

# TidBits for Today

## How To Save 50% Off (or MORE) When Buying College Textbooks...

It's that time of year again. The basic cost of attending college is already an arm and a leg without throwing in the price of textbooks. However, it is a cost which cannot be ignored, as college textbooks are essential to academic success.

Though they can easily reach a \$1,000.00 per semester, here are some tips for buying college textbooks for major savings.

Obviously, it might seem overwhelming to receive a laundry list of text books that need to be purchased for the semester. However, there are several tips for buying cheap college textbooks.

By following these simple guidelines, students can significantly slash the cost of textbooks by at least 50%. Turn to the next page to find out how...

*(Continues on page 2)*

## **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!

## 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 advanced for all your support and the trust you place in our firm.

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

## Make Your Home Look Breathtaking On Any Budget!

Everyone loves those beautiful homes they see in magazines, but who has that kind of money to duplicate the look? You can make your home look stunning without going into debt to get that unique look.

Wouldn't you love to have a home that makes everyone who enters say, "Wow, I have never seen anything like that before?" Ditch the trends everyone else uses, and start doing your own thing! Not only will your home be beautiful, you'll love living in it because it feels like home.

The key to achieving a look that is beautiful is incorporating accents and designs that suit your particular personality. A little color and a few well-placed accents can make a dramatic change in your home.

**Choose Colors First:** The first step in creating spaces that are comfortable and inviting is to decide on color. This will be the basis for everything else you do, so choose carefully. What are your favorite colors? Do you love rich hues such as burgundy and forest green, or do you prefer soft neutrals like sand, soft browns or cream?

*(Continues on page 5)*

David N. Rechenberg recently settled an auto crash injury case at mediation for \$70,000.00, after a four year long court battle with the defendant. Insurance companies will continue to delay cases, Rechenberg will continue to fight them every step of the way. Remember for Personal Injury Cases Large or small RECHENBERG handles them all!

## **Attention: Baby Boomer Women – How To Stay Young Forever!**

Female baby boomers fueled the fitness craze back in the mid 1970's with aerobics, jogging and jazzercise. Now over 40 years later those same baby boomer women are in their 50's, 60's and beyond.

For women being physically active is no longer just a choice of recreation, entertainment or fun. It's become an important non negotiable way of life in order to stay healthy, fit, and trim.

Even if you are a female baby boomer who sat out and didn't get involved in the so-called fitness craze back in the day when it started, don't worry about it. It is never too late to start a structured exercise program and reap a multitude of benefits.

As baby boomers we have always been concerned about how we look and nothing has changed. Today, we not only want to look younger, we also want to feel younger too. Feeling and looking good means everything. We have seen our elderly parents suffer and lose their independence and we want to avoid this aspect of aging all together.

To slow down the aging process as quickly as possible we must get down to a cellular level. We can defer the aging process with the right kinds of exercise. We must start with muscle building activities which are by far the best anti-aging tools the human body has to stay young.

When we work our muscles intensely with weights it stimulates 'growth hormones' that instructs cells and tissues to repair, rebuild, and renew. Old worn out cells and tissues are then replaced with younger, stronger and healthier ones.

On the other hand, if we fail to workout and get enough of these 'youth' hormones regularly into our system it gives the opposite message to the cells.

This leads to an early breakdown, decay, and degeneration of the body because strength is no longer needed. Just remember, what you don't use, you lose. I've got a lot of great tips for you on page 4 so go there now...

*(Continues on page 4)*

## ***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**

## **Save 50% Off (or MORE) When Buying College Textbooks... (Continued)**

One of the best ways to help reduce textbook costs is to go with used books. Opting to purchase a used textbook rather than a brand new one, can seriously slash the amount of money spent on books each semester.

Most college book stores offer the option of selling books back to them at the end of the semester. Then they will resell the books to students at a discounted price. Buying used books, along with selling books back to the school bookstore, can help college students save significantly.

Next, use the Internet to purchase textbooks. The Web is one of the best resources for easing the pain of high-priced textbooks. There are several sites, such as Amazon.com, that will sell textbooks, both new and used, at a lower price than most college bookstores.

When ordering online, make sure to order in advance so that the books are received in time for the start of the semester.

Contact professors regarding required readings for their classes. Some colleges offer a list of required textbooks before the start of classes. Always ask if it is necessary to have the latest edition of the book.

Old editions are a lot easier to find at a cheaper price and are as sufficient as the new versions.

*- The End*

## "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, would like to send 12 FREE issues of **Franks & Rechenberg, P.C.'s**

**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 starring role did film stars Robert Redford, Steve McQueen, and Paul Newman all turn down, despite a contract offer of \$4 million? **A: Superman. Christopher Reeve took the part-- for \$250,000.**

Name the three boxers Sylvester Stallone faced in the climactic scenes of his four Rocky movies?  
**A: Apollo Creed (Carl Weathers) in Rocky and Rocky II; Clubber Lang (Mr. T) in Rocky III; and Drago (Dolph Ludgren) in Rocky IV.**

What two film classics did Victor Fleming direct in 1939? **A: Gone With the Wind and The Wizard of Oz.**

How much does the 13-1/2-inch-tall Academy Award Oscar weigh? **A: The statuette weighs eight and a half pounds.**

In the 1968 film 2001: A Space Odyssey, what song did HAL, the computer, learn to sing? **A: "A Bicycle Built For Two".**

*- The End*

## Parenting Tips for Children Who Have ADHD...

So your child was diagnosed with ADHD. Now what? Parenting a child who has ADHD can be downright frustrating. The daily battles to do homework, get out of bed in the morning, and everything else in-between is a daily frustration.

Well, I've got some good-news for you! You are NOT alone. Here are five simple strategies that you can instantly use today that will make a dramatic difference in how you see your child.

1. The right mindset is everything!
2. Getting an ADHD diagnosis from a competent professional is important, but unfortunately, many will not help you focus on just how important having a positive outlook and mindset can be. You must remember that your child can become very successful. They're not broken. Overcoming this obstacle while remaining positive is critical for turning this setback into a stepping stone of success. I want you to focus on the solutions, rather than the problem.
3. ADHD is a diagnosis based on weaknesses, because too many people want your child to change. This will almost guarantee continued struggle and frustration in and out of the classroom. Instead, focus on identifying specific solutions and not getting stuck on the problem or the cause of the problem. You need to understand your child's developmental age.
4. Never compare your child to what he or she should be able to do. Instead, focus on what your child can do at this moment. Every child develops mentally, physically, emotionally, and intellectually at different rates.

Chronological age and developmental age are two different ways of understanding what a child is capable of achieving. I want you to become proactive, rather than reactive when dealing with ADHD.

*(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** to get your free CD today!

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## Quick Taco Salad

Yield: 4 servings

### Ingredients

12 ounces ground round  
2 cups chopped yellow, red, or green bell pepper  
2 cups bottled salsa  
1/4 cup chopped fresh cilantro  
4 cups coarsely chopped romaine lettuce  
2 cups chopped plum tomato  
1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese  
1 cup crumbled baked tortilla chips (about 12 chips)  
1/4 cup chopped green onions

### Preparation

Cook beef and bell pepper in a large nonstick skillet over medium-high heat until beef is browned; stir to crumble.

Add salsa; bring to a boil. Stir in cilantro; keep warm. Place 1 cup lettuce on each of 4 plates; top with 1 cup meat mixture. Sprinkle each serving with 1/2 cup tomato, 1/4 cup cheese, 1/4 cup chips, and 1 tablespoon onions.

### Nutritional Information

Calories: 332 (30% from fat)  
Fat: 11.1g (sat 4.8g, mono 3.5g, poly 0.9g)  
Protein: 32g  
Carbohydrate: 28.5g  
Fiber: 6.3g  
Cholesterol: 68mg  
Iron: 5.6mg  
Sodium: 908mg  
Calcium: 348mg

- The End

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

"Our intention creates our reality."  
~Wayne Dyer

"There are no big problems, there are just a lot of little problems."  
~Henry Ford

"Everything begins with an idea."  
~Earl Nightingale

"If you don't make things happen then things will happen to you."  
~Robert Collier

### Attention: Baby Boomer Women – How To Stay Young Forever ... (Continued)

If baby boomers want to avoid the same fate while enjoying a better model of aging than their parents they need to take personal responsibility for their own health, longevity, and well-being. It is not enough just to drift along until something goes wrong then expect a doctor to fix it with a pill. Once the human body has arrived at a broken state no doctor, drug or surgery can bring it back to vital health.

Yet this risk is being taken by millions of baby boomers right now. Too many are overweight because of a sedentary lifestyle. Only 8 out of 10 participate in proper exercise on a regular basis. This means that the exercise program must be made up of strength training exercises as the loss of strength is the greatest threat to an aging adult.

Baby boomer women can change that by getting themselves started on a proper strength building exercise program so they don't become weaker with each passing decade. Obviously, you can remain vital, young, and strong so that your health span matches your life span.

Here's some good news, you can give yourself a second wind in life and become stronger than maybe you were at any other stage of your life. Use your positive baby boomer attitude to propel you into a more 'youthful' and 'dynamic' last third of your life.

- The End

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). [www.McHenryCountyDUILawyer.com](http://www.McHenryCountyDUILawyer.com)

## Make Your Home Look Breathtaking On Any Budget! ... *(Continued)*

Basically, you want to choose three colors to use in decorating a room. One color will be dominant over the others, and the other two blend softly to add depth and substance to the room. You may want to use burgundy as a dominant color, with subtle accents of cream and copper. Make this decision before you go any further.

**Furnishings:** There are a wide variety of furniture styles available today. Many times, our first instincts are truly what we like. When you think of furniture, what strikes your mind first as far as attractiveness? You may like bulky, large furniture, the sleek look of modern design, or furniture accented with lots of wood for a country or western flair.

Think solid, floral, striped, abstract, then decide what are your favorite designs and patterns. Solid upholstery or leather furnishings are often the easiest to decorate with, and make it simple should you decide to change your decorating theme later.

**Choose Your Favorite Accessories:** When it comes to decorating your walls and the tops of your tables be sure to use what you like. A mistake many people make when decorating their homes is choosing things that may be beautiful, but aren't really in tune with the person's passions and interests.

If you love nature, decorate your walls with nature prints. You may be someone who loves bold geometric or abstract patterns. If this is the case, go wild! Use the colors and abstract shapes in wall art, pillows, accent rugs and throws, even something as seemingly small as a vase can have an impact on the look of a room. If you like a simple look, use a clear crystal vase filled with flowers. If dramatic is more your flavor, go all out with an extra large vase that is brightly colored and filled with exotic greenery.

You get the idea - go with what your instincts tell you. Combine the colors, patterns, furniture and accents that you truly love, and you can't go wrong!

- The End

## 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 don't have an auto accident handbook, please contact our office and we'll send you a **FREE** copy! Make sure to call **TODAY!**

## Parenting Tips for Children with ADHD... *(Continued)*

5. One of the best ways to get your child the needed support is by getting involved before problems start. Speak with teachers ahead of time and let them know the specific area where your child needs help. But more importantly, start by asking other parents, professionals, guidance counselors, and teachers for what they "know" will help.

Children today seem to be getting assigned more and more homework as the years pass. Expectations are running higher, and unfortunately children with learning differences can quickly become overwhelmed with school work. This doesn't even consider the stress you feel as a parent who can be scrambling to get everything done.

Obviously, homework is important to your child's success, however true learning is where we want to put our focus. When assignments get overloaded, have your child complete what they can and then come back to the more difficult or challenging assignments.

- The End

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

## Does Your Pre-Teen Have A Problem With Severe Anger?

Coaching your pre-teen to stop blowing-up with rage will help them reinforce better self control while promoting better resolution skills. The following six anger control methods are simple to use.

1. **What Could Happen?** What would be the ultimate consequence for getting angry? You need to explain to your pre-teen why responding in anger is never a good choice. Getting angry never solves the problem. Getting angry only creates more problems.

2. **Take A Deep Breath:** Take three deep breaths and count to 10. Breathing in itself helps to center the mind. This is a calming technique that gives more control and time to react more appropriately.

*(Continues on page 7)*

*Insurance Companies HATE THIS BOOK!*

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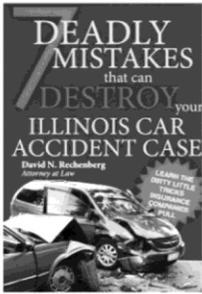
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## Give Your Child The Edge When It Comes To Reading...

Would you like to help your child read more books? Reading involves a lot more than simply "sounding out words." There are meaning cues, visual cues and structure cues that take place in nanoseconds before your child reads a word. In order to build confidence in reading give your child books that are appropriate at his or her reading level.

In order to teach your child how to read, you must determine what your child knows first. You must test your child in a fun way. Reading sessions should only last for 30 minutes. More than that will bore your child and your time will not be fun the next time you both sit down to read. Boost your child's reading level with the following activities:

1) Sit down with your child at a table that is comfortable for them. Write random letters across a piece of paper in capital letters, then the lower case letters. Ask your child to say the sound it makes. If it is unknown, mark it in a special notebook that is for you to record his reading and writing. Some five and six year olds only know one letter. Take index cards and write with a marker the known letter. These letters will become their first words.

2) Tell them the name of the author and illustrator. Open the first page and ask, "Where do I begin to read?" Ask, "Where do we end?" If the book is memorized, "Point to the word as you say it." Guide their pointer finger under each word to help them to move their eyes from left to right. Have them look at the picture and find the word that starts with the first letter of that picture.

3) Take some construction paper and fold it in half. Then staple some more together and you will form a small book. Have your child cut some favorite pictures from a magazine and put them in an envelope. Then paste one picture on each page. Maybe your child only knows "A". Paste a picture on the page and write "A" in front of the picture. For example; A cat, A dog.

*(Continues on page 7)*

**David N. Rechenberg recently tried a workers compensation case and won \$94,498.28 , the insurance company only offered \$30,000.00 before the trial.? If you want to get the full value for your workers compensation claim, call David N. Rechenberg for a free audit of your case, also check out the web site : [www.IllinoisWorkInjuryLawyer.com](http://www.IllinoisWorkInjuryLawyer.com)**

## Congratulations To Our "Client of the Month!"

Every month, we choose a very SPECIAL client to showcase. It's our way of acknowledging our great clients and saying thanks to those who support our law firm by telling others about us.

This month's Client of the Month is **Richard Matos**. We're treating Richard and his lovely wife to popcorn and the movies!

[www.FnRlaw.com](http://www.FnRlaw.com)

### Does Your Pre-Teen Have A Problem With Severe Anger?... (Continued)

3. **Close Your Eyes:** Think of a person, place, or thing that creates a peaceful, calm, or happy feeling. Perhaps a beautiful beach could be the place; the thing could be the baseball bat your grandfather gave you as a gift; the person could be someone close and loving.

4. **Turn A Negative Into A Positive:** Instead of showing rage, change the expression to a smile and make a joke about the situation. Humor can lighten stressful situations turning everything around.

5. **Play It Back:** Rewind the situation backwards in your mind-like a tape. It gives them time to think about why they feel upset.

6. **Why Do You Feel Like That?** Learn to ask yourself what made you get mad in the first place? What triggered those feelings?

What separates us from animals when we feel rage? It is the ability to focus our actions. Animals rely on instinct to protect themselves in determining whether to attack or flee when violated.

We have the same instinct but are able to protect and defend ourselves from harm with a higher level of sophistication. Ultimately, we become better parents when we show our children to deal with anger in alternative ways rather than blowing up.

- The End

### Give Your Child The Edge When It Comes To Reading... (Continued)

4) Cut a long strip of construction paper about an inch wide and write a brief sentence with the words your child made in the book. Cut up the words. Mix the words and ask your child to arrange the words so they make a new sentence. Take these words and put them in a special envelope that you will label, "My first words."

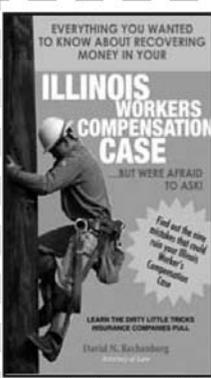
5) Draw a picture with your child of something that he or she really likes. The next day's lesson can be a picture to word connection using the words your child recognizes.

This is the time to discover what your child needs to learn. You can do any one of these activities in under 30 minutes. Early literacy is crucial to your child's life long success. Teaching your child how to read is a very rewarding feeling and your book making will be a source of pride for you and your child.

You can read to your child each night before they go to bed so they can hear what fluent reading sounds like. You can teach your child to read through these proven methods, so when you teach your child to read, he or she will be prepared for kindergarten and first grade. Go to the library and ask for books on your child's grade level. These will be their bedtime stories.

Take your child's finger and have them point to the word as you read them. Most children's books are written for a mature reader. If your child is in preschool, then use his or her own books for their bedtime story. Of course, your child wants you to teach them how to read because they want to have fun with you and love you!

- The End



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**“Back To School Spectacular!”**

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