

TidBits for Today

Three Back To School Tid-Bits To Help You Avoid Mayhem...

As summer draws to a close many moms and dads are ready to send their kids BACK TO SCHOOL! Yet they dread all the school supplies and papers that usually flood the living room as soon as school is in session.

However, there are a few ways moms and dads can prepare the home for back-to-school. For example, as an activity to do before school starts, children can create decorative shelving on which to put their books and papers.

Also, parents might choose to invest in a kid's locker where their child can put all their school supplies. This is a great idea!

Below is a list of ways parents can easily and quickly organize their home so it doesn't become a war zone of clutter with children's school items. Before you know it your kids will be back to school. So, I want to give you some great ways to stop the mayhem! Turn to the next page...

(Continues on page 2)

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 friends and loved ones. 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 advance for all your support and the trust you place in our firm.

Thank YOU - **Franks & Rechenberg, P.C.**

Ladies: The Only Kind of Exercise That Keeps You Looking Youthful ...

Who else wants to look ten years younger? It's really not that hard to do! It just doesn't make any sense. Why should you spend all that money on clothes, shoes, makeup, hair and nails to look great when you don't have to. Using this one crucial step can make any woman look at least 10 years younger!

Muscle tissue loss is the number one bio-marker of the aging process and it will age the human body quicker than any other factor. Yet so many women ignore this all together pouring money into things that'll never help slow down the aging process.

You cannot look young, at your best, and in your prime without strong toned muscles. That's just not possible. You are more likely to be in control of your body-weight and body composition (muscle/fat ratio) when your muscles are tight, toned and strong.

You are less likely to become overweight which will also add years to the way you look and feel. When you're strong you have youthful, vibrant energy and feel self confident. Your sleep also improves so you are more rested and focused during the day.

(Continues on page 4)

Insurance Companies HATE THIS BOOK!

SECRETS REVEALED: **FREE BOOK**

"7 Deadly Mistakes That Can Destroy Your Illinois Car Accident Case"

At last useful information for person injury claimants

Call and Order this **Free** Book to Learn
The Dirty Little Tricks Insurance Companies Pull

Call **847-854-7700** and request this free book
Written by Attorney David N. Rechenberg, or
Visit the law offices of **FRANKS & RECHENBERG, P.C.**
at www.FnRlaw.com

Book not available free for attorneys or insurance company employees.
It may be ordered for \$16.95 plus shipping at www.amazon.com.



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**.

Three Back To School Tid-Bits To Help You Avoid Mayhem...(Continued)

1. **Purchase storage bins for children to put their school papers and school activities.** This helps keep the papers from getting all over the house when there is one centralized location for everything. This will also decrease the risk of losing important information, projects, or papers. Some parents may even go so far as to get more than one bin per child and label them according to what items should be placed in which bins.

2. **A large calendar is a must-have for organization.** Most parents prefer to put this on the refrigerator and mark important due dates for projects, papers, and any extra-curricular activity events on it as well. Some people use dry-erase boards, which usually work just as well as a calendar. It's important for both parents and their children to know when things at school are due, so their grades don't suffer.

3. **Investing in some kind of extra hooks or hangers for backpacks will also reduce school clutter.**

Parents can easily store backpacks in a closet, on a hook or hanger to avoid contents spilling everywhere. This is also a great way to make sure no one trips over a backpack that may be left on the floor.

Hanging the backpacks also means that children will be less likely to lose the contents of their backpacks around the house or forget their backpack at home.

Parents, I just want you to know that it's your job to help your child to stay organized when it comes to their school items. Children can very easily lose things when there is a little to no organization in the home, which can lead to low performance at school.

Also, disorganization can lead to stress between the parents and children when items are lost or due dates are missed because no one knew when an assignment was supposed to be turned in to the teacher.

Good organization skills can relieve some of the stress that occurs when the children are in school. This will allow them to have better overall performance in the classroom. It's up to you to decide what type of organization works best. Make sure to pass along this newsletter to someone who has kids!

- The End

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.

www.FnRlaw.com

Blown Away By Stress, and Overwhelm? Here's 7 Incredible Stress Busting Tid-Bits...

Let me ask you, are you stressed-out? Overwhelmed, or just overloaded at work? The problem with all the added stress in your life makes you feel totally out-of-control. This can destroy your effectiveness to be productive. Even your self-esteem will suffer.

Sure we get things done but at such a high cost to our quality of life. Emotionally we feel burnt out. A proverb from the Dominican Republic says, "**It's not the load but the overload that kills.**"

Some people become so overwhelmed that they're forced to give up their jobs. Others choose to take a calmer and healthier approach. In reality, you shouldn't have to choose between your health and your career.

It's a question of getting the right perspective on your life then work towards finding inner peace and balance. Here are some stress busting tips to help restore balance back to your life:

1. Set New Goals: Without goals we drift aimlessly through life. When your goals are clear they act as a filter. Anything that is not relevant to your goals you can simply blow-off and ignore completely.

This also means that the goals you set must be holistic, balanced and in harmony with each other. They must encompass every area of your life. For example you don't build a business and sacrifice your health.

(Continues on page 3)

Know a friend who was arrested for DUI? Offer them great advice!

Tell them to call David Franks at (847) 854-7700 NOW!

Learn about the Monitoring Device Drivers Permit (MDDP).

"The New Do's and Don'ts For Your Sound Health Starts Here!"

Give The Gift Of Good Health & Longevity Today!

A part of my commitment to better serving you through my newsletter, 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. Call my office at (847) 854-7700 and ask to speak with Marlo or Cheryl to give a loved one a free copy!

Fun Movie Trivia

What movie's cast included 124 midgets?

A: The 1939 version of The Wizard of Oz starring Judy Garland. The midgets played Munchkins.

Who replaced Dorothy Lamour as the female lead in the last of the seven Bing Crosby-Bob Hope "Road" movies?

A: Joan Collins.

What famous American movie star's ashes are in an urn that also contains a small old whistle?

A: Humphrey Bogart.

What film star represented Scotland in the 1952 Mr. Universe contest?

A: Sean Connery.

How much was Marlon Brando paid for his brief appearance as Jor-el in the movie "Superman"?

A: He received a reported \$3.7 million.

What was Boris Karloff's real name?

A: William Henry Pratt.

- The End

Blown Away By Stress, and Overwhelm? 7 Incredible Stress Busting Tid-Bits...

(Continued)

2. Eliminate: Get rid of the clutter. For instance don't let newspapers; magazines, letters, etc. accumulate. Make it a habit to get rid of things that no longer serve a useful purpose in your life. Aim to keep at least a section of your desk clear at all times. Clutter will severely inhibit your creativity as well as your productivity.

3. Turn it Off: Learn how to get centered by turning off the outer world to become more switched on. Get comfortable with turning off your e-mail, Blackberry, cell phone, etc. for hours at a time.

You don't need to be a constant conduit for information. Periodically, closing your personal information highway will free more of your time for focused work and play as well as provide the time you need to recharge your mind and body.

4. Learn How to Say "No": There are probably many things that you do on a day-to-day basis that perhaps you don't need to do because you are not the best person for the job. Find that person and delegate that particular task to them.

Also, don't say "yes" to other people's requests when you know that it's not in your best interest simply because you can't pluck up the courage to say "NO".

5. Plan: Take time the night before to plan your day-to-day activities, as well as the various projects that you are involved with.

Plans are not rigidly set in stone. They need to be flexible because when you set about planning you want to predict where any problems might arise.

Then you make contingency plans for each of these problems. In this way, if something does go wrong, you will be prepared and can smoothly make the transition to an alternative plan.

Hey, I've got two more ideas to help turn your stress into success...so keep reading.

(Continues on page 5)

Do you have a friend who was injured in a car crash, hurt at a construction site, or 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**.

<<Franks & Rechenberg, P.C. >>
Eat Healthy Tonight "Quick-n-Easy" In
Under 20 Minutes...Guaranteed!!!

Haricots Verts and Grape Tomato Salad with Crème Fraîche Dressing

Haricots verts are tender, young French green beans. If not labeled as such in your market, look for slim, petite green beans. Crème fraîche adds a nutty flavor and rich texture to the dressing; look for it near the gourmet cheeses in your supermarket. Substitute whole sour cream, if you prefer.

Yield: 6 servings (serving size: about 3/4 cup salad and 1/2 teaspoon nuts)

Ingredients:

1 pound haricots verts, trimmed
1/4 cup finely chopped fresh basil
2 tablespoons minced shallots
2 tablespoons fresh lemon juice
2 tablespoons crème fraîche
1 tablespoon honey
1/2 teaspoon salt
1 pint grape or cherry tomatoes, halved
1 tablespoon pine nuts, toasted

Preparation:

Cook haricots verts in boiling water 2 minutes or until crisp-tender. Drain and rinse with cold water; drain. Combine basil and next 5 ingredients (through salt) in a large bowl, stirring with a whisk. Add haricots verts and tomatoes; toss gently to coat. Divide mixture evenly among 6 plates; sprinkle with nuts.

Nutritional Information:

Calories: 74 (34% from fat)
Fat: 2.8g (sat 1.1g,mono 0.8g,poly 0.6g)
Protein: 1.7g
Carbohydrate: 11.4g
Fiber: 3.5g
Cholesterol: 7mg
Iron: 0.7mg
Sodium: 203mg
Calcium: 47mg

"Positive Thoughts That Lead To Success (Just Try Them)!"

"Anger dwells only in the bosom of
fools."
~**Albert Einstein**

" Don't let the fear of the time it will take
to accomplish something stand in the
way of your doing it. The time will
pass anyway; we might just as well put
that passing time to the best possible
use."
~**Earl Nightingale**

" In every adversity there lies the seed
of an equivalent advantage. In every
defeat is a lesson showing you how to
win the victory next time."
~**Robert Collier**

The Only Type of Exercise That Keeps Women Youthful ... (Continued)

Not only will you live longer but you can live better too. Increasing your strength means you can fly through your chores. While having enough energy left over so you can enjoy fun leisure activities.

As many as 8 out of 10 women do not do enough muscle building activities. Yet they're ready to spend a small fortune on themselves in ways that'll do nothing to keep them truly youthful. Being a couch potato is not going to help you stay young looking. Yet women over 40 spend an estimated 80 percent of their time seated.

Ladies, our bodies were made to be active. Very active! When we use our muscles to do the 'work' they were designed for it stimulates the release of 'growth hormones.' This replaces old worn out cells and tissues with younger, stronger and healthier ones. That is the power of muscle tissue in relation to the aging process.

When you add proper exercise into your day to day life you're dipping into the Fountain of Youth in every way. Even mentally and emotionally we have much to gain from it. It reduces feelings of anxiety and depression, while giving you a sense of well-being and self-confidence. Keep reading to find out more...

(Continues on page 6)

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

Simple Tips For Stopping The Silent Killer "Heart Disease"!

Yes, I know I'm an attorney. I'm not a doctor. However, I care about you, your family and your health. You already know how dangerous coronary heart disease is. Some call it the "silent killer."

I'm here to give you some simple tips to help you prevent this deadly disease from ever happening to you. Please follow these tips:

1) Think before you eat: Avoid foods that contain way too much fat. To avoid the foods that contain fat, you can process the foods by boiling them or baking them. Choose low fat foods or non-fat foods. Choose milk, cheese, butter, or other foods that contain low fat.

You should also avoid food that contains high sugar, such as soft drinks. Don't consume simple sugars too often because in your body, this substance will be changed over to fat. On the contrary, you should consume oat or wheat that can help maintain a healthy heart.

Don't over eat. People who have waist circumference more than 80 centimeters have the biggest risk of getting heart disease.

2) Stop smoking: The smoke of cigarettes is not good for your health. Thus, stop smoking as a habit to maintain the health of your heart.

3) Avoid all the stress you can: Just make up your mind not to get involved with stress! Yes, I know stress is difficult to avoid all together. This is especially true if you live in a big city.

When you are stressed, your body will produce hormones that can cause your blood vessels to get rigid. In this case, nor-epinephrine will be produced, so your blood pressure will increase. Therefore, it's very good for you to avoid stress in and out of the office and home.

4) Avoid hypertension: High blood pressure can also lead to heart disease. Hypertension can injure artery walls, so cholesterol can enter artery vessels that increase the fat accumulation.

(Continues on page 7)

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!**

7 Incredible Stress Busting Tid-Bits...

(Continued)

6. Focus: Decide what is really critical and urgent. Then focus on these tasks first and foremost. Set aside dedicated blocks of time to focus on just one task at a time. Multi-tasking has been proven to be inefficient.

If something relates to a bigger project then break that project down into bite-sized chunks that can be completed within short timescales. In this way, whenever you work on that project you will make considerable forward momentum.

7. Ask for H-E-L-P: Don't be afraid to ask for help. Too many people suffer in silence. "Asking for help is a way of emptying our overfull life."

If you are an employee make sure to speak to your boss to explore possible ways of restructuring your workload. If you're the boss then look at introducing new systems and ways of automating aspects of your work to take the pressure off your shoulders. That way you'll become more productive. I know these tips will pay off.

- The End

The Only Type of Exercise That Keeps Women Youthful ... (Continued)

Now you can see there is no better way for you to invest your time or money if you wish to remain youthful physically, mentally and emotionally. No amount of amazing looking clothes can ever hide an out of shape flabby body.

If you're new to strength training get some help from a fitness professional. Hire a personal trainer to set up and monitor your program properly so you can get the very best results. In just a few short weeks you'll notice a huge difference in the way you look and the way you feel. You'll wonder why you waited so long to get started. I know this will help.

- The End

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, Construction Injuries, DUI Defense or Criminal Defense** please feel FREE to call us at (847) 854-7700. We have 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!

My Top 10 Tips For Helping Recent College Grads Get Started In Life...

- 1. Get a job:** It seems like this one doesn't need any explanation (unless you're headed for grad school). Landing a job should be your #1 priority at this point. It may be not your exact dream job. However, the most important thing is that you have a steady income flowing in while developing real world experience.
- 2. Find a place to live:** By the time you graduate from college you might have found the ideal place to call home at a reasonable price. You should find a comfortable inexpensive location near your job, near shopping locations such as grocery stores, malls, etc. This one "tid-bit" of advice will make your life a whole lot easier.
- 3. Get a car:** If you don't already have a car you must have one to work, unless you live in a city with great public transportation. The kind of car you get depends on the kind of job you land (or family assistance). If you just got a job that pays \$2,500.00 a month, you can't afford a \$550.00 monthly car payment. What if you lose your job? It might take you months to find another one.
- 4. Get health insurance:** Talk to your school and see if you can get any special discounts as alumni of that school. If not go online and start shopping around for good health insurance. See if your parents can keep you on their health insurance until you turn 25. You are in a new world now and getting hurt in a big way is very easy.
- 5. Set up your new email address, and change home address with post office:** Sadly, it's time to stop using that.edu address as your main one. Most schools will allow you to use it for periods of a year or longer, but you don't want to communicate with the adult world with your school address. Google and Yahoo offer great FREE email services.
- 6. Set up a checking/savings account with automatic student loan withdrawals:** If you do not have a checking account yet it's time to open both a checking and a savings account. You are now grown up and you need a place to deposit your work checks.

(Continues on page 7)



Injured on the Job?
Order this **FREE BOOK**
"Everything You Wanted to Know About Recovering Money in Your Illinois Worker's Compensation Case"
Call and Order this Free Book to Learn The Nine Mistakes that Could Ruin Your Illinois Worker's Compensation Case
Call **847-854-7700** and request this FREE book
Written by Attorney David N. Rechenberg, or
Visit the web site of **FRANKS & RECHENBERG, P.C.** at **www.FnRlaw.com**
Book not available free for attorneys or insurance company employees.
It may be ordered for \$16.95 plus shipping at www.amazon.com

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!!

www.IllinoisWorkInjuryLawyer.com

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 Charles Walker. We're treating Charles and his wife to the movies!

WWW.FnRlaw.com

Simple Tips For Stopping The Silent Killer (Heart Disease)...(Continued)

5) **Avoid obesity at all cost:** Obesity can lead to diabetes. Let's say you're 20 to 30 pounds overweight.

If you drop just 10 pounds it can significantly help you avoid getting diabetes. Diabetes greatly increases your risk of heart disease.

6) **Workout regularly:** Remember to check with your family doctor first. You can take mild walks, go on a bike ride, walk fast, or even jog depending on your fitness level.

These kinds of activities can strengthen your heart and help the blood circulate to your entire body.

7) **Take antioxidants:** Air pollution, car exhaust, and cigarette smoke are not good for the health of our body. Those things can produce free radicals that lead to blockages in our blood vessels.

To discharge free radicals you should consume antioxidants. You can get antioxidants from fruits and vegetables.

8) **Be careful of your family history:** If your parents, your brother, or your sister have experienced heart attacks before they are 60 years old, you have a greater risk of heart disease.

That is why, you should be more careful in maintaining your eating habits and lifestyle choices for a healthier heart. All the best to you and to your health!
- The End

My Top 10 Tips For Helping Recent College Grads Get Started In Life... (Continued)

Make sure you don't pay for anything! There are plenty of banks dying to get your deposits. Start by shopping around for banks that are conveniently located to you and have some perks, like free checks when you sign up.

7. **Find your favorite dentist/doctor/mechanic/tax preparer:** Ok, I know these might not be at the top of your list, but if you get these done as soon as you can you'll save a ton of stress from your life.

8. **Join a gym and start working out:** Yes, I realize that you were the king of keg stands or the queen of sorority activities. However, you are now expected to work 40 hours a week. The reality is you won't be nearly as active as the stress levels jump through the roof. Joining a gym right after college will help you build sound exercise habits. Plus, it's a great way to meet new people, and business contacts.

9. **Get rid of any credit card debt and set-up a budget every month:** Oh yeah! credit cards. There is one thing you should do with them. Pay them off completely! Never use them unless you have an emergency. If you do this now, you'll escape the fate of millions of Americans that are crying themselves to sleep at night over their credit card debt.

10. **Have lots of fun:** Now that you're in the real world you are facing new possibilities, new friends, new life lessons, and definitely a new kind of fun. The framework that kept you in line in college is gone and now you will bear the fruits and pains of freedom. But if you do the heavy lifting upfront you will be able to experience life at a whole new level. Good luck with your new life and enjoy!
- The End

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

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!

FRANKS & RECHENBERG, P.C.
1301 Pyott Road, Suite 200
Lake in the Hills, Illinois 60156

TidBits for Today...!

is a FREE monthly newsletter from your friends at :

FRANKS & RECHENBERG, P.C

Attorneys at Law

1301 Pyott Road, Suite 200

Lake in the Hills, Illinois 60156

(847) 854-7700

www.FnRlaw.com,

www.IllinoisWorkInjuryLawyer.com

www.McHenryCountyDUILawyer.com

Fax: (847) 854-7848



EXTRA-EXTRA...Read All About It...

“Summer Is Coming To An End - Now What?”

Avoiding Back To School Mayhem At Home.....(Page 1)

Blown Away By Stress and Overwhelm?.....(Page 2)

How To Stop The “Silent Killer”(Page 5)

My Top 10 Tips For Helping College Grads.....(Page 6)

Plus A Whole Lot More Is Waiting For You...