

Great Tips For Single Parenting

Show Your Love

It is important to show your children that you love them every day. One of the things you can do to show (and tell) your kids that you love them is to hide a note in their book bag or in their homework folder for them to find when they get to school. This happy surprise is especially nice if one of them is having difficulties in a subject and a note saying "You are doing a great job." or "I know you can do it" will provide much needed encouragement.

Don't Spoil Your Children

Don't give in to your child's every whim. Single parents oftentimes are guilty of giving that extra toy or candy bar as a means of trying to replace the love of a missing parent. Unfortunately the end result is spoiling their kids in the process. This leads to needless time consuming battles over control. (If you loved me, you would buy this for me, OR buy this and I won't throw a fit here in the store!) You can't equate love with material things, so don't confuse your children by putting them on the same level. You are their parent, you love them dearly, and love them enough to say no. End of discussion.

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

Why did the cookie go to the doctor?

... *Because he felt crummy.*

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 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 way to help your friends and loved ones enjoy the most out of life.

Secrets For Younger Looking Skin!

Skin is the largest human organ, it has a surface area of about 15-20 square feet, and our skin is very important. It protects us against getting dried out and prevents us from getting poisoned with toxic compounds from the environment. In order to keep your skin looking young and health make sure to ad these tips:

- 1) Limit sun exposure and protect your skin with sun block when in the sun.
- 2) Use a mask to tone and tighten your skin.
The tightening effect is cosmetic and temporary, a mask has other benefits such as cleaning out your pores, and conditioning your skin.
- 3) Brighten droopy eyes by grooming eyebrows.
This gives the illusion of lifted lids, and having more skin showing at the brow bone opens up the entire eye.
- 4) Instant Eye Lift by curling your eye lashes.
- 5) Downplay wrinkles by applying highlighter to creases.
- 6) Don't use face powder, it can collect in creases and make wrinkles more prominent.

(Continues on page 3)

INJURED ON THE JOB ? Need to get your Bills PAID? **Want to turn your injury into Cash? What is your case worth?** CALL David N. Rechenberg at **(847) 854-7700** so he can answer all your questions and start working on your case right away!!

10 Tips for Feeling Young and Looking Great No Matter What Your Age...

- 1. Sleep Well** - The average adult needs 8 hours of sleep. So get some shut-eye. If you have trouble sleeping, try meditation, deep breathing, herbal teas (chamomile) or aromatherapy.
- 2. Eat Healthy** - A low stress diet is very beneficial, this means low in sugar, starches and fat. Eat six small meals a day and maintain a balanced diet. CoQ10 and Vitamin E are excellent antioxidants that scavenge free radicals.
- 3. Have A Sense of Humor** – Laughter really is the best medicine. Try reading the comics in the newspaper or being silly with a child. Find something to "lighten" your mood each day.
- 4. Try Something New or Wacky** – Take a belly dancing class or woodworking workshop.
- 5. Keep Your Cool** - Self-control and patience are keys to living a stress-reduced life. You can not control what people do or say to you, just how you react to the situation.
- 6. Stay Active** – Exercise not only keeps your body looking good, it also releases endorphins. Join a fitness program or start walking more each day.
- 7. Have Loving, Supportive, and Positive Relationships** – Surround yourself with people who share your interests and are encouraging. Toxic friendships and relationships are energy drainers.
- 8. Be Honest** – Lying means always trying to keep up and remember the lie. This can become a major cause of stress.
- 9. Think Positive** – Our negative thoughts and fears consume our lives if we let them. Living with past regrets, guilt or resentment is detrimental to your health. Try changing the way you think, it's difficult, but not impossible.
- 10. Love Yourself** – Work on your self-image and self-esteem issues. Don't compare yourself to others, and avoid being too critical about your appearance.

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. Please keep the referrals coming !!

How To Decorate Your Home On Any Budget!

Is your front room stuck in the '80s? Does your house beg for a make-over? Here are some tips on how to save money and still get the look that you've always wanted.

- 1) Choose a style that you like** (contemporary, modern, country, French country, Victorian etc.)
- 2) Decide on a wall color** to fit the whole look of the room. For Victorian, a rosy pink, or an off-white, country can be anywhere from blue and yellow, to pink and white.
- 3) Select furniture.** If your furniture already matches your style, then consider yourself lucky. If your furniture looks unpleasant, purchase some slip covers, they come in all different styles and patterns.
- 4) Buy cheap rugs and draperies.** You can save a lot of money by purchasing solid color rugs and draperies that are in your colors, and places like Wal-Mart carry them.
- 5) Find artwork.** It isn't as expensive as you may think. You can buy from a retail or craft store, or photocopy images from a book, and frame them.
- 6) Alter the things you already have.** A black lamp may not go with a nautical theme, so what do you do? Paint it, using spray paint or textured paints, found in arts and crafts stores. Clocks, coat racks, vases (using glass paint) shelves, bookends, even baskets and furniture can be transformed by paint.

DO YOU WANT THE STATE TO DECIDE HOW TO DISTRIBUTE YOUR ASSETS AND WHO SHOULD BE THE GUARDIAN OF YOUR CHILDREN IF YOU DIE? If not, call Franks & Rechenberg, P.C. (847) 854-7700 to schedule an appointment for a Will, Durable Health Care Power of Attorney and Living Will. Don't leave home without them.

How To Remain More Youthful...

Anti-aging supplements help us remain more youthful in body and mind by containing antioxidants. Antioxidants are important organic substances that our body makes naturally, but their production slows down as we age. They work by destroying harmful free radicals in the body. Free radicals can destroy cells and genetic materials in the body, and this can lead to many different diseases. Antioxidants fight F&R against these destructive forces. Studies indicate that antioxidants may be effective in preventing strokes, cancer, heart disease and many other disorders associated with aging. In addition, the body does produce antioxidants, but production decreases as we age, so anti-aging supplements are a good idea for anyone over the age of 50.

Secrets For Younger Looking Skin! (Continued)

- 7) Put your hair in a ponytail. It's a youthful hairstyle, and Bangs do a great job of hiding forehead wrinkles.
- 8) Use a good moisturizer to hydrate and plump up your skin cells.
- 9) Cut back on caffeine. Caffeine makes it very unlikely that the skin cells will ever pick up enough water, even if you drink a gallon of water a day.
- 10) Avoid Yo-Yo dieting. Yo-Yo dieting will cause your skin to stretch and become less elastic.
- 11) Reduce or eliminate dairy. Dairy products are for many people difficult to digest and mucous-forming. Try soy or rice milk as substitutions.
- 12) Try not to frown. Over time, the frown lines will become more visible.
- 13) Avoid cigarette smoke. Cigarette smoke exposes you to damaging free radicals that will accelerate the aging process by damaging the microcapillaries in the skin.
- 14) Eat a healthy, balanced diet. Eat lots of fresh fruits and vegetables, and avoid refined sugars, flours and processed foods.
- 15) Exercise regularly.

Get A Better Nights Sleep!

Getting a good night's sleep is essential for feeling refreshed and alert during the day. Did you know that the average adult needs eight hours of uninterrupted sleep every night in order to maintain optimal mental and physical health?

Unfortunately, not everyone is able to get the restorative eight hours they need. According to the National Institute of Neurological Disorders and Stroke, over 40 million Americans a year will suffer from some sort of sleep disorder - many whom will go undiagnosed, or turn to over-the-counter sleep aids for relief.

However, ignoring the underlying causes, or covering the symptoms with drugs usually makes the problem worse. And untreated sleep disorders can even be hazardous to your health - a British study released in September 2007 found that people who do not get enough sleep are twice as likely to die of heart disease.

Luckily, through proper testing, diagnosis and care, sleep disorders can be managed and overcome. Particular behaviors during normal daytime activities are telltale signs of sleep deprivation.

If you are experiencing one or more of the following symptoms during the day, you may not be getting enough restful sleep at night, and you may even have a sleep disorder.

Affirmations To Help You Fall Asleep...

1. I release my day with ease.
2. I'm grateful for the beauty and love that fills my days.
3. I relax completely as today's details vaporize.
4. A wave of newness washes over me and I am clear, I am clean.
5. I am at peace.

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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 member of the Illinois State Bar Association Criminal Justice Section Council !

THE COOKIN' CORNER...For May! Shrimp with Garlic and Herb Butter

Preparation and cooking time: Preparation time about 10 minutes, cooking time 10 minutes. Serves 2 people.

- ✓ ½ lb. lightly salted butter
- ✓ 1 tbsp. finely chopped parsley
- ✓ 1 tsp. lemon juice
- ✓ 1 drop Tabasco sauce
- ✓ ½ tsp. Worcestershire sauce
- ✓ ½ tsp. freshly ground pepper
- ✓ ½ tsp. sea salt
- ✓ ½ tsp. finely chopped shallots
- ✓ ½ tsp. finely chopped garlic

SHRIMP:

- ✓ ½ lb. (8 to 10) raw shrimp
- ✓ 1 tbsp. butter
- ✓ 2 tbsps. Dry white wine

Soften the butter in the microwave. Whip the butter and all the other ingredients together with an electric mixer, food processor or wire whisk. Set aside.

Preheat oven to broil. Peel and devein shrimp. Butter a flame proof baking dish, just large enough to accommodate the shrimp, in a single layer, with the 1 tbsp. of butter. Arrange shrimp; lightly salt and pepper. Add white wine, place over direct heat and bring to a boil. After the wine boils, turn the shrimp over, allow to cook for less than 1 minute and remove from heat. Be careful not to overcook.

Dot shrimp with 2 tbsps. garlic and herb butter and place under the broiler until the butter melts. Serve immediately.

From the book, Two For Tonight by Jacques E. Haeringer. Published by Bartleby Press, Silver Springs, MD. 20902.

Inspirational Thoughts For May – Positive Thinking Every Day!

- ◆ “You become what you think about all day long, and those days eventually become your lifetime.” – Dr. Wayne Dyer
- ◆ “Every day remind yourself of your own ability, of your good mind and affirm that you can make something really good out of your life. – Norman Vincent Peale
- ◆ “You can achieve anything you want in life if you have the courage to dream it, the intelligence to make a realistic plan, and the will to see that plan through to the end.” - Author Friedman -
Entrepreneur, Speaker and Author

Affirmations To Help You Fall Asleep...

6. Tomorrow will take care of itself.
7. Tomorrow all things are fresh and new.
8. My body heals, repairs and regenerates as I sleep.
9. I am surrounded by angels.
10. I am safe.
11. I relax into a peaceful sleep that is deeper and deeper with each breath.
12. I release my day deeper and deeper with each gentle breath.
13. I relax into the loving arms of the universe.
14. I sleep peacefully, deeply, I am renewed.
15. Release – heal – release
16. I am at peace, encircled about by love. I am safe.

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 newsletter. If you have a question regarding *car accidents, work injuries, criminal defense, or 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 by calling our office **24 Hours A Day** and leaving a message on our office voice mail.

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

How To Get Your Car Ready For Warm Weather Road Trip With The Family

Every summer millions of Americans take to the highways and Interstates in search of fun, sun, and adventure. They want to take a much needed vacation from their everyday concerns and problems.

Tow truck operators in resort areas or along Interstate highways see all too many travelers forced to return home ahead of schedule. Car trouble, usually due to neglected preventive maintenance, brings an abrupt end to vacation plans.

The situation usually means more than just a repair bill, says the Car Care Council. It can involve towing charges, lodging and possibly a rental car. Add to that the cost of extra phone calls, meals and general inconvenience, and the ordeal becomes expensive. This scenario usually can be avoided with a pre-vacation inspection performed by the vehicle owner or a qualified automotive technician.

The most important thing in taking an automotive vacation is to make sure your vehicle is in top shape. A monster in the form of car troubles can destroy even the nicest vacations. So before packing suitcases, filling the cooler with drinks and snacks and whipping out your trusty road atlas, take some time to make sure that your vehicle is ready to take you to paradise. All it takes is a few minutes of preventative maintenance in your driveway and you can help eliminate hours of costly on-the-road problems.

The following items include things that most people can do for themselves very easily just by reading the vehicle's owner's manual. If you don't have the time or lack the confidence to do these things yourself, take it to your local dealership or trusted repair shop and have them give the car a good going over.

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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!**

Here Are Some Risk Factors For Skin Cancer?

A number of things may put you at higher risk of having skin cancer some day:

- 1) Having fair skin, red or blond hair
- 2) Having light-colored eyes
- 3) Sun burning easily
- 4) Having many moles, freckles or birthmarks
- 5) Working or playing outside
- 6) Being in the sun a lot as a child
- 7) Having had a serious sunburn
- 8) Having family members with skin cancer

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!

Fish Oil and ADHD

Here's a shocker: Not every kid or adult with ADHD wants to be on Ritalin. The CEO of JetBlue Airlines swears it would take away his creativity. It's a sure bet, though, that he eats right. If he takes a fish oil supplement, his ADHD may be manageable without the side effects of Ritalin he fears. Who would have thought one of the Omega 3 Products benefit and actually preserve one of the benefits of ADHD, namely creativity? Kids and adults with ADHD may be missing several essential fatty acids in the brain.

Fish oil with Omega 3 is thought to lessen the often frustrating effects of ADHD. Omega 3 is composed of EPA and DHA. DHA makes up the dopamine and serotonin receptors. Without them, a connection is missing. Kids and adults can't concentrate, and may act out because of the imbalance. But fish oil and fish consumption can restore the balance. You or your child may one day found a major airline of your own! Until then, you're happy having an alternative to prescription drugs and lots of worry at home.

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!!

April's T-Shirt winner was Sherry Torrance. Congratulations to Sherry! What a fine addition to your wardrobe and just in time for summer.

FreeKey Chains!!!

Franks & Rechenberg, P.C. is offering free key chains to any one who calls and requests them. The key chains are great for keeping all your extra keys in one place. Don't have any extra keys? The key chains are also a great as a gift for a relative or friend. Be the first one on your block to have a Franks & Rechenberg, P.C. key chain !!!

TV Makes Kids FAT!!!

The CDC notes that "one-fourth of children in America spend four hours or more **watching television** daily and only 27 percent of students in grades 9 through 12 engage in moderate physical activity at least 30 minutes a day on five or more days of the week." According to the CDC, lifestyle behaviors is one of the major factors contributing to obesity in children and adults. Genetics does play a role, however, many health risks have been proved to significantly diminish when physical activity increases and diet improves. One major suggestion by health officials is a reduction in "screen time."

"The average teen spends four and a half hours each day in front of a screen. This includes watching television, DVDs, playing video games, using a computer or browsing the Internet. **Television is the medium with which children spend the most time** -- two and a half hours each day."

26 percent of U.S. children watch four or more hours of television per day.

67 percent of U.S. children watch two or more hours per day.

Almost half (48 percent) of all families with teens have all four of the latest media staples: TV, VCR, video game equipment and a computer.

The bedroom of the 21st century child is a multimedia environment. Of children 9 - 13 years old, more than half (57 percent) have a TV in the bedroom; 39 percent have video game equipment; 30 percent have a DVD player; 20 percent a computer and 11 percent Internet access."

The AAP report went on to present some moderate guidelines that pediatricians should recommend to parents:

- 1) Limit children's total media time (with entertainment media) to no more than 1 to 2 hours of quality programming per day.
- 2) Remove television sets from children's bedrooms.
- 3) Discourage television viewing for children younger than 2 years, and encourage more interactive activities that will promote proper brain development, such as talking, playing, singing, and reading together.
- 4) Monitor the shows children and adolescents are viewing. Most programs should be informational, educational, and nonviolent.
- 5) View television programs along with children, and discuss the content. Two recent surveys involving a total of nearly 1500 parents found that less than half of parents reported always watching television with their children.
- 6) Use controversial programming as a stepping-off point to initiate discussions about family values, violence, sex and sexuality, and drugs.
- 7) Use the videocassette recorder wisely to show or record high-quality, educational programming for children.

(Pediatrics. Volume 107, Number 2. February 2001,

Vital fluids:

Check all of your vehicle's fluid levels. This includes engine oil, coolant, transmission fluid, brake fluid, power steering fluid, and windshield washer fluid.

Belts and Hoses:

Check all the drive belts and hoses for any signs of wear and deterioration. Belts that are frayed, glazed, cracked, cut or have chunks missing should be replaced immediately.

Battery:

One of the leading causes of roadside problems is the battery. Check that the battery electrolyte is up to the proper level by removing the battery caps and looking inside. The most common battery type today are maintenance free batteries.

Brakes:

If you hear any grinding noises or feel unusual vibrations when you apply the brakes, or if the vehicle pulls to one side, take the vehicle in for a comprehensive checkup. It would be a good idea just to have your brakes looked at to be sure they won't need replacing 1,000 miles into your trip.

Cooling System:

Sustained high speed driving and hot summer days combine to put a lot of stress on an engine's cooling system. If your vehicles is using conventional green anti-freeze and hasn't been flushed for two years, now is an excellent time to do it. If it has extended life anti-freeze go with the manufacturers recommended change intervals.

Air-Conditioning:

Make sure your car's heating and A/C is working properly. Run it for a while in each of its operating modes and check that the airflow is coming from all appropriate vents.

Keep in mind that no matter how careful and thorough you were in doing your pre-trip preparations, unexpected problems can still happen. So it is a good idea to have some basic emergency gear onboard in something does happen.

Jumper cables, flares, a disposable, pre-paid cell phone, a gallon of anti-freeze, a gallon of water, three quarts of oil, a couple of quarts of ATF and a couple of gallons of bug juice can be worth ten times their weight in gold when you need it 50 miles from nowhere.

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 Eileen Locasha We're treating Eileen and a friend to the movies with popcorn and soft drinks!

Guidelines For Playing With Piñatas

Kids love seeing a piñata at a party because it's two doses of fun. They get to destroy an inanimate object with their parent's permission and eventually it looks like the sky is raining candy. Be sure to use a piñata that is large enough for your party. The last thing you want is to run out of candy and leave some kids to go without. If you're concerned that the children at your party are too young to use a bat to break a piñata, there are safe alternatives.

If you're planning on playing with piñatas during any celebration, follow these few guidelines to keep everyone safe and happy.

- 1) Find a sturdy place to hang the piñata from, like a tree or basketball hoop.
- 2) If the kids are old enough, provide a blindfold and stick. Then spin them around a few times and let them hit the piñata a more than once before moving on to the next child.
- 3) Very young children should go without a blindfold.
- 4) Always keep several feet clear around the child who is hitting the piñata. You don't want anyone to be accidentally struck.
- 5) Consider pull-string versions of piñatas for an indoor birthday event or with toddler aged children.

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

I would like to welcome the following 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.

DIVORCE IN YOUR FUTURE? Need to protect your assets? Help is just a phone call away! Call Franks & Rechenberg, P.C. at (847) 854-7700.

TidBits for Today...!

is a FREE monthly newsletter from your friends at :

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Questions Are Inside The **May 2008** Issue!