

## Secrets for Decorating Your Home On Any Budget (BIG or Small)!

Decorating doesn't have to cost a fortune, you can make your home look like a million bucks for just pennies on the dollar says a design expert. Susan Welch Henney, a licensed interior designer and owner of [decoratingstudio.com](http://decoratingstudio.com), reveals some of her best tips:

### Mix It Up

If you have \$250 to spend on furniture, your money will go further at a Goodwill store or an estate sale, than an antique shop or new furniture showroom. Look for good substantial pieces. If the wood needs to be redone, it can be refinished.

Similarly, a piece of glass over an attractive base makes for an interesting and inexpensive coffee table. So does an old trunk or chest.

For a stylish dining room, mix and match a secondhand table with an eclectic assortment of chairs that complement the table.

### Brush It Up

You can give a room a rich feel by applying dark taupe, hunter green or chocolate brown paint.

Texture also adds appeal. Ragging, sponging,  
(Continued on page 3)

## Events for August 2006

**August 1:** Friendship Day

**August 6:** Halfway point of summer

**August 8:** Assumption Day

**August 13:** Left Handers Day

**August 26:** Women's Equality Day

**August 16-22:** National Smile Week: It takes 43 muscles to frown, but only 17 to smile.

**August 23-29:** Air Conditioning Appreciation Week

## Do You Have A Legal Question?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter.

If you have a question regarding anything related to auto accidents, worker injuries, divorce or DUI please feel free to give us a call at **(847) 854-7700**. In fact, we've written several Special Reports on these topics. To get your FREE copy simply call our office and we'll send you or a friend an informative Special Reports without obligation.

## Simple Cure for Colic Brings Sweet Dreams To Babies and Parents

An amazing new cure for colic is bringing restful nights to babies and parents alike. Based on an age-old method of comforting colic babies, the invention called the Lull-A-Band has already helped hundreds of families with newborns get some sleep.

Miami pediatrician Luis Bauzo, MD says, "This is something incredible." The Lull-A-Band is a swath of fabric made from cotton, polyester and lycra, with Velcro on each end.

It goes around a baby's middle, giving them a snug hug around the tummy that seems to work miracles with many crying babies. "It was such a relief, more of a relief than you could ever believe," said mother Debra Henry of New London, Ohio, whose son Noah cried every day, sometimes for hours.

"I was skeptical. though, 'How could this little piece of elastic do anything?' But it worked. Thank God!" Colic is the inconsolable crying that may babies experience at least once a day. They often get red in the face and seem to be in pain.

"It usually starts at 3 weeks of age and finishes at 3 months," Dr. Bauzo said. "Colicky babies seem to  
(Continued on page 4)

**INJURED ON THE JOB ? Want to learn your RIGHTS ? CALL**  
David N. Rechenberg at **(847) 854-7700** so he can answer all your questions  
and start working on your case right away !!! [www.FnRlaw.com](http://www.FnRlaw.com)

## How To Minimize Your Headache Following A Car Accident...

Here are five common auto-accident scenarios and tips on how to best handle them:

### Scenario #1: One-car accidents

If you're involved in a single-car accident, call the police right away to file an accident report. Even when no one else is involved, the police report can provide documentation that helps make filing your claim easier. Notify your insurance and file a claim on your collision insurance to cover the damage.

### Scenario #2: When the other driver doesn't report the claim to his insurance company.

If you're involved in a two-car accident, don't forget to write down the other driver's insurance information, address, and phone number. If the other driver is found at fault and doesn't report the claim to his insurance company, you can contact his insurance directly.

### Scenario #3: When you're hit by an uninsured driver, and you don't have uninsured motorist coverage.

Unfortunately, you don't have many options in this case. You can make a claim on your own collision insurance and ask the other driver to reimburse you for your deductible. If he refuses, you can sue him to get your deductible back. But if you don't have collision insurance, you're basically out of luck. You can ask the other driver to pay for damages. If he refuses, you can take him to court.

### Scenario #4: You find a dent on your car and the driver didn't leave a note.

It's better not to file a claim on minor dents and scratches. Some insurance companies will raise your premium if you file a claim on several minor accidents. If it costs only a little more to fix than your deductible, forget filing a claim.

### Scenario #5: Another driver is clearly at fault in an accident and offers to pay for the damage in cash than file a claim.

If you have even the slightest hint of an injury, don't accept the offer. Sometimes injuries won't show up for another 24 hours, making it difficult to assess how extensive your injuries may be. Treating injuries can cost thousands of dollars.

## ***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 the positive comments and referrals from people just like you. We just couldn't do it without you.

## Relief for Millions with Rheumatoid Arthritis

Rheumatoid arthritis (RA) affects millions of Americans mostly women, with pain, stiffness, and swelling of the wrists, hands, feet, knees and other joints.

A complex disease with a variety of possible cause, it usually begins in middle age. The immune system begins to attack joint tissue, causing pain, swelling, and even crippling deformities.

The standard medical approach to RA has relied on drugs anti-inflammatories, corticosteroids and even chemotherapeutic agents such as methotrexate.

These measures are expensive, fraught with toxic side effects, and often fail. One long term study of RA patients treated conventionally over 20 years found over half had died or were severely disabled and only 18 percent were able to lead a normal life!

Fortunately, I've found that an alternative approach based on diet and nutrition is effective for many people, including those for whom the conventional approach has failed.

### Rheumatoid Fighting Foods:

1. Eat a diet rich in whole foods, vegetables, and fiber and low in sugar, meat, dairy products, alcohol, processed foods and animal fats. Studies show a vegetarian diet (with out eggs and dairy products) is most effective at relieving symptoms.

(Continued on page 3)

**Know a friend who was arrested for DUI? Offer them great advice!  
Tell them to call David B. Franks at (847) 854-7700 NOW !**

## Relief for Millions with Rheumatoid Arthritis

2. If you feel better eating meat, avoid beef, lamb and pork and instead eat fish. Studies have shown that fish such as salmon, tuna, trout and sardines can help relieve RA.

3. Avoid allergy provoking foods that can aggravate RA. For many people, these include dairy products, beef and certain vegetables (wheat, corn, tomatoes, potatoes eggplant, and peppers). You can consult with a nutritional physician for testing methods to discover which foods cause you trouble.

### Rheumatoid Fighting Supplements:

Start with half doses and build up to full doses over the course of several months:

1. DHEA: 25-50 mg. per day
2. Flaxseed oil: one to two tbsps. per day.
3. Vitamin B-complex: 50-100 mg. per day.
4. Pantothenic acid: 500 mg. once or twice per day.
5. Vitamin C: 1-3 grams per day in divided doses.
6. Bromelain: 500 mg four times a day between meals to reduce inflammation.

### Rheumatoid Fighting Herbs:

For several inflammation try one or more of these herbal medicines:

1. Curcumin: 400 mg three times per day.
2. Ginger. As directed on label.
3. Chinese thoroughwax (*Bupleuri falcatum*). As directed on label.

### Physical Therapy:

Regular physical therapy that includes range of motion, stretching, and strengthening exercises can help reduce stiffness and discomfort. Spa-type treatments mud packs and mineral baths can also help relieve pain.

Many people with RA have found bathing in mineral salts from the Dead Sea, available in health food stores, helpful.

## The Secrets of Sunscreen Exposed...How To Protect Your Family This Summer!

Summer's here, and so are the sun's harmful rays. But you can protect yourself and your family by knowing how to properly apply sunscreen. "You must use a sunscreen and use it faithfully, says Dr. Brandith Irwin, a Seattle based dermatologist and author of **"Your Best Face: Looking Your Best Without Plastic Surgery."**

It's even more important if you are a blonde or redhead, have blue eyes or have very light skin. If you don't use sunscreen consistently, the sun can cause premature aging and skin cancer. Dr. Audrey Kunin, a dermatologist and founder of **DERMAdoctor.com**, said: "Sunscreen use is ideal for everyone, every day." Choose a sunscreen with an SPF (sun protection factor) that is 15 or higher, Dr. Irwin advised.

### THE MEANING OF SPF

"The SPF tells you how long you can be out in the sun without burning. For instance, if you would burn in an hour and you choose a sunscreen with SPF of 15, you can be in the sun 15 hours before you will burn. An SPF of 30 offers a huge protective value, not just in the amount of time you can stay (Continues on page 5)

## Continued...Secrets For Decorating Your Home On Any Budget (BIG or Small)

Marbleizing and stenciling are easy ways to decorate the walls that you can do yourself. Kits are available in craft stores.

Wallpaper is costly, but it can be a bargain when used as an 8-inch border that's placed over the painted surface.

### HAND IT UP

Sheet or fabric slipcovers can cover old chairs or couches, and can double as window treatments. Framed calendars or mirrors look very ornate when hung up.

If a frame is too expensive, buy a poster or print and attach it to foam core with spray adhesive. Next, cut around the outline of the print, attach a hanger on the back and you're done.

### SPRUCE IT UP

Silk trees are pretty post lit or with a spotlight from beneath and give the room a warm feel. Area rugs and plants can also add interest without putting a hole in your wallet.

**Is DIVORCE in your future ? If so, Call David B. Franks at (847) 854-7700 to protect, your children and yourself before it is too late**

## THE COOKIN' CORNER...!

Tex-Mex goes Italian! This Mexican/Italian combo mixes flavor favorites from two different countries, and winds up doubly delicious. It'll disappear before you can say ole!

**Preparation and cooking time: About 35 minutes.**  
**Serves 5 people.**

- ✓ 8 oz. Dried rigatoni
- ✓ 8 oz. Uncooked marinated chicken breast, visible fat removed
- ✓ 1tbsp. olive oil
- ✓ 1 large onion, thinly sliced
- ✓ 1 large green bell pepper and 1 large red bell pepper, thinly sliced
- ✓ ¾ cup fat-free evaporated milk
- ✓ 1 tsp. bottled chipotle sauce
- ✓ 1/8 tsp. pepper
- ✓ 1 medium yellow tomato, cut into 8 wedges (optional)
- ✓ ¼ cup sliced black olives (optional)

PREPARE rigatoni package directions, omitting salt and oil. Drain, return to pan off heat, and set aside. Meanwhile, thinly sliced chicken; set aside.

Heat a large nonstick skillet over medium-high heat. Add oil and swirl to coat bottom of skillet. Cook onion and bell peppers for 2-3 minutes or until tender, stirring occasionally. Push to one side of skillet. Add chicken and cook for 6-8 minutes, or until no longer pink, stirring occasionally. Push to one side of skillet.

Add chicken and cook for 6-8 minutes, or until no longer pink, stirring occasionally. Combine with onion mixture and set aside.

Meanwhile, a measuring cup or small bowl, combine milk, chipotle sauce and pepper. Add chicken and milk mixtures to cooked pasta. Cook over low heat for 1-2 minutes or until warmed, stirring occasionally. Nutrition per serving: calories 266, Fat 3 grams, sodium 272 mg.

From SUNSET RECIPE ANNUAL, 2001  
Edition by the Editors of Sunset Magazine.

## Inspirational Thoughts By Norman Vincent Peale For August *Positive Thinking Every Day...!*

- ◆ *Never participate in a worry conversation. Shoot an injection of faith into all your conversations.*
- ◆ *Tackle life with abandon. Go all out, hold nothing back. Your self-confidence will draw results.*
- ◆ *Start and end every day, and in between times too, by thanking God for everything.*
- ◆ *Stand up to any defeating lack thoughts and tell them to get out of your mind!*

## Falling Stars?

Star-gazers can spot as many as 50 to 150 falling stars, or "meteors," per hour from Aug. 10-12. Meteors are often no larger than a grain of sand. Because they orbit the sun, it's possible to predict the dates of their arrival. As they come within the upper atmosphere, friction with the air burns them up, which explains the light they give off.

The earliest recorded observation of the Perseid Meteor Showers dated back to 36 AD when the Chinese noted that "more than 100 meteors flew in the morning." The Perseids are so named because early observations thought that the showers emanated from the constellation Perseus. Astronomers recommend viewing the showers after midnight to see the most meteors.

## Tell a Friend about "TidBits for Today"

We sincerely love sharing our monthly publication with all our good friends and clients who tell us how much they enjoy receiving our newsletter. Now you can give a FREE subscription to a close friend, family member, or co-worker simply by calling our office at (847) 854-7700.

We will send them a welcome letter along with the first issue letting them know that you gave them a free subscription to our monthly "TidBits for Today" publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life.

## Simple Cures for Colic Brings Sweet Dreams To Babies and Parents

cry at the same time every day. Their bellies get tight, they pull their little fists up and scream." Lull-A-Band inventor Rosemarie Stanford and friend Susan Ruiz Gonzalez got their brainstorm after Gonzales' Guatemalan relatives told her the best way to comfort her crying baby was to wrap his stomach snugly with a cloth.

Stanford and Gonzalez experimented with dozens of different fabrics and styles before they came up  
(Continues on page 5)

**DO YOU HAVE A WILL ? Call Franks & Rechenberg, P.C. to schedule an appointment for a Will; Durable Health Care Power of Attorney and Living Will , TODAY !!!!!**

## Gallon vs. Gallon

Just a little humor to help you ease the pain at your next trip to the gas pump. Imagine if your car ran on these more expensive substances:

Diet Snapple 16 oz. \$1.29.....\$10.32 per gallon  
Lipton Ice Tea 16 oz \$1.19.....\$9.52 per gallon  
Gatorade 20 oz \$1.59.....\$10.17 per gallon  
Ocean Spray 16 oz \$1.25.....\$10.00 per gallon  
Brake Fluid 12 oz \$3.15.....\$33.60 per gallon  
Vick's Nyquil 6 oz \$8.35.....\$178.13 per gallon  
Pepto Bismol 4 oz \$3.85.....\$123.20 per gallon  
Whiteout 7 oz \$1.39.....\$25.42 per gallon  
Scope 1.5 oz \$0.99.....\$84.48 per gallon

### Here's the real kicker:

Evian water 9 oz for \$1.49.....\$21.19 per gallon  
**\$21.19 FOR WATER!** So, the next time you're at the pump, be glad your car doesn't run on water, Scope, Whiteout or Pepto Bismol or Nyquil.

## FREE... FREE!!! Do You Have Questions About Certain Legal Issues That You Need Answered?

We love to hear from all our good friends and clients who enjoy reading our monthly newsletter. If you have a question regarding *car accidents, on the job injuries, , criminal defense, divorce or DUI* please feel FREE to give us a call at **(847) 854-7700**. In fact, we've published several Reports on these topics that you can request for FREE by simply calling our office and asking for Marlo. She'll send you or a friend one of our informative Special Reports for FREE!

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

We would like to welcome all our new clients to our firm and "*Thank You*" for being our client. If you would like to receive a FREE Auto Accident Handbook just call our office at **(847)-854-7700**. When you call for your booklet, make sure to get one for each car in your family. It's a great idea to have one in every car.

## Continued...How To Protect Your Family From The Sun This Summer!

in the sun before burning, but in actually preventing the sun's rays from causing cellular DNA damage. The closer you get to an SPF of 30, the more protection you get."

Products with an SPF of 4 or 8 are not protecting your skin, even if you have dark skin, according to Dr. Kunin.

### Fifty Not Nifty

"Also, skip the products that have an SPF of 50. Once you get past 30, there's truly no difference in protection, there's only about one one-hundredth of one percent difference between an SPF of 30 and an SPF of 50. It's just a marketing ploy."

"The one exception is a product called Total Block. It was formulated for people with severe sun sensitivities. Make sure the sunscreen protest against both UVA and UVB (ultraviolet) rays. The label will say UVA/UVB or it will say broad spectrum." To find the best sunscreen, read the labels and choose products that contain at least 5 to 8 percent zinc and 10 percent titanium, said Dr. Irwin. Just remember to read labels to make sure you are getting a product with enough zinc to actually help. (MORE safety tips found on page 7)

## Simple Cures for Colic Brings Sweet Dreams To Babies and Parents

with dozens of different fabrics and styles before they came up with the final product. The key to the Lull-A-Band is putting it on the baby just before they crying begins, Stanford said. Since colic usually occurs at the same time everyday, that isn't a problem for most parents.

Stanford and Gonzales have sent Lull-A-Band around the country and around the world. A package of three costs \$29.99.

"I don't think we know how it works," Dr. Brauzo said. "Maybe it's the tightness that gives a little support. Bit it works for many babies." For more information on Lull-A-Band, call toll-free at **1(888) NOCOLIC** or visit the web site at **www.NoColic.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!

## New Product Keeps Clothes Order Free

If you don't like to make a big stink, do I have a fabric for you! A new technology, called "permanent fresh," puts an antibacterial coating on clothes keeping them odor free. You'll soon find sportswear, T-shirts and other garments that wring the embarrassment out of sweating.

"Socks can be worn for a week and not smell," said Renee Shallis, spokeswoman for HaloSource, a Seattle firm pioneering the technology.

Although the treatment lasts the lifetime of a garment, it has to be periodically refreshed by  
(Continues on page 7)

**FREE...FREE...FREE! We Now Have FREE SPECIAL REPORTS Available To Answer Most Of Your Legal Questions...**

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## Getting Kids To Exercise

One of the culprits responsible for the increase in the number of overweight children is a lack of exercise. Here are some great tips from fitness expert Dr. Kenneth Cooper and the National Association for Sports and Physical Education:

1. **OFFER** rewards for exercising, such as tokens they can save to attend a sporting event or theme park.
2. **HAVE** a "toy run" by hiding small, inexpensive toys along a neighborhood route. Walk or run with your child to pick up the prizes.
3. **WATCH** sporting events on TV or movies with a sports theme, such as "The Karate Kid" or "The Rookie," and then try to engage the kids in such an activity.
4. **WALK** or ride a bike with your kids while doing errands.

**"Watch A Great Movie This Weekend...Bill Harris tells you what's HOT & what's NOT!"**

Hollywood movie reviewer Bill Harris of cable's E! Entertainment Television has spent years on ShowTime, "Entertainment Tonight" And "At The Movies." Now, America's number one video authority presents his written reviews.

## Pirates of the Caribbean: Dead Man's Chest (PG-13)

**Starring:** Johnny Depp, Orlando Bloom, Keira Knightley, Geoffrey Rush, more cast

**Directed By:** Gore Verbinski

**Released By:** Disney

**Theatrical Release Date:** 07/07/2006

**Run Time:** 150 min.

**Genre:** Action and Adventure, Fantasy, Comedy, New Release

**Rating:** PG-13

Captain Jack Sparrow (**Johnny Depp**) returns to the screen for another round of supernatural adventures on the high seas in this spirited sequel to the 2003 Disney hit, which re-teams original director Gore Verbinski with original screenwriters Ted Elliott and Terry Rossio.

As Will (**Orlando Bloom**) and Elizabeth (**Keira Knightley**) prepare to exchange vows at the altar, their wedding plans hit rough waters with the arrival of sea-bound scallywag Jack Sparrow.

It seems that Sparrow owes a substantial blood debt to Scottish sea captain Davy Jones (**Bill Nighy**), and that the only way for the flamboyant sea rover to elude the wrath of his other worldly pursuer is to seek the aid of Gypsy queen Tia Dalma (**Naomie Harris**), whose power to resurrect the dead and gaze into the future may provide just the advantage needed to avoid a waterlogged fate in the locker of his legendary nemesis.

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## New Product Keeps Clothes Order Free

rinsing in a diluted mixture of bleached and water. Skin irritation has not been a problem, "The technology is simple, stable and durable," assures Shallis. The discovery has enormous potential from cutting back on infections in hospitals to reducing the awful odor given off by used diapers.

And if you know someone with smelly feet, you've just found the perfect gift!

## What Should You 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 of your head and neck.
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!

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

I would like to welcome the following new clients to our firm and "Thank You" for being our client. If you would like to receive a **FREE** Auto Accident Handbook just call our office at (847) 854-7700 When you call for your booklet, make sure to get one for each car in your family. It's a great idea to have one in every car.

## 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 Mr. Ryszard Jadcak We're treating Ryszard to the movies!

## More Sun Safety Tips

**FACT:** About 9,600 Americans died of skin cancer in 2002, according to the American Cancer Society. The experts offer these additional sunscreen tips:

- Stick with products that are fragrance free.
- Avoid products containing PABA. "Many people are allergic to PABA," said Dr. Kunin.
- Gels work best for oily skin, and creams work best for drier skin.
- Always check a sunscreen's expiration date.
- Use three times as much sunscreen as you think you need. "Studies have shown that the biggest mistake many people make is they don't put enough on," said Dr. Irwin.
- Reapply your sunscreen, especially after swimming or exercising. "Every two hours is a good rule," said Dr. Kunin.
- Lastly, make sure to apply sunscreen 20 to 30 minutes before going outdoors.

## 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.

**ARRESTED FOR A CRIME? Don't know where to turn? Help is just a phone call away ! Call Franks & Rechenberg, P.C. at (847) 845-7700.**

*TidBits for Today...!*

is a FREE monthly newsletter from your friends at

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## What's the Answer?

1. The Simple Secret To Curing Colicky Babies!
2. Natural Relief for Rheumatoid Arthritis
3. The Secrets of Sunscreen EXPOSED...How To Protect Your Family This Summer From Over Exposure!!!
4. How To Get Your Kids To Exercise!

**"The Answers To These And Many Other Questions  
Are Inside The August 2006 Issue!"**