

Banishing First-Day Jitters For Your Kids and Yourself!

Starting school can be a difficult time for children. Every child is hesitant to go somewhere new and see people she's never met before. Here are some helpful ways to prepare your child for her first day of school:

1. Let your child know what his schedule will be like. Tell him what time school begins and ends each day.
2. Ask your child about her feelings -- both the excitement and the concerns -- about starting school.
3. Visit the school with your child to see his new classroom and meet his new teacher before school officially starts.
4. Point out the positive aspects of starting school. It will be fun and she can make new friends.
5. Let your child know that all kids are nervous about the first day of school.
6. Leave a note in your child's lunchbox that will remind him you're thinking of him while he's at school.
7. Reassure your child that if any problems arise at school, you will be there to help resolve them.
8. Try to have your child meet a classmate before the first day of school so she will already have a friend when school starts.
9. Arrange for your child to walk to school or ride together on the bus with another kid in the neighborhood.
10. Find out about after-school activities that your child can join. Will there be a back-to-school party? Can she join a sports team?

Sources: *American Academy of Pediatrics; Caring for Your School-Age Child: Ages 5-12, by Edward L. Schor (Bantam, 1999)*

Joke Of The Month...

Why Don't Blind People Like To Sky Dive?

...**Because It Scares The Dog!**

Tell A Friend About "Tid-Bits for Today"

We 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 "**Tid-Bits for Today**" publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life. Thank YOU!

The Word on Water

Certainly, bottled water is a convenience that helps us stay hydrated while on the go. But convenience aside, bottled water often starts out as tap water. In fact, did you know that bottled water is sometimes nothing more than purified tap water?

Fortunately, the U.S. Food and Drug Administration (FDA) has strict labeling rules for bottled water, but it's up to you to learn the differences between various terms and what they mean. There are three major types of bottled water:

Purified water is water that has been produced by distillation, deionization, reverse osmosis, or other suitable processes. Purified water may also be referred to as "demineralized water."

Spring water is water that flows naturally from the earth and is collected directly from its natural source.

Mineral water is spring water that contains dissolved minerals and other trace elements (at least 250 parts per million) that come directly from the source.

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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!!

Staying Fit May Reduce Alzheimer's Damage

Physical fitness can help the mind, body and quality of life of people with early Alzheimer's disease and dementia, according to new research. "These studies reinforce the need for increased awareness and education about the importance of living a brain-healthy lifestyle, including staying physically active," William Thies, vice president of medical and scientific relations for the Alzheimer's Association, said in a news release.

"Growing evidence shows that physical exercise does not have to be strenuous or require a major time commitment. It is most effective when done regularly, and in combination with a brain-healthy diet, mental activity and social interaction." The two studies were expected to be presented Sunday at the Alzheimer's Association International Conference on Alzheimer's Disease in Chicago.

In the first study, MRI brain imaging of people taking a treadmill stress test showed a connection between cardio-respiratory fitness and Alzheimer's-related brain changes in the hippocampus, an area of the brain important for memory and spatial navigation. The hippocampus is one of the first regions of the brain to suffer damage from Alzheimer's. "We found that, in early-stage Alzheimer's, cardio-respiratory fitness is correlated with regional brain volumes in key areas affected by the disease," study researcher Robyn Honea of the University of Kansas Medical Center, in Kansas City, said in the news release.

"This suggests that maintaining cardio-respiratory fitness may positively modify Alzheimer's-related brain atrophy." In the second study, researchers from Western Medicine in Nedlands, Australia, showed that a caregiver-driven, home-based exercise program could reduce falls, improve balance and maintain the quality of life in people with dementia over a 12-month period.

The program centered on increasing good balance, which has been previously shown to have the greatest impact on reducing falls. Caregivers were taught a tailored set of exercises and were taught how to prompt their loved ones to do them by incorporating them in everyday routines.

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Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred their friends and neighbors to our firm 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!!

Is Diabetes In Your Genetic Make-Up?

Type 1 and type 2 diabetes have different causes. Yet two factors are important in both. First, you must inherit a predisposition to the disease. Second, something in your environment must trigger diabetes. Genes alone are not enough. One proof of this is identical twins. Identical twins have identical genes. Yet when one twin has type 1 diabetes, the other gets the disease at most only half the time. When one twin has type 2 diabetes, the other's risk is at most 3 in 4.

Type 1 Diabetes:

In most cases of type 1 diabetes, people need to inherit risk factors from both parents. We think these factors must be more common in whites because whites have the highest rate of type 1 diabetes. Because most people who are at risk do not get diabetes, researchers want to find out what the environmental triggers are. One trigger might be related to cold weather.

Type 1 diabetes develops more often in winter than summer and is more common in places with cold climates. Another trigger might be viruses. Perhaps a virus that has only mild effects on most people triggers type 1 diabetes in others.

Early diet may also play a role. Type 1 diabetes is less common in people who were breastfed and in those who first ate solid foods at later ages. In many people, the development of type 1 diabetes seems to take many years. In experiments that followed relatives of people with type 1 diabetes, researchers found that most of those who later got diabetes had certain autoantibodies in their blood for years before. (Antibodies are proteins that destroy bacteria or viruses. Auto antibodies are antibodies 'gone bad,' which attack the body's own tissues.)

(Continues on page 5)

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
Learn the only three (3) legal field sobriety tests

The Cookin' Corner for September 2008! Grilled Sesame Salmon

Serves: 4

Details:

This flavorful, heart-healthy dish cooks up quickly but looks impressive, making it a perfect meal for entertaining.

Tip:

To test for doneness, insert a small, sharp knife in a fillet; fish should be opaque throughout. When pressed with your finger, salmon should feel firm but not hard.

Ingredients:

2 medium cucumbers, peeled, halved lengthwise, seeded, and thinly sliced
1 tablespoon salt, plus additional to taste
4 tablespoons rice vinegar, divided
2 tablespoons fresh lime juice, divided
2 tablespoons reduced-sodium soy sauce
2 tablespoons tahini or smooth, natural peanut butter
1 tablespoon plus 1 teaspoon toasted sesame oil, divided
1 clove garlic, chopped
1 teaspoon chopped fresh ginger
4 salmon fillets (about 5 ounces each)
1/2 small red onion, very thinly sliced
6 cups baby arugula or salad greens

Directions:

1) Place cucumbers in strainer set in sink; toss with 1 tablespoon salt. Press kitchen towel on cucumbers; drain at least 1 hour or up to 3.
2) To make sauce, combine 2 tablespoons vinegar, 1 tablespoon lime juice, soy sauce, tahini, 1 tablespoon oil, garlic, ginger, and 1 tablespoon water in blender; puree until combined.
3) Preheat grill to medium-high. Season both sides of salmon with salt. Place skin side down on grill; cook 3 minutes, or until skin shrinks and separates from flesh. Flip; cook 4 minutes, until done.
4) Toss cucumbers with remaining 2 tablespoons vinegar, 1 tablespoon lime juice, 1 teaspoon oil, and sliced onions. Refrigerate until serving.
5) Divide arugula equally among four plates. Top each serving with salmon, then cucumbers. Drizzle sauce over servings.

The Word on Water Continued...

In general, safety standards for bottled water and tap water are the same with a few exceptions. For example, because tap water may become contaminated with lead as it travels through pipes, the government limits the amount of lead in tap water to 15 parts per billion whereas the limit is set below 5 parts per billion for bottled water.

Another major difference is that tap water is often fluoridated, but most bottled waters do not contain fluoride. Most people can safely (and inexpensively!) drink water straight from the tap.

If you want to improve the taste of tap water, you can purchase a water-filtration pitcher, which reduces the amount of chlorine in the tap water. If you prefer the taste of bottled water and you're serving it to your family, let your dentist know because young children require fluoride for healthy teeth.

Finally, Dr. Agatston advises drinking when you're thirsty to stay sufficiently hydrated. Keep a bottle or glass of water nearby so you can quench your thirst as needed.

Health Tips: Living With Chronic Fatigue Syndrome...

Chronic fatigue syndrome is an illness of unknown cause that can make a person feel excessively tired for prolonged periods. While there is no cure, medication and lifestyle changes can help keep symptoms under control. The U.S. Department of Health and Human Services offers these suggestions:

- 1) Keep a log of activities that trigger extreme fatigue, and try to avoid those things.
- 2) Try to get some light exercise. But always talk to your doctor before starting an exercise program.
- 3) Take an over-the-counter pain reliever for the aches, muscle and joint pain, and headaches that can accompany the syndrome.
- 4) Try a non-drowsy antihistamine to help with allergy-like symptoms.
- 5) Talk to your doctor about whether an anti-depressant can help you feel and sleep better.
- 6) Join a support group.

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 to discuss preparing a will.

Continued...

Staying Fit May Reduce Alzheimer's Damage

According to the researchers, people with dementia fall up to three times more than those who have no cognitive impairment. In the first six months, patients in the exercise program fell significantly less often than those in a control group.

Those doing the exercises also improved their balance over 12 months, while the control group showed some deterioration in their balance over this time.

People in the exercise group also showed no significant increase in fear of falling over 12 months, while the usual care group became more fearful -- a key factor affecting the person's quality of life. "As people become increasingly affected by the changes in their memory and thinking, and as the risk of falls becomes greater, quality of life can deteriorate," study researcher Megan Wraith said in a conference-issued news release.

"This study is small and is just a beginning, but maintaining quality of life at the same level in the context of deteriorating cognitive abilities is an achievement. The results are sufficiently encouraging to pursue this approach and develop a caregiver focused home-based exercise program on a larger scale."

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Inspirational Thoughts By W. Clement Stone...

- ◆ *All personal achievement starts in the mind of the individual. Your personal achievement starts in your mind. The first step is to know exactly what your problem, goal or desire is.*
- ◆ *Be careful the environment you choose for it will shape you; be careful the friends you choose for you will become like them.*

Glove Compartment Essentials

The Erie Insurance Group recommends that you keep these items in your glove compartment, in case of an auto accident:

- ✓ **Insurance Information Card**
- ✓ **Emergency Number (Family Members Or Close Friend)**
- ✓ **Medical Card That Lists Allergies And Medical Conditions**
- ✓ **First Aid Kit**
- ✓ **Pen And Small Notebook**
- ✓ **Always Carry Your License And Registration**

Survival Tips For Going Back To School:

Here are some more things that can help put you ahead in school:

Tip # 1: The old saying "breakfast is the most important meal of the day" is never more true than when you're going to school. Students are more alert and perform better in class if they eat a good breakfast.

Tip # 2: Get enough sleep. Studies show that teens need at least 8½ hours of sleep each night to feel rested. Sleep deprivation can lead students to fall asleep in class (embarrassing if you're caught!) and can also make it hard to concentrate. It can be more productive to get the sleep you need than it is to stay up late cramming: A recent study found that students who got adequate sleep before a math test were nearly three times more likely to figure out the problem than those who stayed up all night. (Continues on page 5)

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Type 2 Diabetes:

Type 2 diabetes has a stronger genetic basis than type 1, yet it also depends more on environmental factors. Sound confusing? What happens is that a family history of type 2 diabetes is one of the strongest risk factors for getting the disease but it only seems to matter in people living a Western lifestyle.

Americans and Europeans eat too much fat and too little carbohydrate and fiber, and they get too little exercise. Type 2 diabetes is common in people with these habits. The ethnic groups in the United States with the highest risk are African Americans, Mexican Americans, and Pima Indians.

In contrast, people who live in areas that have not become Westernized tend not to get type 2 diabetes, no matter how high their genetic risk.

Obesity is a strong risk factor for type 2 diabetes. Obesity is most risky for young people and for people who have been obese for a long time.

Gestational diabetes is more of a puzzle. Women who get diabetes while they are pregnant are more likely to have a family history of diabetes, especially on their mother's side. But as in other forms of diabetes, nongenetic factors play a role. Older mothers and overweight women are more likely to get gestational diabetes.

Type 1 Diabetes: Your Child's Risk:

In general, if you are a man with type 1 diabetes, the odds of your child getting diabetes are 1 in 17. If you are a woman with type 1 diabetes and your child was born before you were 25, your child's risk is 1 in 25; if your child was born after you turned 25, your child's risk is 1 in 100.

Your child's risk is doubled if you developed diabetes before age 11. If both you and your partner have type 1 diabetes, the risk is between 1 in 10 and 1 in 4. There is an exception to these numbers. About 1 in every 7 people with type 1 diabetes has a condition called type 2 polyglandular autoimmune syndrome.

In addition to having diabetes, these people also have thyroid disease and a poorly working adrenal gland. Some also have other immune system disorders. If you have this syndrome, your child's risk of getting the syndrome including type 1 diabetes is 1 in 2.

Researchers are learning how to predict a person's odds of getting diabetes. For example, most whites with type 1 diabetes have genes called HLA-DR3 or HLA-DR4.

If you and your child are white and share these genes, your child's risk is higher. (Suspect genes in other ethnic groups are less well studied. The HLA-DR7 gene may put African Americans at risk, and the HLA-DR9 gene may put Japanese at risk.) Other tests can also make your child's risk clearer. A special test that tells how the body responds to glucose can tell which school-aged children are most at risk.

Another more expensive test can be done for children who have siblings with type 1 diabetes. This test measures antibodies to insulin, to islet cells in the pancreas, or to an enzyme called glutamic acid decarboxylase. High levels can indicate that a child has a higher risk of developing type 1 diabetes.

Type 2 Diabetes: Your Child's Risk:

Type 2 diabetes runs in families. In part, this tendency is due to children learning bad habits eating a poor diet, not exercising — from their parents. But there is also a genetic basis. In general, if you have type 2 diabetes, the risk of your child getting diabetes is 1 in 7 if you were diagnosed before age 50 and 1 in 13 if you were diagnosed after age 50.

Some scientists believe that a child's risk is greater when the parent with type 2 diabetes is the mother. If both you and your partner have type 2 diabetes, your child's risk is about 1 in 2.

People with certain rare types of type 2 diabetes have different risks. If you have the rare form called maturity-onset diabetes of the young (MODY), your child has almost a 1-in-2 chance of getting it, too.

Continued...

Survival Tips For Going Back To School:

Tip # 3: Do more at school and you'll have less to do at home. Take advantage of those times during the school day when you're not in class: Review notes, go to the library or computer lab, get a head-start on your homework, or research that big term paper. You'll be thankful later while you're at the mall or a concert and your classmates are stuck at home cramming!

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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.

Continued...

Survival Tips For Going Back To School:

Tip # 4: One of the best ways to make friends and learn your way around is by joining school clubs, sports teams, and activities. Even if you can't kick a 30-yard field goal or sing a solo, getting involved in other ways — going to a school play, helping with a bake sale, or cheering on friends at a swim meet — can help you feel like a part of things.

School is a time to make friends and try new things, but it's also a place to learn skills like organization and decision making that will come in handy for the rest of your life.

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Moving to Middle School?

Sixth grade often signals a move to middle school or junior high, where you'll find lockers and maybe a homeroom. This is just what it sounds like - a classroom you'll go to each morning, kind of like your home in the school. In middle school, you might move from classroom to classroom for each subject. Your teachers know that this is a big change from elementary school and will help you adjust.

Most teachers let you pick your own seat on the first day, but by the second or third morning, they'll have mapped out a seating plan. It's a good idea to write down where your seat is in your notebook so you don't forget.

Three Ways To Reduce Your Anxiety...

Learn to cope with stress: Reducing stress can help control symptoms of anxiety. There are many ways to reduce stress, including meditation, massage, and muscle relaxation. Listening to music and exercising are also effective stress-busters. Different methods work well for different people. What's important is that you find the method or combination of methods that works for you—and that you use it regularly.

When anxiety is related to a traumatic event in the news, one of the most important things you can do is tune it out. If an event dominates your thoughts or causes extreme upset or panic, it's time to turn off the TV and put down the newspaper. Limiting exposure to traumatic news is especially important for children, who have less experience with putting problems into perspective.

Avoid coffee and cigarettes: Smoking and caffeine can promote anxiety. Research suggests that heavy cigarette smoking during adolescence increases the risk for generalized anxiety disorder and panic disorder in early adulthood. The mechanism may have less to do with nicotine's effect on the nervous system than with the damage done to the respiratory system. Smoking causes breathing problems, which research suggests may play a role in anxiety. The theory is that the brain misinterprets the smoker's labored breathing and resulting lack of oxygen as a threat of suffocation.

With caffeine, on the other hand, it's the stimulant effect that promotes anxiety. Caffeine can set off a panic attack in someone prone to anxiety by activating the sympathetic nervous system, which launches the body's response to stress or danger. Many psychiatrists recommend that their anxiety patients eliminate, or at least minimize, their consumption of coffee and other caffeinated beverages and foods.

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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.

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**Great Tip For The First Day
Back To School...**

Most teachers kick off the school year by introducing themselves and talking about all the stuff you'll be doing that year. Some teachers give students a chance to tell something about themselves to the rest of the class.

When teachers do the talking on the first day, they often go over classroom rules so you'll know what's allowed and what's not. Pay close attention so you'll know if you need to raise your hand to ask a question and what the rules are about visiting the restroom.

You might already know a lot of people in your classes on the first day. But it's a great day to make a new friend, so try to say hello to kids you know and new ones that you don't. Make the first move and you'll be glad you did and so will your new friend!

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

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***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 Robert Miceli. We're treating Robert and his lovely wife to the movies!

Three Ways to Reduce Your Anxiety

Seek social support: The National Institute of Mental Health reports that many people with anxiety benefit from sharing their problems and triumphs with others. Joining a support group can help by giving you a regular opportunity to talk with people who understand. Talking with trusted relatives, friends, and members of the clergy can be helpful, too. Chat groups on the Internet also provide a forum in which to share concerns and decrease the feelings of isolation that are common among people with anxiety. Just be skeptical about the information you find on the Internet, unless it comes from an established mental health organization. Also, use caution and common sense in deciding how much personal information to reveal when chatting online. If you're looking for group therapy, join a group run by a mental health professional. Loneliness or inactivity can promote anxiety. Getting involved in activities and developing new friendships can help.

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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.

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**“The Answers To These And Many Other
Questions Are Inside The **September 2008** Issue!”**