

Tips For Being Happy Now!

Everybody gets moody from time-to-time. That's why people go on diets, spend too much money for clothes, or like to hang out with popular people - because they "think" it will make them happy! Instead of striving for happiness it often comes to us! However, the more you get to know people around you, the more you will see what makes even the happiest people crazy.

Tip #1: Try thinking of a creative vow and write it down. Make it something like: I vow to give at least one compliment to someone each day and I'll try to control my anger by counting in my head before reacting.

Tip #2: If you have problems saying your feelings and opinions to other people, learn the techniques of self-assertion, rather than using anger or avoidance by holding your feelings and thoughts inside you.

Tip #3: Take up a spiritual practice. Research shows that people who meditate have a somewhat detached approach to the problems of this life, and are calmer, happier and more contented than usual. *Turning to a higher power*, closing your eyes and thinking of artistic images, doing deep breathing, etc. can give you a sense of peace.

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Joke Of The Month...

Why did the runner quit the race against Bigfoot?

He couldn't face defeat!!

Tell Your Friends 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 and giving our staff the person's name and mailing address.

We will send them a welcome letter along with the first issue letting them know that you gave them a free subscription to our monthly "TidBits for Today" publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life.

How To Date On A Limited Budget...

Once upon a time a cheap date used to be a movie and a bite afterwards. Not so anymore! That might sound like a fairy tale, but it is the truth. A movie and popcorn is one of the most expensive dates there is today, unless you figure a burger and coke!

Sure, that's cheap, but what do you do before or after? A little thought on your part, and the right partner, can make a great date, and still leave some change in your pocket.

Secret #1: The first date should be a meeting to see if you both enjoy the same things and how well you relate to each other. Ask them out for a cup of coffee or ice cream.

Take a walk. Talk on the telephone, or email. Learn what means a lot to them, and the things that they enjoy doing. This information will enable you to prepare for the first actual date. You cannot plan, for instance, a picnic in the park, if the date is used to eating at the Ritz.

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INJURED ON THE JOB ? Need to get your Bills PAID? 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 right away!!

How To Cope Better With Life's Challenges...

Feelings of stress are caused by the body's instinct to protect it self. This instinct is good in emergencies, such as getting out of the way of a speeding car or when you have to take immediate action that could save your life.

But stress can lead to physical symptoms if it goes on for too long, such as in response to life's daily challenges and changes.

When this happens, it's as though your body gets ready to jump out of the way of the car, but you're sitting still. Your body is working overtime, with no place to put all the extra energy. This can make you feel anxious, afraid, worried and uptight.

Possible Signs of Stress:

Anxiety
Back pain
Neck stiffness
Depression
Constipation and or diarrhea
Upset stomach
Chronic fatigue
Headaches
High blood pressure
Difficulty falling to sleep (Insomnia)
Shortness of breath
Weight loss or gain

What Changes May Be Stressful?

Any sort of change can make you feel stressed, even a change that is good for you. It's not just the change or event itself, but also how you react to it that matters.

What's stressful is different for each person. For example, one person may feel stressed by retiring from work, while someone else may not.

Thank You! Thank You! Thank You!

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

Other things that may be stressful include being laid off from a job, your child leaving or returning home, the death of your spouse, a bitter divorce, or marriage, an illness, an injury, a job F&R promotion, money problems, moving, or having a baby.

Great Ideas For Dealing With Stress:

- 1) Don't worry about the things that you can't control.
- 2) Prepare to the best of your ability for events you know may be stressful, such as a job interview.
- 3) Try to look at change as a positive challenge, not as a threat.
- 4) Work to resolve conflicts with other people.
- 5) Talk with a trusted friend, family member, clergy, or counselor.
- 6) Set realistic goals at home and at work.
- 7) Exercise on a regular basis.
- 8) Eat well balanced meals and make sure to get enough sleep.
- 9) Mediate and pray.
- 10) Participate in something you don't find stressful, such as sports, social events or hobbies.

Tips For Deep Breathing Exercises:

- 1) Lie down on a flat surface.
- 2) Place a hand on your stomach, just above your naval.
- 3) Place the other hand on your chest.
- 4) Breathe in slowly and try to make your stomach rise a little.
- 5) Hold your breath for a second.
- 6) Breathe out slowly and let your stomach go back down.

Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David Franks at (847) 854-7700 NOW! www.Illinois-DUI-Counsel.com
Find out the only three (3) legal field sobriety tests

How To Decorate Your Home or Apartment With Little To NO Money!

It's one thing to furnish your home or apartment and another to decorate your living space. Furnishing your home is getting the articles you need while decorating is what gives your home personality.

Either way, when you are on a limited budget it's difficult to cover all the bases. Here are some creative ideas and with a little resolve on your part when your budget is limited, the results will be spectacular.

Things You'll Need:

- A plan
- Creativity
- Determination

Step 1

Plan your decorating goals. If you really want to stretch your money while still getting what you need it's important to plan it out. Think about what you need. Walk through your space visualizing where to put things. Prioritize. Get the things you need most first. Set spending limits low and stick to them.

Step 2

Look at what you already own with fresh eyes. Renovating existing pieces is the best way to do some low-budget furnishing/decorating. Renew your kitchen chairs with some paint and fabric. Use sandpaper, primer and paint to revamp any piece of furniture. Don't forsake a piece because of its color or the condition of its finish. You can always easily re-paint it.

Step 3

Shop the discount stores and overstocks. If your budget is bare bones only look in the house wares clearance section to avoid temptation or frustration. If you know there are days when there is an additional percentage off, shop only on those days. Also check the clearance section of your local home improvement store or domestics superstore for great finds within your budget.

Step 4

Check out Goodwill and other thrift stores. Thrift stores are great for inexpensive decorative elements. You can also get furniture there way below retail price. Some thrift stores tend to be cheaper than others. Shop around for the best deals.

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(Continued) How To Date On A Limited Budget...

Secret #2: Have coffee in a large bookstore cafe, and look through the books, or music to get an idea of what your partner enjoys. If your partner looks interested in any particular items that they sell, or the candy on display, mark it down to memory. These things are useful when holidays or special moments come around, or when you want to just give them a gift to please them.

Secret #3: Scan the newspapers for interesting places to visit. There usually is a concert in the park, or perhaps in the Mall. This can be great fun and is an inexpensive 'date'. This also could be quite romantic, if you hold hands while walking to find a seat, or just walking the Mall. Just remember to bring her a small gift when you picked them up. Did you remember what they were looking at when you met at the bookstore? Your date will be surprised and pleased that you noticed and remembered!

Secret #4: Hunt for gift items, at discount stores. Buy greeting cards, for all occasions, and the Dollar Card Stores. It is not the price that counts, it is the thought. Make a card yourself, and add your own words and thoughts.

Secret #5: If you like to cook, pasta dinner, with salad and inexpensive wine, makes for a great budget dinner. Do not forget to have candles on the table, for that romantic touch.

Secret #6: If you are really on a budget, you can borrow movies from the library (some libraries might charge you, others might not, so check first).

Secret #7: Check out your local zoo or museum, usually these are inexpensive places to go on a date and explore a little. Occasionally, these places will also have Free days. Also look to see if a carnival is in town too.

Warning!

Be wary of partners who window shop with you, and only show you the most expensive items. Watch to see if your "partner" orders the most expensive meal on the menu, or discusses expensive ways to spend the day. All they want is someone to pay their way, and are probably not there for a long term relationship. Make sure that when you first meet, they do not know you have a lot of money so that their choice on whether to date you or not is not based on money at all. *When the money goes, so will they!*

The Ultimate Cooking Corner...

Chicken With A Fruity Flair! This delicious chicken recipe produces a crisp and juicy bird with a delightful apple flavor. Your friends and family will love it!
Roast Chicken With Apple Stuffing And Cider Sauce

Preparation and cooking time: About 1½ hours,
Serves 4 people.

- ✓ 1 (3½ to 4 lb.) whole roasting chicken
- ✓ 1 tsp. salt
- ✓ ¾ tsp. Black pepper
- FOR STUFFING:**
- ✓ 1 tbsp. Butter
- ✓ 1 apple, peeled, cored and finely diced
- ✓ 1 onion, ½ finely diced & ½ reserved
- ✓ 2 tbsp. Fresh tarragon, chopped
- ✓ ½ cup dry bread crumbs
- ✓ ¼ cup apple cider
- ✓ ½ tsp. salt
- ✓ ¼ tsp. black pepper

Make stuffing by melting butter in nonstick skillet over medium heat. Place apple pieces in skillet; sauce. Add diced onion; sauce until softened, about 3 minutes. Remove from heat; stir in tarragon, bread crumbs and apple cider. Add salt and pepper; stir. Set aside. Preheat oven to 400 degrees.

LOOSEN skin on breast and thighs of chicken by sliding fingers under skin. Push stuffing under skin, distributing evenly. Tie legs with butcher twine. Sprinkle 1 tsp. salt and ¾ tsp. black pepper on inside and outside of chicken. Place onion half inside the cavity. Place chicken in roasting pan; bake 1 hour, turning meat over occasionally.

Nutrition per serving: calories 500, Fat 23 grams,

sodium 113 mg.

From SUNSET RECIPE ANNUAL, 2001
Edition by the Editors of Sunset Magazine

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!!

Inspirational Thoughts For July... Positive Thinking Every Day!

"Stop focusing on what you do not have, and shift your consciousness to an appreciation for all you are and all that you do have."

– Wayne Dyer

"The negative principle negates. The positive principle creates. The negative principle doubts. The positive principle believes. The negative principle accepts defeat. The positive principle goes for victory."

– Norman Vincent

How To Tame The Late-Night Munchies...

What you eat late at night isn't more likely to turn into fat. The bad news is if you overeat at night, you're probably consuming way too many calories that will make you fat. Here's how to keep your late-night binges under control: **Don't skip meals during the day.** If you do, you'll end up getting hungrier late at night and more likely to overeat.

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

Work out at night. This helps in three ways: (1) it's an activity that's more interesting than vegetating in front of the tube with a bag of potato chips; (2) exercise makes you more conscious of healthy eating; and (3) it helps you burn off the stress of the day, making you less likely to compensate by eating junk food at night.

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

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

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

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

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

"NOT represented \$3,464.00, represented \$7,450.00!" Your insurance adjuster might NOT have told you EVERYTHING when you signed legal documents. *Don't let this happen to you!* Just call our office at (847) 854-7700 and ask for David N. Rechenberg for a free audit of your case.

www.TheIllinoisPersonalInjuryLawyer.com

Warning! Does Someone You Know Suffer From Bulimia?

Bulimia Nervosa is a disorder where the main characteristics are binge eating and compensatory behaviors in order to prevent weight gain. Bulimics are caught in the devastating and addictive binge-purge cycle.

For individuals suffering from Bulimia Nervosa, the binge can be seen as a reward within itself and a way to cope with daily stresses and feelings. Bulimic binges usually consist of a larger than normal quantity of food, that typically are high in caloric intake. For individuals with Bulimia Nervosa, the binge eating usually occurs in secrecy and rarely in the presence of others.

The types of food vary but are often sweet and/or high in fat content. Some binges are planned in advance by the Bulimic, but generally they are impulsive. Triggers for binges in Bulimia Nervosa include dysphonic mood, interpersonal stressors, boredom, prolonged dieting, and body image dissatisfaction.

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How To Decorate Your Home or Apartment With Little To NO Money!

Step 5

Dollar stores are also a great source for incredible finds. You can find decorative elements including picture frames, art, wall decals, storage solutions and kitchen needs all for 99 cents each.

Step 6

Consider inexpensive solutions to resolve decorating issues or to fill furniture needs. If you need bookshelves but don't have the money to invent you can make your own using brackets and shelves you get at the hardware store.

Choose a wall and fill it with books. Paint the shelves any color you like. If you have a wood floor you can't afford to refinish, you can simply paint it. Make a toy box by wrapping a sturdy cardboard box you get for free from the supermarket with colorful children's gift wrap paper you get from the dollar store.

Step 7

You can sew your own curtains, bedding and throw pillows and save a bundle. With the extensive variety of fabrics available, sewing gives you options limited only by your own creativity.

Remnant tables at your local fabric stores are a great place to look for fabric steals. Remnants are perfect for throw pillows, curtains and other projects which require fabric. They tend to be about one third of the regular price and look every bit as good.

Step 8

Real plants can add a nice touch and bring life into a room. They also look better and are less expensive than fake ones. Natural green foliage lasts longer than flowers and will match just about any décor.

If you have a friend who has plants, you can ask for a sprig and grow it. Nice pots to put them in can be found at thrift stores or 99-cent stores for next to nothing.

Step 9

Don't forget about garage sales and flea markets! You can find great deals for every room in your home there. After all, one person's trash is another person's treasure!

Forget About Dieting... Get A Mirror!!!

According to the Los Angeles Times, eating in front of a mirror makes you lose your appetite. Researchers asked college students to taste full, reduced and non-fat cream cheese spreads on mini bagels.

Some students did the taste testing in front of a mirror while others did not. The students who are before a mirror ate less of the full-fat products.

The Lesson: *Self awareness* causes people to think about food choices more carefully. Maybe it's time to put a mirror on the refrigerator door.

FREE...FREE...FREE! We Now Have FREE 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 client newsletter. If you have a question regarding *car accidents, work injuries, dog bites, criminal defense or DUI* please feel FREE to call us at **(847) 854-7700**. In fact, we've published several Special Reports that you can request at no obligation by calling our office **24 Hours A Day** and leaving a message on our voice mail. We'll send you or a friend our Special Report for FREE!

Health Tip for August 2008:

Pacifiers Can Cause Ear Infections!

Pacifiers can increase the risk of ear infections in babies, according to a recent study. Children under 18 months whose parents restricted their pacifier use had 33% fewer ear infections than babies who were not restricted, according to researchers in Finland.

The scientists, who believe that continual sucking may prevent the proper functioning of eustachian tubes, were cited in Pediatrics magazine. They recommended that children older than 6 months use pacifiers only at bedtime.

Helping Your Kids Develop A Positive Self-Esteem (Part 1)

Self-esteem is a major key to success in life. The development of a positive self-concept or healthy self-esteem is extremely important to the happiness and success of children and teenagers. Self-esteem is how we feel about ourselves, and our behavior clearly reflects those feelings. For example, a child or teen with high self-esteem will be able to:

- 1) Act independently
- 2) Assume responsibility
- 3) Take pride in his accomplishments
- 4) Tolerate frustration
- 5) Attempt new tasks and challenges
- 6) Handle positive and negative emotions
- 7) Offer assistance to others

On the other hand, a child with low self-esteem will:

- 1) Avoid trying new things
- 2) Feel unloved and unwanted
- 3) Blame others for his/her own shortcomings
- 4) Feel, or pretend to feel, emotionally indifferent
- 5) Be unable to tolerate a normal level of frustration
- 6) Put down his own talents and abilities
- 7) Be easily influenced

Parents, more than anyone else can promote their child's self-esteem. It isn't a particularly difficult thing to do. In fact, most parents do it without even realizing that their words and actions have great impact on how their child or teenager feels about himself. Here are some suggestions to keep in mind.

When you feel good about your child, mention it to him/her. Parents are often quick to express negative feelings to children but somehow don't get around to describing positive feelings. A child doesn't know when you are feeling good about him and he needs to hear you tell him/her that you like having him in the family. Children remember positive statements we say to them. They store them up and "replay" these statements to themselves. Practice giving your child words of encouragement throughout each day.

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ARRESTED FOR A CRIME? Worried about what will happen? Need Answers? Call David Franks at (847) 854-7700. He is a former Assistant States Attorney in McHenry and Cook County.

Does Someone You Know Suffer From Bulimia?

If someone you know is showing signs of bulimia, you may be able to help by:

- 1) **Set a time to talk.** Find a time to talk alone with your friend. Make sure you talk in a quiet place where you won't be bothered.
- 2) **Tell your friend about your concerns.** Be honest. Tell your friend that you are worried about her or his not eating or exercising too much.
- 3) **Tell your friend** that you think these things may be a sign of a problem that needs professional help.
- 4) **Ask your friend to talk to a professional.** Your friend can talk to a counselor or doctor who knows about eating issues.
- 5) **Offer to help** your friend find a counselor or doctor and to make an appointment. Offer to go with her or him to the appointment.
- 6) **Avoid conflicts.** If your friend won't admit that she or he has a problem, don't push. Be sure to tell your friend you are always there to listen if he or she wants to talk.
- 7) **Don't place shame, blame, or guilt** on your friend. Don't say, "You just need to eat." Instead, say things like, "I'm concerned about you because you won't eat breakfast or lunch." Or, "It scares me to hear you throwing up."
- 8) **Don't give simple solutions.** Don't say, "If you'd just stop, then things would be fine!"

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

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

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 Mrs. Aurea McClintock. We're treating Aurea and her husband to the movies!

Continued...

How To Help Your Kids Develop A Positive Self Outlook or Self-Esteem

Be generous with praise. Use what is called descriptive praise to let your child know when they are doing something well. You must of course become in the habit of looking for situations in which your child is doing a good job or displaying a talent. When your child completes a task or chore you could say, *"I really like the way you straightened your room. You found a place for every thing and put each thing in its place."*

When you observe them showing a talent you might say, "That last piece you played was great. You really have a lot of musical talent." Don't be afraid to give praise often even in front of family or friends. Also, use praise to point out positive character traits. For instance, *"You are a very kind person."* Or, *"I like the way you stick with things you do even when it seems hard to do."* You can even praise a child for something he did not do such as *"I really liked how you accepted my answer of 'no' and didn't lose your temper."*

To Be Continued In The September 2008 Issue!

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

TidBits for Today...!

is a FREE monthly newsletter from your friends at :

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Questions Are Inside The August 2008 Issue!”**