

Prepare Your Children For School

The end of summer means going back to school, or starting school for the first time, for many children. While it is often a welcome time for many parents after a long summer of having the kids in the house all day, other parents become a little sad at the thought of their kids going to school, especially if it is for the first time, or anxious when they consider what challenges their children will be facing.

In addition to the usual social and educational stresses of going to school, kids are faced with many other issues, including drug use, violence, suicide and bullies. Talking with your children about these issues at age appropriate times may help decrease their chances of becoming a victim to them.

It is also a good idea to regularly talk with your child about how school is going.

Regular communication will help you to recognize problems early, before they get out of control and when it is easier to intervene. Does your child like going to school? Is he making friends? How are his grades? Is there anything he doesn't like about school? What happens during breaks, such as recess, lunch and in between classes? Break time is when children are most likely to be unsupervised and when problems are likely to occur, so asking open ended questions about what happens during these times may help you to recognize problem behaviors.

Events for September 2007

September 3:	Labor Day "Back To School"
September 13:	Ramadan begins
September 13:	1 st Day of Rosh Hashanah
September 22:	Yom Kippur
September 23:	1 st Day of Autumn
September 27:	1 st Day of Sukkot

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, criminal defense, 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.

Eye Q -- Keeping Your Eyes Healthy

Your eyes may be the window to your soul, but they're also your main doorway to the world around you. Something most of us take for granted unless something goes wrong. Our eyes are truly amazing, functioning like a high-tech video camera attached to a supercomputer. Science has not even come close in replicating them.

To keep your eyes healthy and functioning optimally, especially with age, you must get regular eye checkups. Problems like glaucoma, cataracts, and even diabetes (or diabetes-related eye problems) can be picked up early and managed, preventing bigger problems down the line.

In terms of everyday activities, take frequent breaks from computer screens to avoid eye strain. Don't forget your sunglasses outdoors, which help protect your eyes from UV damage. When sports call for eye protection, wear the appropriate gear, glasses, or goggles.

And remember, what you put in your mouth affects your eyes. Strive to eat foods rich in vitamin A and beta carotene, such as cooked carrots, tomatoes, and green leafy vegetables. Include fish in your diet and seek out other good sources of omega-3s. An orange a day keeps the eye doctor away. If your eye is ever injured, seek immediate care and you'll often prevent a long-term problem.

**Your eyes are just as important --
keep them healthy!**

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.IllinoisWorkInjuryLawyer.com

Backpacks and Back Pain – Is Your Child’s Backpack Too Heavy?

Maybe you have more important things to worry about. It is not like carrying a heavy backpack with a lot of school books can cause serious illnesses, like scoliosis.

Still, carrying a heavy backpack can be a source of chronic, low-level trauma, and can cause chronic shoulder, neck and back pain in your children.

Is carrying heavy backpack to school causing health problems for your kids? It might if they are carrying more than 10-20% of their body weight in their backpack, especially if they have to walk to school and/or they are carrying their backpack on only one shoulder.

Fortunately, the fashion of carrying a backpack on only one shoulder seems to be fading. Most students now carry their backpacks strapped over both shoulders, instead of the single shoulder look that was fashionable at one time.

1. Does your child complain of back pain?
2. Does he walk bent over sideways to try to adjust for the heavy load of a backpack?
3. Does he complain of numbness and tingling in his arms or hands?
4. Does he carry more than 10-20% of her body weight in his backpack?

If you answered yes to any or all of these questions, you might want to take some steps to minimize the chances that carrying a backpack will cause your child back pain or other health problems, including:

limiting the weight your child carries in a backpack to 10-20% of his body weight, buying a backpack that has wide, padded shoulder straps and a waste belt.

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. Please keep the referrals coming!!

Backpacks and Back pain Continued.....

avoiding messenger type, single strap bags for your child to carry his school books and supplies

encouraging your child to wear his backpack over both shoulders

consider using a backpack with wheels

consider having a second set of text books available at home so that your child doesn't have to carry his books home regularly. Because of the expense, this usually only works if your child's school is doing it as a general policy, which some are, although they are doing it because they want to eliminate school lockers and not because of backpack safety.

getting your child evaluated by your Pediatrician. Although back pain is becoming more common in older adolescents, it is not as common in younger children and may be a sign of a more serious problem, such as spondylolysis, spondylolisthesis, disk herniation, diskitis, a sport's injury, or a tumor or infection. Don't assume that your child's back pain is caused by a heavy backpack, especially if the pain is very severe or persistent or if it lingers even after you lighten your child's backpack load.

Top 10 Rock Songs About Summer

The Sun, the beach, convertibles with their tops down, lazy days and crazy nights. Summer has been depicted, dissected, wished for, worshipped, and honored as much as any musical subject. Here's a look at some of the rock songs that best depict the bright side of the long, hot summers of youth.

1. "Summer in the City" – Lovin' Spoonful
2. "Summertime" – Billy Stewart
3. "In the Summertime" – Mungo Jerry
4. "Summertime Blues" – The Who
5. "Hot Fun in the Summertime" – Sly and the Family Stone
6. "All Summer Long" – Beach Boys
7. "Summer(Can't Last Too Long)" – Asia
8. "Summer of '69" – Bryan Adams
9. "The Boys of Summer" - Don Henley
10. "Daisy Summer Piper" – Joni Mitchell

ARRESTED FOR A CRIME? Call Franks & Rechenberg, P.C. at (847) 854-7700. Congratulations to David Franks, who was recently appointed to the Illinois State Bar Association Criminal Justice Section Counsel !!

Army Starts Stress Program But Lacks Resources

The U.S. Army will start training all soldiers on Wednesday to recognize signs of post-traumatic stress and seek help when needed, but it still lacks the mental health resources to treat those troops.

About 1.5 million U.S. service members have been sent to Iraq or Afghanistan since 2001. Repeated and extended deployments to those war zones have driven up the need for mental health services. But the military's mental health system is too short of funds and staff to help service members, according to the Pentagon and the American Psychological Association, which found more than 30 percent of all soldiers met the criteria for a mental disorder.

Starting on Wednesday, the Army plans to train every service member, including those in Iraq and Afghanistan, within 90 days to gauge symptoms in themselves and those around them. While the program -- a one-hour briefing to be delivered in small groups -- is expected to boost the number of soldiers reporting symptoms of stress, the Army has too few mental health professionals to treat them.

Col. Elspeth Ritchie, a psychiatrist and the Army's expert on post-traumatic stress disorder, said the Army needs to hire another 270 people to treat mental illness. "We also know that it's a challenge to hire in many locations so I'm not sure if we're going to get 270," she said.

To alleviate the crunch, the Army is using chaplains to help provide counseling and mental health referrals.

Ritchie said the Army wants to catch symptoms early so soldiers do not live with combat-related stress for years, as have many veterans of previous wars. "We don't want another Vietnam," Ritchie said on Tuesday. "We don't want people with chronic symptoms who first present 15, 20, 25 years later when it's really hard to get rid of the symptoms. We want to take care of them, help the person, right away."

New Life for Old Toys

Tricks to keep your child's playthings fresh

It's natural; children this age develop so quickly that they're always looking for a new challenge. But that doesn't necessarily mean more toys are in order. Try these easy ways to refresh the ones he has:

Set up a toy exchange. Tell a friend you'd like to swap some of her child's toys for some of your kid's toys. After all, other people's stuff is always more interesting than your own.

Rotate your inventory. Put a few toys away for a month. When you bring them out again, they'll seem like new. That's because toddlers discover fresh ways to play with familiar things as their motor skills grow — the child who once dragged a train across the floor will later be able to push it around a track he's constructed. And if he's "driving" his old cars in the tub, don't rush out to buy a set of plastic boats — let him be imaginative.

Tuck away a birthday or holiday present or two before your child sees them. Break out the reserves on a rainy day, a plane trip, or a fussy afternoon.

Health Tips To Keeping Seniors On Their Feet

When an elderly person falls, it could cause life-threatening injury. Here are steps you can take to make your home safe for seniors, courtesy of the American Academy of Family Physicians:

- 1) Keep the house well lit. Use bright lamps and overhead lighting, and keep night lights throughout the house.
- 2) Fasten area rugs and carpeting well to the floor, and use nonskid rug pads.
- 3) Keep electrical cords neat and out of areas where people walk.
- 4) Install hand rails in bathrooms and stairways.

In the kitchen, keep items within easy reach. Don't store things too high, where a stepladder is needed to reach them.

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

THE COOKIN' CORNER!

Shrimp Fra Diavolo

1 pound large shrimp, peeled, deveined
1 teaspoon salt, plus additional as needed
1 teaspoon dried crushed red pepper flakes
3 tablespoons olive oil, plus 1 to 2 tablespoons
1 medium onion, sliced
1 (14 1/2-ounce) can diced tomatoes
1 cup dry white wine
3 garlic cloves, chopped
1/4 teaspoon dried oregano leaves
3 tablespoon chopped fresh Italian parsley leaves
3 tablespoon chopped fresh basil leaves

Toss the shrimp in a medium bowl with 1 teaspoon of salt and red pepper flakes. Heat the 3 tablespoons oil in a heavy large skillet over medium-high heat. Add the shrimp and saute for about a minute, toss, and continue cooking until just cooked through, about 1 to 2 minutes. Transfer the shrimp to a large plate; set aside. Add the onion to the same skillet, adding 1 to 2 teaspoons of olive oil to the pan, if necessary, and saute until translucent, about 5 minutes. Add the tomatoes with their juices, wine, garlic, and oregano. Simmer until the sauce thickens slightly, about 10 minutes. Return the shrimp and any accumulated juices to the tomato mixture; toss to coat, and cook for about a minute so the flavors meld together. Stir in the parsley and basil. Season with more salt, to taste, and serve.

Recipe provided by **Foodnetwork.com**

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Kindly visit our web sites at:

www.FnRlaw.com

www.IllinoisWorkInjuryLawyer.com

www.IllinoisTrafficTicketDefenseCenter.com

Inspirational Thoughts By W. Clement Stone...

- ◆ *There is little difference in people, but that little difference makes a big difference. The little difference is attitude, the big difference is whether it is positive or negative.*
- ◆ *Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.*
- ◆ *Whatever the mind of a man can conceive and believe, it can achieve.*
- ◆ *Aim for the moon. If you miss, you may hit a star.*
- ◆ *Thinking will not overcome fear but action will.*

Wasting Time At Work? Are You?

Americans who feel bored and underpaid are found to spend about 20 percent of their working day surfing the Internet and catching up on gossip. An online survey of 2,057 employees by online compensation company Salary.com found about six in every 10 workers admit to wasting time at work with the average employee wasting 1.7 hours of a typical 8.5 hour working day. Personal Internet use topped the list as the leading time-wasting activity according to 34 percent of respondents, with 20.3 percent then listing socializing with co-workers and 17 percent conducting personal business as taking up time. The reasons why people wasted time were varied with nearly 18 percent of respondents questioned by e-mail in June and July said boredom and not having enough to do was the main reason.

The second most popular reason for wasting time was having too long hours (13.9 percent), being underpaid (11.8 percent), and a lack of challenging work (11.1 percent). While the amount of time wasted at work seems high, Coleman said the numbers have improved, with the amount of time wasted dropping 19 percent since Salary.com conducted its first annual survey on slacking at work in 2005. Then workers reported wasting 2.09 hours of their working day. The decline is really a result of the economy and that there's more business, more work available and less time to sit around wondering what you are going to do with your day.

**DRIVER'S LICENSE PROBLEMS ? FOR SOLUTIONS TO YOUR PROBLEMS
LOG ON TO THE WEB AT: www.IllinoisTrafficTicketDefenseCenter.com**

Choosing The Best Dog For You

Dog owners usually know when they've found the dog for them. Not all dogs, however, turn out to be easy keepers - especially if the person with whom they're "matched" is a poor fit. In order to increase the odds of a successful life-long relationship between dog and person, it pays to do a little research. What information do you need? It helps to think of all the variables here: Should you adopt a mix or a particular breed? If the latter, which breed would best suit you? Should the puppy be male or female? For that matter, should you look for a puppy or offer your home to a homeless "teen-age" or adult dog? It pays to do a little self-exploration and some reading before answering these questions and ultimately finding the best dog for you.

FREE Monthly T-Shirt Contest !!

Every issue of Tidbits for Today will have hidden inside the newsletter an "F&R" (including this issue). The first person to call our office and correctly identify where the "F&R" is located in the newsletter will win a stylish Franks & Rechenberg, P.C. T-shirt. Kindly identify your size when calling. One winner per household per year. Good LUCK!!

August's T-Shirt winner was **Ronnaleigh Schmidt**. Congratulations to Ronnaleigh on being the first person to find the hidden "F&R" and call in to win !!

Free Refrigerator Magnets !!!

Franks & Rechenberg, P.C. is offering free refrigerator magnets to any one who calls and requests them. Just in time for back to school, the magnets are great for displaying your children's school work, and to highlight their achievements in the classroom. Each magnet is capable of holding several A + papers on your fridge.

Don't have any school aged kids? The magnets are also a great way to decorate your kitchen refrigerator. Be the first one on your block to have a Franks & Rechenberg, P.C. refrigerator magnet !!!

Happier Restaurant Trips

You're finally ready to load up the baby and go out for a nice meal prepared by someone else. But while you're happy to be out, your fellow diners may not be all that excited about a tot fussing or whining through his dinner. Five ways to make going out to eat a pleasure for everyone in the restaurant:

- 1. Look for other kids.** Their parents are in the same boat as you and will be much more sympathetic than childless couples.
- 2. Take provisions.** Pack twice what you think you'll need. So your bag is a little heavy — if Junior has a bottle or teething cracker in his mouth and a gentle rattle in his hand, he'll be less likely to cry.
- 3. Go to the bathroom.** If your child is on a teary tear, calm him in the rest room, where the entire restaurant doesn't have to hear him.
- 4. Limit the dining roam.** If your child's walking, don't let him wander around the restaurant or peek over the booth at the next table. Not everyone will appreciate the intrusion, no matter how cute your child is.
- 5. Get dessert to go.** Hate to rush you, but a speedier exit means less chance for your baby to interrupt everyone else's dinner.

The Best Jobs For 6 Personality Types – What's Yours?

When seeking your true love, you had better look for someone with a compatible personality. The same thing is true when choosing your career.

As part of its Best Careers guide, U.S. News has selected the top careers for each of six personality types. Sure, everybody's an individual, but researchers have observed that most people have certain characteristics that can be grouped into a small number of categories.

We've used the methodology developed by respected career psychologist John Holland, who identifies six general types of people. For each, we've selected careers, both white-and blue-collar, with good job availability and respectable pay, in fields that offer psychological satisfaction and reasonable quality of life. Most people will recognize themselves in at least one of these categories:

Realistic, hands-on people tend to be practical and straightforward. They like to work with concrete objects. Careers compatible with this personality type: electrician, orthodontist, surgical technologist, biomedical engineer.

(Cont'd on page 7)

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!

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, criminal, 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. By calling our office 24 Hours A Day and leaving a message on our voice mail.

Domestic Violence: Protecting Yourself and Your Children

- ***What is domestic violence?***

Domestic violence is abuse by a caregiver, a parent, a spouse or an intimate partner. It can take many forms. Here are some types of abuse: Physical abuse is the use of physical force; sexual abuse means any forced sexual activity; emotional abuse includes threats, constant criticism and put-downs. Controlling access to money and controlling activities are other abusive behaviors.

- ***What should I know about domestic violence?***

Violence against a partner or a child is a crime in all states. Each year, at least 2 million women are abused in this country. Abuse happens to people of all races, ages, incomes and religions.

People who are hurt by their partners or parents do not cause the abuse. Alcohol and drugs do not cause abuse, although they can make the violence worse. Abuse can begin, continue and increase during pregnancy.

- ***What can I do if my children or I am abused?***

First, make sure you and your children are safe. Go to a safe place, such as the home of a friend or a relative or an emergency shelter. Take your children with you. Call the police if you think you can't leave home safely or if you want to bring charges against your abuser.

If possible, take house keys, money and important papers with you. Do not use drugs or alcohol at this time because you need to be alert in a crisis. The staff members at emergency shelters can help you file for a court order of protection.

- ***What are other ways I can get help if I am abused?***

Talk to your doctor, who can treat any medical problem, provide support and make referrals. Call an emergency shelter and ask about counseling and support groups for you and your children. Nurses, social workers and other health care professionals can also help you.

**Watch A Great Movie This Month.....
Here is the insight of this
month's listings.**

The Brave One

Starring: Jodie Foster, Naveen Andrews, Terrence Howard, and Mary Steenburgen

Directed By: Neil Jordan

Theatrical Release Date: 09/14/07

Genre: Comedy, Sports Comedy

Rating: R for strong violence, language, and some sexuality

New York radio host Erica Bain has a life that she loves and a fiancé she adores. All of it is taken from her when a brutal attack leaves Erica badly wounded and her fiancé dead. Unable to move past the tragedy, Erica begins prowling the city streets at night to track down the men she holds responsible. Her dark pursuit of justice catches the public's attention, and the city is riveted by her anonymous exploits. But with the NYPD desperate to find the culprit and a dogged police detective hot on her trail, she must decide whether her quest for revenge is truly the right path, or if she is becoming the very thing she is trying to stop.

Mr. Woodcock

Starring: Billy Bob Thornton, Seann William Scott, Susan Sarandon, Ethan Suplee, Melissa Sagemiller, Amy Poehler

Directed By: Craig Gillespie

Theatrical Release Date: 09/17/07

Genre: comedy, Comedy

Rating: PG-13

Scott stars as John Farley, a self-help author who returns to his hometown only to discover that his mother (Sarandon) has fallen in love with his old high school nemesis, Mr. Woodcock (Thornton) – the gruff, no-nonsense gym teacher who had put him through years of mental and physical humiliation. Determined to prevent history from repeating itself, John sets out to stop his mother from marrying the man who had made life miserable for him and his classmates.

ARRESTED FOR A CRIME? Don't know where to turn? Help is just a phone call away ! Call Franks & Rechenberg, P.C. at (847) 854-7700.

(Cont'd from page 5)

Investigative people are analytical, intellectual, and scientific. Typically, they like to gather a lot of information before making decisions. And they question ideas that aren't backed up by rational data. Compatible careers: professor, software developer, physician's assistant, veterinarian, librarian

Artistic people are creative and imaginative, as you might expect. But they can also be strong problem solvers, since they bring an intuitive mindset that complements the more rational approach others might offer. Compatible careers: landscape architect, graphic designer, director or producer, interior designer, editor.

Social people often end up in "helping" professions where attributes like patience, empathy, and generosity make a difference. They're often strong team players good at achieving consensus. Compatible careers: school psychologist, mediator, nurse, physical therapist, social worker.

Enterprising people are competitive, energetic extroverts. They often end up as entrepreneurs or group leaders, and prefer to delegate the pieces of a project while focusing on the big picture. Compatible careers: executive, financial manager, sales rep, sales manager.

Conventional people, also described as orderly, are somewhat misnamed. They're not necessarily bland, though they do tend to be reserved, careful, and efficient. These are the folks who handle all the details that keep the trains running on time. Compatible careers: accountant, actuary, financial planner, technical writer, building inspector.

This system for categorizing personality types obviously isn't perfect. Many people, for instance, are an amalgam of two or three different types. A few people might feel they don't fit into any of these categories. But whatever your attributes and idiosyncrasies, the odds of finding a fulfilling career are greater if you match your job to your personality. It may not be as easy as jumping at the first opportunity that comes along. But most people probably wouldn't marry their first dates, either.

Information provided by U.S. News – A World Report

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 Gregory Marchione. We're treating Gregory Marchione and his wife to the movies!

Mammography – When Is the Right Time?

A mammogram is a special type of X-ray of the breasts. Mammograms can show tumors long before they are big enough for you or your health care provider to feel.

Mammograms are recommended every year or two for women older than 40. They are also recommended for younger women who have symptoms of breast cancer or who have a high risk of the disease.

Mammograms are quick and easy. You stand in front of an X-ray machine. The person who takes the X-rays places your breast between two plastic plates. The plates press your breast and make it flat. This may be uncomfortable, but it helps get a clear picture.

You will have an X-ray of each breast. A mammogram takes only a few seconds and it can help save your life.

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.

www.FnRlaw.com

DO YOU HAVE A WILL? If not call, Franks & Rechenberg, P.C. to schedule an appointment for a Will, Durable Health Care Power of Attorney and Living Will. Don't leave home without one.

TidBits for Today...!

is a FREE monthly newsletter from your friends at

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What's the Answer?

1. Prepare Your Children For School
2. Choosing The Right Dog.
3. Keeping Elders On Their Feet.
4. Are You Wasting Time At Work?

**"The Answers To These And Many Other Questions
Are Inside The **September 2007** Issue!"**