed symphonic instrument has a pedestal and a crown? **A: The Harp.**

What studio did the Beatles use to record 191 songs? **A: Abby Road.**

What jazz musician got his nickname by shortening "Satchel Mouth"?
A: Louis Armstrong.

What jazz trumpeter was dubbed the "Prince of Darkness"? **A: Miles Davis.**

What California group waited 22 years to score their first chart-topping single since 1966?
A: The Beach Boys.

Who scored his first platinum album since 1978 with "The Icon Is Love" in 1994?
A: Barry White.

What Michael Jackson album spawned five chart-topping singles? **A: Bad.**

What did Def Leppard drummer Rick Allen lose in a 1984 auto accident? **A: An arm.**

Tips For Helping Your Kids Study More Effectively (With a Lot Less Stress)!

Certain key strategies, tools, and concepts with a little practice will make your kids life a lot easier when it comes to study time and getting organized. However, these ideas may require some minor adjustments for you and your kids but in the long run it'll be well worth it.

Tip #1: Turn Off The TV. Make a new house rule, depending on the location of the TV, that when it's study time, there's "no TV."

Tip #2: Hey Mom, What About The Radio - - Should It Be Turned Off Too? Contrary to what many specialists say, some youngsters do seem to function all right with background music. (Depending on the layout of your house or apartment, maybe an investment in earphones would be worthy of consideration.)

Tip #3: Certain Rules Should Be Set About The Family Phone During Study Time. A timer, placed next to the phone, can help to control the length of calls so that the telephone will be available if it becomes necessary to call a schoolmate to confirm an assignment or discuss particularly difficult homework. The more people in the household, the more restrictions on long and unnecessary phone calls are needed.

Tip #4: Designate Specific Areas For Homework And Studying. You want to eliminate as much distraction as possible. Possibilities include the child's room or the kitchen or dining room table.

Keeping general supplies on hand is important. Check with your child about his/her needs. In fact, make it his/her responsibility to be well supplied with paper, pencils, note pads, notebook paper, etc.

Since many young people will study in their own rooms, function becomes more important than beauty. Most desks for young people really don't have sufficient space to spread out materials. A table that allows for all necessary supplies such as pencils, pens, paper, books, and other essentials works extremely well.

Encourage the use of a small book or pad for writing down assignments so that there is no confusion about when certain assignments must be turned in to the teacher.
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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.

Bourbon-Glazed Salmon

The marinade in this recipe is also good on pork tenderloin or boneless chicken breasts.

Yield: 8 servings (serving size: 1 fillet)

Ingredients:

1 cup packed brown sugar
6 tablespoons bourbon
1/4 cup low-sodium soy sauce
2 tablespoons fresh lime juice
2 teaspoons grated peeled fresh
ginger
1/2 teaspoon salt
1/4 teaspoon freshly ground black
pepper
2 garlic cloves, crushed
8 (6-ounce) salmon fillets (about 1
inch thick)
Cooking spray
4 teaspoons sesame seeds
1/2 cup thinly sliced green onions

Preparation:

Combine the first 8 ingredients in a large zip-top plastic bag; add salmon fillets. Seal bag, and marinate in refrigerator 30 minutes, turning bag once. Remove fillets from bag; discard marinade.

Preheat broiler:

Place fillets on broiler pan coated with cooking spray. Broil 11 minutes or until fish flakes easily when tested with a fork. Sprinkle each fillet with 1/2 teaspoon sesame seeds and 1 tablespoon onions.

Nutritional Information:

Calories: 307 (34% from fat)
Fat: 11.6g (sat 1.8g, mono 3.9g, poly 4.7g)
Protein: 34.4g
Carbohydrate: 14.9g
Fiber: 0.4g
Cholesterol: 94mg
Iron: 2mg
Sodium: 288mg
Calcium: 53mg

"Positive Thinking For Every Day!"

"We are never further from what we wish than when we believe that we have what we wished for." - Johann Wolfgang von Goethe

"Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person." - Albert Einstein

"A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided."

— Tony Robbins

"If you can dream it, you can do it. Always remember that this whole thing was started with a dream and a mouse." - Walt Disney

Tips For Helping Your Kids Study Effectively (With a Lot Less Stress)!

Tip #5: Consistency As Well As Regularity Is A Key Factor In Academic Success. If your son or daughter doesn't have other commitments and gets home reasonably early from school, some homework can be done before supper. Try to organize the household so that supper is served at a regular time, and once it and family discussions are over, it's time to crack the books.

Consider your child's developmental level when setting the amount of time for homework. While high school students can focus for over an hour, first-graders are unlikely to last more than 15 minutes on a single task. Allow your child to take breaks, perhaps as a reward for finishing a section of the work.

Tip #6: Organize Study And Homework Projects. Get a large calendar, one that allows space for jotting down things in the daily boxes. Rip it apart so that you (and the child) can sequentially mount the school months for the current semester. For example, you can tear off September, October, November, December, and January and mount them from left to right across one wall keeping track of key school projects. *(Continues on page 5)*

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

Tips For Helping Your Kids Study Effectively (With a Lot Less Stress)!

Tip #7: Teach Your Child That Studying Is More Than Just Doing Homework

Assignments. One of the most misunderstood aspects of schoolwork is the difference between studying and doing homework assignments. Encourage your child to do things like:

- * Take notes as he's reading a chapter
- * Learn to skim material
- * Learn to study tables and charts

Tip #8: Note-Taking Is A Critical Skill That Should Be Developed. While some students have realized the value of an outline format for note-taking, many students don't know how to take notes in classes that require them. Some students feel that they must write every single word down the teacher says. Well prepared teachers present their material in a format that lends itself to outline form note taking.

Tip #9: Should Notes Ever Be Rewritten?

In some cases, they should be, particularly if a lot of material was covered, and the youngster had to write quickly yet lacks the speed or organizational tools. Rewriting notes takes time, but it can be an excellent review of the subject matter. However, rewriting notes isn't worth the time unless they are used for review and recall of important information.

Tip #10: A Home Dictionary Is Essential. If its going to be kept on a shelf gathering dust, it won't do anyone any good. Keep it in an accessible location and let your child see you refer it from time to time. If the family dictionary is kept in the living room and the child studies in his room, get him an inexpensive dictionary for his/her exclusive use.

Good dictionary, encyclopedia and organizational skills depend on the ability to alphabetize. See if your child's teacher practices alphabetizing in the classroom. Try alphabetizing spelling words, family members' names or a few favorite toys at home as a way of practicing.

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!**

Ten Ways to Help Your Child Become Self-Reliant

Every parent wants to help their children become more successful while protecting them. Yet the best thing we can all do for our kids, though, is teach them how to help themselves. They say, "If you give a man a fish you feed him for a day, show a man to fish and you feed him for a lifetime." Read on for ways to help your kids develop into successful adults.

1. Encourage Public Speaking:

Taking a speech class or joining the debate team can serve a number of purposes for teens. The biggest key to boosting your children's self-esteem is helping them to develop the ability to stand up in front of a large group of people and make themselves heard (as well as their communication skills). Learning the appropriate way to speak to a variety of audiences is also important, as high school students need to know how to address peers, teachers, and future employers.

(Continues on page 6)

How To Use An Informational Interview To Get The *Real Scoop* On An Occupation

The purpose of an informational interview is to get inside scoop about a field of work from someone who has some firsthand knowledge. When you are on an informational interview you should NOT ask for a job.

This is not to say that an informational interview can't lead to a position. In addition to helping you learn about a particular career path, the interview is a way to start building research - - people just love to talk about themselves.

People also love to hear about themselves (the good things of course!). If your interviewee was referred to you by someone, ask that person about him or her. Also, see what you can find out by looking in local business journals or trade publications.

For example, was the interviewee recently promoted or did he or she receive some special recognition? Research that person's employer as well. You'll be prepared for the interview process and therefore make a solid impression.

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Getting to Know the Lawyers at Franks & Rechenberg,

P.C.

THE RECHENBERG CLAN GOES BACK TO SCHOOL

Peter, the oldest child is attending Central Michigan University this year. His mom, Debra, was calm and collected when she dropped her first born off in another state six hours away to attend college for the first time. She gave him a big hug and a kiss when the family left him to fend for himself in the dorm. The very next day when she was getting ready for work, she looked into his room saw that it was empty and broke down and began crying. Obviously she is not as tough as she thinks!

Heidi is a freshman at Marian Central, she reports that her first day was a blast because there were only freshman (fishes) attending the first day and she made lots of friends.

Michael, 12 yrs old the youngest started school a week before his brothers and sisters and is attending Hebron Middle School. He reports that he is keeping up with his homework, even though he seems to spend a lot of time playing video games. He spends the rest of his time playing youth football. He is the center on offense and nose tackle on defense. Go State Line Raiders !!!!

Ten Ways to Help Your Child Become Self-Reliant

2. Practicing Negotiation Skills:

These days high school students are looking for more personal freedom and independence. Rather than setting all the house rules, have a family planning session for rule setting. By involving kids in determining regulations, parents teach them the invaluable skills of fair compromise and negotiation skills with authority figures.

3. Organizational and Time Management Skills:

My favorite saying about child behavior is, "Money see, monkey do." Obviously children learn from modeling what they see. If parents are late or disorganized, their kids generally follow suit. Post a calendar that highlights individual and group appointments and plans. Use a weekly planner, and make to-do lists. In short, you need to start setting a good example right NOW so your kids will model being well organized for their ultimate success.

4. Teach Self-Sufficiency:

Show your teen how to do laundry. Make them responsible for a family meal once per week. Ultimately, this will make them more independent and successful in life. The more your kids do for themselves, the more confident they'll be when it comes to handling themselves in new situations.

5. Encourage Independence at School:

The first things that teens need to understand is that they are responsible for their academic success. Teens appreciate room to succeed, or making mistakes, on their own. They should be keeping track of assignments with due dates, communicating independently with counselors and teachers, while participating in the extracurricular activities of their choice. Clearly, parental advice is appropriate at times.

6. Listen With an Open Mind:

Of course, kids will sometimes disagree with you. Didn't you disagree with your parents too? Those who fear disapproval or punishment often hide the truth or avoid discussing important topics.

(Continues on page 7)

Do you have a friend who was injured in a car crash, hurt at a construction site, or 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.

Ten Ways to Help Your Child Become Self-Reliant

Teens who have high self-esteem and are confident in talking to you without a major blow-up are more likely to be forthcoming (especially when they have a real problem to deal with). In the end, young people who feel good about expressing themselves at home will be more prepared to express themselves in difficult situations that come up in life.

7. You Need To Provide Structure:

Although many teens won't like playing by the rules, teens actually function better when rules are in place. Authoritative parents who require adherence to an agreed-upon set of rules, but who also encourage communication and independence, produce happy and successful kids.

8. Remember That Every Story Has Two Sides:

When your kids come home with tales of woe, you need to keep in mind that you're only hearing ONE side of the story (take it from a lawyer). Before forming an opinion, get ALL the facts. Did the teacher really give only one day's notice for a 10-page essay? Did the coach actually keep your child out of the game for no reason? When teens are hurting, they may embellish the facts. Parents who know the facts can effectively help their children learn to respond appropriately to these life lessons.

9. Teach Self-Respect:

Please remember this rule, when people feel good about themselves, they are better able to stand up for themselves, and teenagers are no exception. Focus on helping your child develop good decision-making skills through solid self-esteem. Praise a job well done, and emphasize positive character traits. A child who is confident will not be afraid to speak up.

10. Teach Logical Conflict Resolution:

Today's teens deal with many problems that many of us never had to deal with in the social and academic arenas. At this critical part of their life when emotions are running high, teens need help figuring out how to resolve everyday dilemmas. You're a great resource for finding alternatives in problem solving. Encourage thinking calmly and critically, so your kids learn to pick the solution that makes the most sense to them.

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 **Mr. Nichola Bukvich**. We're treating Mr. Bukvich and his friend to the movies!

Continued - - Informational Interview

You should research your career of interest in order to ask intelligent questions. Was there something mentioned in the occupational information you didn't fully understand? The informational interview is a good forum to get that clarified. Here is a small sampling of questions you can ask:

- * Can you describe a typical day at work?
- * How many hours do you normally work in a week?
- * What do you see as the potential for growth in this field?

You've done your homework and can walk into the informational interview confident that you'll make a good impression and get the information that will help you make a wise decision. Don't forget to dress to impress, making sure to arrive on time, keep the interview to the scheduled length, and remember proper etiquette at all times. You should remember to send a "**Thank You**" card to show your appreciation. The interviewee has taken time out of what is probably a very busy schedule to help you.

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