

# TidBits for Today

## Five Secrets For Improving Your Mental Clarity

**Step 1: Get To Sleep!** Mental alertness begins with attaining good quality and quantity of sleep. The National Sleep Foundation recommends 7 to 9 hours of sleep a night for optimal health and performance, but most people fall short of this due to a hectic schedule or an inability to fall asleep. Sleep is very important for your brain because this is the time when memories and information are actually processed and organized in your brain.

**Step 2: Get Some Exercise.** Regular physical exercise is not just essential for your heart and lungs, it's also essential for your brain. When you exercise, your body increases circulation of blood, and consequently oxygen and glucose (the sugar your brain uses as a fuel) to the brain. To increase mental clarity, try light aerobic exercise during the day, such as brisk walking, swimming, or casual cycling.

**Step 3: Try Some Brain-Exercises.** Activities such as Sudoku, puzzles, drawing, and math quizzes all stimulate your brain, helping you create and maintain important neuronal connections critical to cognitive abilities.

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### We Have FREE SPECIAL REPORTS Now 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 whatsoever simply by calling our office **24 Hours A Day** and leaving a message on our voice mail.

## Thank You So V-E-R-Y Much For Telling Your Family And Friends About Us!

The highest compliment you could give our law firm is the referral of your loved ones and friends. Over the years our practice has been built upon the trust you place in our ability to take care of those you care the most about. Our major purpose is to provide **OUTSTANDING** legal service to everyone who comes to us in need. We would like to thank you in advanced for all your support, and the trust you place in our firm.

THANK YOU !

## How To Show Your Family That They Mean The World To You

Life is so precious and goes by so very fast. In life your family should be your main focus. It should be one of the most vital aspects of your life. If you want to connect with those who mean the world to you then it's up to you to take time out of your busy, hectic, and somewhat chaotic schedule to spend quality time with them. Here are some great ideas to show your love and gratitude to your family.

1- **Showing Sincere Gratitude** – Showing gratitude to your family will strengthen your relationship bringing a greater sense of closeness with one another (especially during these challenging times). If you don't show your appreciation for the little things your family does for you, they'll never feel loved. So if you want to communicate that you love them, you often have to "do" something (even if it's something little). Take some action now like buying a card, some flowers, leave a post-it note with a small message that says "I'm Thinking Of You, and I'm Grateful For Everything You Do."

(Continues on page 5)

David N. Rechenberg recently settled a worker's compensation case for \$100,000.00, against an insurance company who settled toe case on the eve of trial. If you were injured at work, call today to schedule an appointment to discuss your case!

## Money Saving Tips For Back-to-School

In order to help your family save big time money and staying sane here are six stress-free Back-to-School shopping tips.

1. **Set A Budget.** Overspending is often the result of poor planning. If you start shopping without an itemized budget, you'll most likely move from store-to-store spinning your wheels spending more than you realize.

2. **Separate "Needs" From "Wants."** Parents must help children prioritize and distinguish between items they NEED (as in, "My teacher requires me to have a graphing calculator for Algebra.") and items they WANT (as in, "All my friends are getting \$150 Air Jordan's, why can't I?").

3. **Have Kids Kick In For Shopping Expenses.** Parents, it's OK to require your kids to pay for a portion of their Back-to-School supplies. Studies have shown that kids feel more satisfied with purchases when they use their own money.

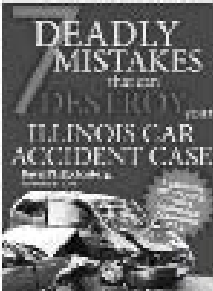
4. **Take Stock Of What You Already Have From Last Year.** It's essential to review the items you presently have from the previous school year that can be re-used (Note: most families don't do this!). Don't waste money buying things you already own.

5. **Don't Do It All In One Day.** Families are often inclined to tackle all Back-to-School shopping in one long blow-out day. Why? Cramming everything into one afternoon is often stressful, hectic, and inefficient. Instead, parents should start early breaking up their shopping into separate outings.

6. **Use Online Resources.** The Internet offers a wealth of shopping tools and money-saving coupons, such as: **SaneShopping.com**, a free online service that allows parents to describe exactly what their children want ("Cheap Hannah Montana school supplies").

Everyday people scour various websites to compare prices and find the best deals.

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## Five Secrets For Improving Your Mental Clarity

One simple exercise you can practice very simply is to write with the opposite of your dominant hand.

**Step 4: Maintain Healthy Blood Sugar Levels.** Just like gasoline fuels a car, blood sugar fuels your brain. You can help your body maintain healthy blood glucose levels by consuming well-balanced, low-sugar, and portion-controlled meals every four to five hours throughout the day. Additionally, consuming small carbohydrate snacks between meals, such as sliced fruits and vegetables, will help fuel your brain.

**Step 5: Give Your Brain Key Nutrients.** When it comes to your brain, not all food is created equal. Your brain requires special nutrition to perform optimally. Because your brain is mostly composed of fat, it is important to include healthy fats, such as polyunsaturated and omega-3 fats in your diet. Avoid saturated, trans, and hydrogenated fats that may actually have a negative impact on your mental clarity.

Many vitamins and minerals, such as C, E, and the B vitamins, magnesium, and zinc, are essential for brain function. These vitamins and minerals play an integral role in brain and nervous system functions, energy production, immune system function, organ health, and cell protection.

Supplements designed to support mental clarity may include ingredients that are researched to improve aspects of cognitive abilities. These nutrients are an easy way to provide your brain with the fuel and building blocks required to maximize your mental clarity.

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

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

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A part of our commitment to better serving you through our newsletter program **Franks & Rechenberg, P.C.** would like to send 12 FREE issues of **TidBits for Today®** to a family member, co-worker, or close personal friend of yours.

Your family member or friend will receive a welcome letter letting them know that you gave them a free subscription. Plus, they can cancel any time they want.

To give a loved one a free subscription please call our office at (847) 854-7700 and ask to speak to **Marlo**

### Movie Trivia Questions and Answers

Who saw his Mazurkas described by a Berlin critic in 1833 as "repugnant" and "tortuous"?

**A: Fredric Chopin.**

How many former Beatles had chart-topping singles from 1973 to 1974? **A: Four.**

What role in The Godfather did Robert De Niro test for? **A: Sonny Corleone.**

What 1989 movie has Dan Aykroyd note: "Cars don't misbehave"? **A: Driving Miss Daisy.**

What director earned a Bronze Star and a Purple Heart during his tour of duty in Vietnam? **A: Oliver Stone.**

What NBC sitcom once saw two if its neurotics try to pitch NBC on a sitcom about nothing? **A: Seinfeld.**

What three Godfather cast members were all up for the Best Supporting Actor Oscar? **A: James Caan, Robert Duvall, AL Pacino.**

Who's the adopted son of Vito Corleone? **A: Tom Hagen.**

What Saturday Night Live cast member left in 1994 after being in a record 153 shows? **A: Phil Hartman.**

## Improve Your Credit Score

Generally speaking, a credit score measures the likelihood you'll repay what you owe, and it is based on information in your credit report. The rewards of raising your score speak directly to your wallet: You'll qualify for more loans and be offered better interest rates. The following are five steps you can take to boost your creditworthiness.

**Step 1 - Correct blatant mistakes.** Your credit score is only as good as what shows up in your credit report. Review your reports from all three credit bureaus for accuracy once a year as well as several months before applying for a loan. Changing a mistake on your report - such as a payment that is wrongly labeled as late -- can take 30 days to three months, sometimes longer.

**Step 2 - Pay your bills on time.** This is always a good practice, and it's especially critical that you make prompt payments close to the time you need a loan. That's because a late or missed payment in the last few months is likely to lower your score much more than an isolated late payment five years ago.

**Step 3 - Reduce your credit card balances.** A heavily weighted factor in your FICO score is how much money you owe on your credit cards relative to your total credit limit. Generally, it's good to keep your balances at or below 25 percent of your credit card limit, said Jeanne Kelly, founder of The Kelly Group in Brookfield, Conn., which helps clients improve their credit scores.

**Step 4 - Pay off debt rather than moving it around.** Since the ratio of your credit card balance to your credit limit is key, closing out an account and transferring the balance simply means you increase that ratio, which is likely to lower your score.

In other words, say you owe a total of \$2,000 on four credit cards, each of which has a \$2,000 limit. Your total credit limit is \$8,000, of which your total balance (\$2,000) accounts for 25 percent.

*(Continues on page 5)*

Involved in an automobile accident and the Insurance Adjuster is asking to take your recorded statement and requesting you to sign an authorization? Find out what to do by ordering our free Audio CD and learn the 7 questions you must ask the Claims Adjuster when he calls demanding answers from you. Call today **(847) 854-7700.**

## Lemonade Layer Cake

**Preparation** Preheat oven to 350°.

To prepare **cake**, place first 5 ingredients in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Add eggs and egg whites, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, salt, and baking soda; stir well with a whisk. Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; beat well after each addition.

Pour batter into 2 (9-inch) round cake pans coated with cooking spray; sharply tap pans once on counter to remove air bubbles. Bake at 350° for 20 minutes or until wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack.

To prepare **frosting**, place 2 tablespoons butter and the next 4 ingredients (2 tablespoons butter through cream cheese) in a large bowl; beat with a mixer at high speed until fluffy. Add powdered sugar, and beat at low speed just until blended (do not over beat). Chill 1 hour. Place 1 cake layer on a plate; spread with 1/2 cup frosting. Top with remaining cake layer. Spread remaining frosting over top and sides of cake. Store cake loosely covered in the refrigerator. Makes 16 servings (serving size: 1 slice)

### Ingredients

#### CAKE:

- 1 1/3 cups granulated sugar
- 6 tablespoons butter, softened
- 1 tablespoon grated lemon rind
- 3 tablespoons thawed lemonade concentrate
- 2 teaspoons vanilla extract
- 2 large eggs
- 2 large egg whites
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 1/4 cups fat-free buttermilk
- Cooking spray

#### FROSTING:

- 2 tablespoons butter, softened
- 2 teaspoons grated lemon rind
- 2 teaspoons thawed lemonade concentrate
- 1/2 teaspoon vanilla extract
- 8 ounces 1/3-less-fat cream cheese
- 3 1/2 cups powdered sugar

## Inspirational Thoughts For August *Positive Thinking For Every Day!*

"There is one quality which one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it."

- Napoleon Hill

"There are two ways to live: you can live as if nothing is a miracle; you can live as if everything is a miracle."

- Albert Einstein

"It is hard to fail, but it is worse never to have tried to succeed." – Theodore Roosevelt

"Difficulties mastered are opportunities won."

- Winston Churchill

"The few who do are the envy of the many who only watch."

- Jim Rohn

## Now You Can Help A Child Who Stutters

Stuttering and stammering are speech impediments that a lot of children have. To the average person, they wouldn't assume that living with this problem is that difficult, but it is. If your child suffers from stuttering, then you know how hard life can be.

If you have ever been in a situation such as a job interview or a date and your stuttering becomes an issue, it is a moment you never forget because you are so embarrassed.

If your child suffers from an extreme case of stuttering and stammering then there are some things you can do to help. Some tips on how to stop stuttering and stammering include speaking in front of a mirror. If you can get some practice time speaking in front of a mirror, you will be able to get a feel for how the words are supposed to roll off of your tongue.

Another tip on how to stop stuttering is to take a class such as yoga. Yoga will help to put your nerves at ease so you will be able to talk with confidence and composure. If you are able to control your nerves, then you will be able to control the pace that you speak at. Then you will be able to impress anyone with your speaking skills and how you speak with ease.

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

## Tips For A Healthy Marriage

How to build a healthy marriage while avoiding divorce court, here are a few tips that will help you and your spouse on your quest towards a great marriage:

1. **Show Some Gratitude-** If you want to make a big difference in your relationship then make sure that you show and tell your spouse that you appreciate everything they do for you, even the small things.
2. **Communication Is The Key-** It's critical that you keep the lines of communication open with your spouse. Talk to them daily to discuss family matters and things that are important to you.
3. **Encourage Your Spouse-** Say words that inspire, lift up, and encourage your spouse. When they do something great, let them know that they did a great job! This will only strengthen your relationship keeping your partner happy.
4. **Be Creative-** Don't be afraid to try new things in your marriage by adding some spice to it. Go someplace new (even if it's to a new park or restaurant), try a long walk on the beach holding hands like you did when you first started dating, try a new perfume/cologne to entice your spouse. Remember this is YOUR life partner and you are entitled to have a fun time with them.
5. **Have A Regular Date Night** - Can you remember "back in the day" when dating your spouse was a blast and time would fly? I know you both took long drives, went to the beach, baseball games, basketball games, movies, etc. You did things that were fun and enjoyable for both of you. So why do you think that you can't still have fun because you've been married for five years? It's time to go back to dating and having quality date nights with each other rebuilding your relationship.
6. **Become A Good Listener-** Don't be too busy to be a listener when your spouse needs to talk. There are times when your spouse just wants someone to listen to them. You did talk all night when you were dating right?

## 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!**

## Improve Your Credit Score Continued

If you transfer all your balances to two cards and cancel the other two, your total credit limit is reduced to \$4,000, and your \$2,000 balance now accounts for 50 percent of that limit.

**Step 5 - Don't close unused credit card accounts near loan time.** If you have several credit card accounts but are only using a few of them, you'll only raise your balance-to-limit ratio if you close the unused ones. You also shouldn't open new accounts when applying for a loan if possible.

If you have a short credit history or very few accounts, opening a new credit line may lower your score since you don't have a proven track record, said Jan Davis, an executive vice president at TransUnion. What's more, a new account will lower the average age of your accounts, another factor in your FICO score.

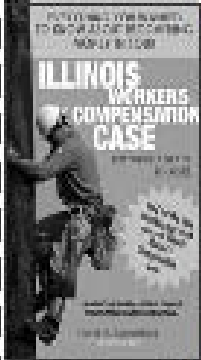
## The Power of Positive Thinking

Have you ever considered just how powerful your mind really is? Inspiration and positive uplifting thoughts are huge tools in attaining goals, getting over an illness and being a well balanced person. People who spend all day whining and complaining about everything are simply not fun people to be around and they generally feel miserable.

It's incredible the amount of influence just our thoughts can have on the way we view the world. If you want to be a positive, happy person, learn how to look for the good in everything and keep those positive thoughts flowing! Everyone is in control of their own thoughts and therefore how they feel.

It's really up to you to take control of how you feel based on the thoughts that you focus on each day. So do you want a life of everything being harder than it really needs to be or a life where even some of the most difficult tasks are manageable because you tell yourself that you really can do it? Some pessimists are under the impression that optimistic people are out of touch with "reality," that they lie to themselves to make things seem better. This is exactly the way pessimistic people are, not accepting of other people's ideas to stay happy.

*(Continues on page 7)*



**Injured on the Job?**  
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"Everything You Wanted to Know About Recovering Money in Your Illinois Worker's Compensation Case"  
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Written by Attorney David N. Rechenberg, or  
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### **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 you. We just couldn't do it without you.

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## How To Show Your Family That They Mean The World To You

2- **Text Messaging** is another great way to show your feelings of love and gratitude to the ones you care for the most. In today's somewhat chaotic life, people fail to have much time to communicate. Everyone is so busy that it's hard to get together with family. In such time, text messaging is a great idea for human beings to keep in touch. Now everyone can easily stay connected with their family by sending them their deepest sentiments of Love through text messages.

3- **Inspirational Family Quotes** – Many great people around the world have quoted various quotations about family on the basis of their knowledge and experiences in life. From inspiring us to make us laugh and to show our love to our near and dear ones these inspiring quotations are very popular all around the globe. There are plenty of websites now available on the internet that provides thousands of great Family Quotes.

4- **Eat Dinner Together** – Which is my all time favorite! I've heard that a family that "eats together stays together." Eating meals together is a great opportunity for everyone to connect at a more meaningful and deeper level. It's an opportunity for everyone to share their views, ideas and suggestions. It's precious time to connect, relax, laugh, discuss family issues, and express sincere appreciation and love for one another.

5- **Give Flowers** – Flowers are one of one of the best gifts of nature to human beings. You can send flowers to your spouse, sister, brothers and your parents without reason. Everyone loves the fragrance and poetry of fresh flowers. It's a great way to express feelings. So send a bunch of fresh flowers to your near and dear ones then tell them how special they are to you.

6- **Say Your Prayers** – Before you tuck your kids to sleep at night get into the habit of praying with them. By praying with them you'll demonstrate your faith in God to watch over your family, friends and loved ones. Commit today that you're going to make some time available from your hectic schedule to let your family know what they really mean to you and that you love them a lot. - - Thank you so very much, your friend and attorneys, **David B. Franks & David N. Rechenberg**

Do you have a friend who was injured in a car crash, hurt at a construction site, or hurt as a result of a defective product, and they are wondering how to hire a personal injury attorney, and what questions to ask? Give that

friend great advice. Ask them to order the FREE audio CD “How to Choose an Illinois Personal Injury Attorney” by calling **(847) 854-7700**. You can also order one for yourself to hand out to family and friends.

## Famous People With Dyslexia

Soon school children of all ages will return back to school so if your child is diagnosed with dyslexia please let me give you a word of encouragement to better help you understand this condition. Dyslexia is a learning disability. There is difficulty faced with the written language especially reading and writing.

A dyslexic learns at his own level and pace. There are problems faced in concentration, perception, abstract reasoning, verbal skills, memory, poor grades, and low self esteem.

However, with accurate diagnosis and help, a dyslexic person can live a rewarding life and enjoy a good career as we see in the celebrities listed below.

**Whoopi Goldberg** is a great entertainer and has acted in top movies. She faced a lot of trouble in school and was called dumb due to reading difficulties.

The problem was not well defined then. It was only when she was an adult did she know what she was suffering from. Despite having dyslexia, she had a very rewarding film and television career.

Even though **Thomas A. Edison** was more than an intellectual giant, and great inventor of the industrial age, although it was not realized in school due to difficulty he faced with words and speech.

He was undeterred and hard work and perseverance helped. He kept abreast on electrical science and contributed new ideas in telegraph design to journals. He focused on the development of fruitful tools which have laid the foundation for our modern society.

**Tom Cruise** is also known to suffer from dyslexia like his mother. He is right handed when writing, but is left handed for other things. He was not an academic success in school and focused on sports. With his mother's encouragement and support, he pursued a career in acting. He is the highest paid actor today.

## 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 Luis Sanchez

We're treating Luis Sanchez and his girlfriend to the movies!

## The Power of Positive Thinking

They focus on gloom and doom for themselves and don't want you to figure out how they can turn things around. But you can. If you find yourself thinking negatively, see if you can flip it around to something more optimistic. The reality is it could always be worse! Surround yourself with happy, uplifting, positive people that make you laugh.

In turn they'll start to help you feel better about yourself. Learn from their cheerful uplifting attitudes then do what they do to stay uplifted. Discover how to connect with and appreciate what you already have in life that's good. There are countless blessings in everyone's life that are overlooked. As you wake up each morning, start it with a positive attitude, simply by saying, "Thank YOU!"

These are all basic ideas to positive thinking. To start seeing a difference in your life, you must be willing to be dedicated to the idea. Once you find that dedication, you'll never want to go back.

## Mission Statement

It is the mission of Franks & Rechenberg, P.C. to continuously earn our reputation as a pre-eminent local law firm by always providing our clients with responsive, zealous, cost-effective and highly competent legal service and representation, in a professional, courteous and respectful manner.

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The *Answers* To These And Many Other  
Questions Are Inside The August 2009 Issue!