

10 Common Myths Everyone Should Know About Divorce

This might be a sensitive topic however I want to do everything I can to help those entering into a divorce. There are some myths about what actually happens as a result of marital breakups. So, I thought I'd compile these common myths into a useful article that could possibly relieve some of your guilt, anxiety, and even challenge you to become a better parent by helping your kids grow in a nurturing environment.

Myth #1: *"It's best to wait as long as you can to tell your kids that getting a divorce. Why make them feel any pain sooner than necessary?"*

Although it might be more comfortable for you to delay this conversation as long as possible, it's better that your kids know as soon as the parents know. Even if you don't fight in front of your kids, they can sense the tension in the air. In the absence of good, accurate information, kids will let their imaginations run wild about what's going to happen to them as a result of the breakup. It's not a good idea to leave them to the dark. Let them know as soon as you know so they won't lose sleep at night. (Continues on the next page)

Are You At Risk For Pre-Diabetes?

Pre-diabetes, also known as "impaired glucose tolerance," is a health condition with no symptoms. It is almost always present before a person develops the more serious type 2 diabetes. According to the American Diabetes Association, 54 million people in the U.S. over age 20 have pre-diabetes with blood glucose levels that are higher than normal, but are not high enough to be classified as diabetes.

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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** 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.

Tips For Falling To Sleep Faster

1) **Keep a regular schedule.** Try to go to bed and wake up at the same time everyday, even on the weekends. Keeping a regular schedule will help your body expect sleep at the same time each day.

Whatever you do, don't oversleep to make up for a poor night's sleep – doing that for even a couple of days can reset your body clock and make it hard for you to get to sleep at night.

2) **Incorporate bedtime rituals.** Listening to soft music, sipping a cup of herbal tea, etc., cues your body that it's time to slow down and begin to prepare for sleep.

3) **Relax for a while before going to bed.** Spending quiet time can make falling asleep easier. This may include meditation, relaxation and/or breathing exercises, or taking a warm bath.

Listening to recorded relaxation, ocean sounds, or guided imagery programs is a great idea for better sleep.

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Tips For A Better Pre-Sleep Ritual

4) **Don't eat a large, heavy meal before bed.** This can cause indigestion and interfere with your normal sleep cycle.

Drinking too much fluid before bed can cause you to get up to go to the bathroom in the middle of the night. Make sure you eat dinner at least two hours before bedtime.

5) **Bedtime snacks can help.** An amino acid called tryptophan, found in milk, turkey, and peanuts, helps the brain produce serotonin, a chemical that helps you relax.

Try drinking warm milk or eating a slice of toast with peanut butter or a bowl of cereal before bedtime. Plus, the warmth of the food may temporarily increase your body temperature and the subsequent drop may hasten sleep.

6) **Write down all of your concerns and worries.** Anxiety excites the nervous system, so your brain sends messages to the adrenal glands, making you more alert.

By writing down your worries and possible solutions before you go to bed, you won't need to ruminate in the middle of the night. A journal or "to do" list may be very helpful in letting you put away these concerns until the next day when you are fresh.

7) Now this one might seem obvious to most of us, however **make sure to go to sleep when you are sleepy.** When you feel tired, go to bed.

8) **Avoid "over-the-counter" sleep aids,** and make sure that your prescribed medications do not cause insomnia. There is little evidence that supplements and other over-the-counter "sleep aids" are effective.

In some cases, there are safety concerns. Antihistamine sleep aids, in particular, have a long duration of action and can cause daytime drowsiness. Always talk to your doctor or healthcare practitioner about your concerns!

Thank You! Thank You! Thank You!

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Myths About Divorce Continued...

Myth #2: *"Kids do better living with the same-sex parent (i.e. boys with dad; girls with mom)."* There is some research to support this idea because kids identify most with their same-sex parent. However, there is NO rule that this is the absolute best case scenario. It depends entirely on whether or not that parent is a good role model. Kids do best when they are exposed to the best of both of their parents, no matter where they primarily live. Kids absolutely deserve to have a relationship with both parents which will serve them well, as long as both parents can support this right throughout their childhood.

Myth #3: Now this is a tough one emotionally because it's another gender-specific myth that is not supported by any research. *"Infants need to live with their mothers following a divorce in order to thrive."* Infants need to live with the parent who is able to offer them trust, attachment and support. This can be either mom or dad. Following the divorce, it can be difficult to decide which parent this should be, especially if both have been actively involved in the infant's caretaking.

However, if there is sound communication between each of the parents, they may be able to pull off joint custody if the infant is used to each parents' caretaking. Small children and infants have a high sensing ability and can sense tension in the air. Since a large amount of communication must go on between both parents of a small infant, it's best to not try a joint custody situation if parents don't communicate very well. If one parent has not built a relationship with an infant, it is best to spend time (over a period of several months) gradually building the relationship with the infant. Splitting the baby in half can be detrimental if the baby is unfamiliar with one parent. (Continues on the next page)

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Tips For The Ladies – How To Do Your Own French Manicure

Everyone loves to have pretty French manicures. But we also know they are very expensive. Here is an easy tip on how to do them almost anywhere by yourself.

Steps

- 1) If you would like to, you can soak your fingers in warm milk or water for at least 5 minutes. Then dry hands and if you would like, rub hands with cream.
- 2) Use nail polish remover to get rid of any excess nail polish you have on.
- 3) Trim your nails to the length of the shortest nail so they are all even. If your nails are already short just file them.
- 4) Now file your nails, but go in one direction not back and forth.
- 5) Buff the tips of your nail to make them smoother.
- 6) Apply two base coats to your nail but do one at a time so wait for the first to dry before you do the second.
- 7) Now get some small circular stickers and stick them on your nail deciding on how thick or thin you want the line to be.
- 8) Paint on a line of nail polish where your nail is still showing above the sticker. Then move on to the next finger with a new sticker while waiting for the other to dry.
- 9) Once you are done with one hand remove all stickers and use on your other hand.
- 10) Once your nails are done, apply a top coat so they last longer.

Tips

- 1) You can also do a different color of nail polish before you do the tips. It looks better if it's a very light pink.
- 2) If you cannot do the hand you do not write with get someone else to help you.
- 3) If you make a mistake wait for you to get to the last step and once the top coat is dry use a Q-Tip a dip in nail polish remover and rub on top of mistakes. Then wipe off the rest that did not come off with an orange stick.

Things You'll Need

- Nail polish of any color for the tips.
- Another bottle to do under color. (optional)
- Top coat and base coat nail polish.
- Nail polish remover. (may possibly be needed)
- Orange stick. (optional)
- Small circular stickers.
- Warm milk or water. (optional)
- Moisturizing Cream. (optional)
- Patience.
- Steady hand(s).

Myths About Divorce Continued...

Myth #4: I hear this one a lot; “Every time I go to pick up my kid for my visitation, the ex makes a HUGE scene in front of my child ...it’s just better if I just don’t see my child anymore than to put him or her in the middle of a fight.” It’s true that the amount of fighting a child has to witness is a major factor in how they react following a divorce. However, children also need the benefit of spending quality time with each parent. Rather than “giving up” altogether just because there is so much fighting, it’s best to workout a parenting plan that completely minimizes the conflicts.

If picking up the child at mom’s house always creates a nasty scene, than work out a creative schedule that will allow you to pick up and return your child to school or daycare. That way, you just won’t have to interact with your ex at all avoiding the conflict all together, yet still be able to spend quality time with your child. I don’t want you to give up...on the other hand be *creative*.

Myth #5: How many of you feel like this?

“Following my divorce my ex left me with nothing and has all the money. My kids aren’t going to want to be with me if I can’t give them what they want.”

I’m sure you have heard, “Money can’t buy you happiness” and your kids will understand that you can’t put a price on love! Your children are better off learning the true value of money from you by how you improvise to have fun with them than what toy you hand them that will take away valuable time with you.

It’s not your job or obligation to give your kids the latest toys or gadgets they seem to want. Non-custodial parents, especially, seem to worry that if they’re not able to be generous with their kids that they won’t like them. As a parent it’s your obligation to offer them what you know they really need which is love with boundaries, quality time, and sound parenting (mentorship). The rewards will not be immediate at first, however the payoff will come later on and it will be very sweet.

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Banana Bread

The recipe takes 300 grams of flour, and you can use just plain flour, or your favorite mix of plain, whole wheat etc. You can of course also choose your own mix of nuts, but I find the crushed hazelnuts go really well with the banana and they also give the bread a nice texture.

Ingredients:

- 3-4 ripe bananas (425 g)
- 2 eggs
- 1 dl sugar
- 1/2 dl vegetable oil
- 1 teaspoon vanilla essence
- 2 dl (120 g) whole wheat flour
- 1 dl (20 g) wheat bran
- 1 dl (40 g) ground flax seed
- 2 1/2 dl (150 g) plain flour
- 1/2 teaspoon salt
- 1 1/2 teaspoon baking soda
- 80 g crushed or chopped hazelnuts
- 1 good handful of chopped walnuts

How to:

1. Preheat the oven at 175 degrees Celsius.
2. Line a bread baking tin with baking paper.
3. Crush (or chop) the hazel nuts.
4. Mix the flour, salt and soda in a bowl.
5. Mash the bananas with a fork.
6. With the electric hand-mixer, mix eggs and sugar till fluffy, then add oil, vanilla and mashed bananas.
7. Add hazelnuts and walnuts, and fold in the flour mixture.
8. Pour batter into the baking tin and bake for 1 hour at 175 C. The bread is done when a skewer comes out clean.
9. This recipe is still quite sweet and cake-like, I have to admit. To get a less sweet, more bread-like result, reduce ingredients to 1 egg, 1/4 dl veg. oil, 2 tbsp sugar, and no vanilla.
10. If the batter is a bit dry, add some (butter) milk.

Inspirational Thoughts For April - Positive Thinking For Every Day!

"When one door closes, another one opens. But we often look so regretfully upon the closed door that we don't see the one that has opened for us." -**Alexander Graham Bell**

"I don't know anything about luck. I've never banked on it, and I'm afraid of people who do. Luck to me is hard work and realizing what is opportunity and what isn't." - **Lucille Ball**

"Advance confidently in the direction of your own dreams to live the life that you have imagined. That's when you have success."
- **Dr. Wayne Dyer**

Myths About Divorce Continued...

Myth #6: Now this is some sounds advice. *"It's time to move on to a bright new future and let go of the past by making a brand new start, which is the best way to let go of the grieving process following a bitter divorce."*

Remember, every divorce is different however if you must move across the country following your divorce it really isn't a good idea to turn your child's world completely upside down. Give them a couple of years to grieve the divorce before you make any major changes, like moving, remarriage, or a new school.

Children need some comforts from the past. Remind them that many things will remain the same following the divorce like friends, school, activities, church and family traditions. If you're moving across town then make sure to set their bedroom furniture up the same way it was before. Familiarity breeds some sense of security.

Myth #7: This is a great question. *"If I share half the custody with my ex spouse I won't have to pay child support right?"* Although sharing 50/50 custody may affect child support payments, there is no guarantee that child support will be eliminated. (Continues on the next page)

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Myths About Divorce Continued...

Much of that depends on the disparity between the parents' incomes. Child support is meant to help equalize the lifestyles between the homes so the kids aren't living in a 11,000 square foot mansion one weekend then in a trailer park the next. Further, sharing equal custody is a complicated task that requires a major commitment from both parties. Choosing this custody arrangement in order for you to eliminate child support payments is the wrong reason to do this and will not likely work if entered into with financial motives.

Myth #8: Divorce can be a traumatic as well as confusing time on the kids and some parents bring up this comment up. *"We need to do things together as a divorced family to show the kids that there is no hostility between us."*

Once the divorce has been finalized, children need to be able to grieve that loss then move on without further confusion. If they're in denial and have high hopes of reconciliation, they'll look for ways to get you back together and will likely interpret your "togetherness" as a reason to keep hope alive.

As a good role model it's your primary responsibility to show your children how to forgive, and most importantly treat others with dignity, friendliness and respect even people you don't particular like. It's important for you to remember when your kids request that the family get together to simply remind them you are now divorced and that means things are different than they used to be.

How To Have More Energy

We all have days when we don't seem to have the energy to get through our busy schedules. Here are some tips to avoid feeling drained:

1. Take a bottle of water everywhere you go and drink regularly. Keep hydrated and avoid fatigue.
2. Refuel every three to four hours. Eat balanced meals to keep your energy levels up.
3. Along with the water, take healthy snacks with you to avoid grabbing something from a vending machine.
4. Go to bed at the same time and wake up at the same time every day.
5. Schedule your workouts at a convenient time and stick with it.

Here's A Great Recipe...For Randy Owen's Coconut Cake!

The "Alabama" star tops a simple cake with sweet coconut.

Preparation time: about 5 minutes. **Baking time:** 30 to 45 minutes. **Serves:** 10 to 12.

- 1 box white or yellow cake mix**
- 1 (14-oz.) can sweetened condensed milk**
- 1 (15-oz.) can cream of coconut**
- 1 (8-oz.) bowl whipped topping**
- 1 (7-oz.) bag coconut**

MIX CAKE according to package directions. Bake in 9 by 13 inch pan according to directions. Let cool, then puncture cake full of holes. Combine cream of coconut and condensed milk; pour mixture over cake. Top with whipped topping, then the coconut. Refrigerate. **Nutrition per slice: Calories 348, fat 16 grams.**

From the book **CELEBRITY CHEFS OF COUNTRY MUSIC & MOTORSPORTS.**

Who's At Risk for Developing Type 2 Diabetes?

Those at risk for type 2 diabetes include:

1. People with a family history of type 2 diabetes.
2. Women who had gestational diabetes or have had a baby weighing more than 9 pounds.
3. Women who have polycystic ovary syndrome (PCOS).
4. African Americans, Native Americans, F&R, Latinos, and Pacific Islanders, minority groups that are disproportionately affected by diabetes.
5. People who are overweight or obese, especially around the abdomen (belly fat).
6. People with high cholesterol, high triglycerides, low good 'HDL' cholesterol and a high bad 'LDL'.
7. People who are inactive.
8. Older people. As people age they are less able to process glucose appropriately and therefore have a greater risk of developing type 2 diabetes.
9. What Are the Symptoms of Pre-Diabetes?
Although most people with pre-diabetes have no symptoms at all, symptoms of diabetes may include unusual thirst, a frequent desire to urinate, blurred vision, or extreme fatigue. A medical lab test may show some signs that suggest pre-diabetes may be present.

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Myths About Divorce Continued...

Myth #9: This statement comes up a lot especially when one spouse has been severely wronged. *"Kids need to know the absolute truth about what caused the divorce, even if it hurts."* Children only need to know information that is both helpful and beneficial towards their future growth. Listening to horrible, yet true stories about the other parent is only damaging in the long run and serves no true purpose.

FREE...FREE...FREE!!! Do You Have Questions To Certain Legal Issues That You Need Answered?

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Who Should Be Tested for Pre-Diabetes?

You should be tested if:

1. You're over 45 years of age.
2. You have any risk factors for diabetes.
3. You're overweight with a BMI (body mass index) over 25.
4. You belong to a high risk ethnic group.
5. You were known to previously have an abnormal glucose tolerance test (see below) or have an impaired fasting glucose level (see below).
6. You have a history of gestational diabetes or delivering a baby that weighed more than 9 lbs.
7. You have clusters of problems seen in the metabolic syndrome. These problems include high cholesterol and triglycerides, high LDL cholesterol and low HDL cholesterol, central obesity, hypertension, and insulin resistance.
8. You have polycystic ovarian syndrome

Myths About Divorce Continued...

The reality is you're the primary gatekeeper of information for your kids. You wouldn't expose your child to adult movies, or extreme graphic violence simply because you know that wouldn't be good for them. The reality is they simply aren't mature enough nor do they have enough life experience to handle that exposure in a healthy manner.

So, why would you share X-rated facts about your ex-spouse with your child? If you find yourself needing to tell them what happened even if it's ALL "truth," ask yourself if you really need to say it because it makes you feel better or if it's truly helpful to your children.

If it just makes you feel better, chances are it will hurt them. Kids never want to hear derogatory comments about their parents – **NEVER!** Even as adults, they don't want to hear it. Instead, refrain from the negative comments and focus on taking care of your child's emotional development. Your reality just won't match their reality, so why even bother painting a picture they may never see. Just allow their own experiences with their other parent be all the truth they need.

Myth #10: This is common mindset that some parents take in order to desperately save a doomed marriage; *"It's better to stay together for the sake of the kids, rather than to get a divorce."*

The truth is, children do best when they see a healthy marriage. So, if your purpose for staying together is for the sake of the kids, then make sure you are willing to go the extra mile to create a healthy environment for your children to see.

If you simply stay together and live miserable lives as mere roommates, your kids are more likely to grow up and duplicate the behavior they saw growing up – then end up choosing partners that mirror this kind of relationship that will most likely feel normal to them, even if it's a severely dysfunctional behavior. This will perpetuate an unhealthy cycle.

So, if you can't give your children a functional relationship to model, you are better off getting a divorce and stay single or find a relationship that models sound marital values. The reality is, "Monkey see, monkey do." Kids model behavior by watching from their parents. Commit to being a healthy relationship whether single or married, and always make sure to talk to your kids frequently regarding what they should truly value.

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Joke Of The Month...

A man dies and goes to heaven. Of course, Peter meets him at the pearly gates. Peter says, "Here's how it works. You need 100 points to make it into heaven. You tell me all the good things you've done, and I give you a certain number of points for each item, depending on how good it was. When you reach 100 points, you get in."

"Okay," the man says, "I was married to the same woman for 50 years and never cheated on her, even in my heart." "That's wonderful," says Peter, "that's worth three points!"

"Three points?" he says. "Well, I attended church all my life and supported its ministry with my tithe and service." "Terrific!" says Peter, "that's certainly worth a point."

"One point? Golly. How about this: I started a soup kitchen in my city and worked in a shelter for homeless veterans." "Fantastic, that's good for two more points," he says.

"TWO POINTS!!" the man cries, "At this rate the only way I get into heaven is by the grace of God!" "Come on in!"

Quickie Jokes Your Kids Will Love...

Q: Why don't sharks eat clowns?

A: *Because they taste funny!*

+++++

Q: How do you get a kleenex to dance?

A: *Put a little boogey in it.*

FREE Monthly T-Shirt Contest !!

Every issue of Tidbits for Today will have hidden inside the newsletter an "F&R" (including this issue). The first person to call our office and correctly identify where the "F&R" is located in the newsletter will win a stylish Franks & Rechenberg, P.C. T-shirt. One winner per household per year. Good LUCK!!

September's T-Shirt winner was **Jerry Bailey**. Congratulations to Jerry !!

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 **Zeshan Manjee**. We're treating Zeshan and a friend to the movies!

10 Secrets For Staying Young!

1. Throw out non-essential numbers. This includes age, weight and height. Let the doctor worry about them.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it.
9. Don't take guilt trips. Take a trip to the mall, to the next county, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity. And always remember: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

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**The Answers To These And Many Other
Questions Are Inside The April 2008 Issue!**