

8 Tips that's Guaranteed To Help You Save Up To \$200.00 A Month On Groceries...

Want to save some real money? According to the American Express spending index, U.S. households spend an average of \$3,240.00 for groceries each year! As you can see, food expenses represent a substantial percentage of household budgets. So here are a few suggestions for saving hundreds on your monthly grocery bill...

1. Shop for 2 weeks at a time. This will lesson impulse shopping and help stick to your budget. Plan your meals, make a list, and buy accordingly.
2. Never go food shopping when you're hungry because you'll end up buying food that looks tempting.
3. Stay away from "prepared" foods and avoid the outer isles where these products are featured. You may be paying up to 50% more for those "prepared" meals.

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Knock...Knock Jokes For March...

Knock - Knock!
Who's there?
Cows.
Cows who?
Cows go moo not who!!

Knock - Knock
Who's There?
Boo.
Boo Who?
Don't cry, its only a joke!

Thank You for Telling Your Family and Friends about Us!

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

Simple Fire Safety That Can Save Lives!

A household fire at any time can put the lives of you and your family in jeopardy. Yet, fire experts all agree that you can dramatically reduce the deadly effects of a potential fire with just a few safety tips. Here's how to make sure you're prepared in the event disaster does strike:

1) Make sure your house number is visible from the street so emergency vehicles can find you. Consider using oversized reflective or illuminated numbers at the curb, preferably next to your mail box.

2) Install smoke detectors in places where they will activate in time for you to save yourself and family. This is usually within a foot of the ceiling.

Make sure that you test them monthly by pressing the "test" button, and *replace batteries at least once a year*. Don't rely on the alarm to make an intermittent "beep" to change the batteries.

3) Create a fire escape plan with an emergency route for each family member's bedroom.

(Continues on the next page)

David N. Rechenberg recently settled an auto crash case for \$100,000.00 against a well known insurance company, who fought the case every step of the way! If you were injured in a car crash through no fault of your own, call today to schedule an appointment for a free audit of your case!

Tips for Dealing with ADHD

ADHD and how to handle it are often a hot topic. Some claim that it is not a real condition but rather a reaction to our educational system.

Others believe that it is real problem and that medication is the best solution to treat it with. Still others claim that ADHD can be controlled through diet.

I would like to offer some practical and positive suggestions to help our clients and friends who have children with ADHD.

1. **Routine.** Establish daily routines to handle morning activities, homework from school as well as bedtime. Routines help make sense of the chaos that uncontrolled ADHD can cause.

2. **Know the triggers.** Know what things can make ADHD worse for you or your child. For example it could be eating a breakfast that's loaded with sugar.

3. **Organization.** Lack of organizational skills is a classic sign of ADHD. The good news is that organization can easily be taught. Learning organizational skills is NOT an easy process but you should NEVER give up! Personally, I've found that using a daily planner helps me keep up with things and stay organized.

4. **Stress.** Stress can set off and even aggravate ADHD. Find ways to relieve stress and relax. Buy music that is both soothing and relaxing. They now have audio CD's with the sound of ocean waves, rain storms, and many others that can help.

5. **Focus on the Positive.** ADHD can make it difficult to concentrate or even finish the simplest tasks. The very traits that make ADHD a problem can also be useful. For example the ability to multi-task can be a great asset for someone who has ADHD.

Thank You! Thank You! Thank You! Thank You! Thank You!

Thanks to YOU the word is spreading. Thanks to all of our clients and friends who graciously referred their family, friends, and neighbors last month! We build our law practice based on the positive comments and referrals from people just like you who know how much I care about serving them. I just couldn't do it without YOU!



Simple Fire Safety Tips Save Lives!

If bedrooms are on the 2nd floor, purchase a simple chain ladder for escape from windows. Arrange for a safe family meeting place outside the home in the event fire strikes. This way, you'll know instantly which family members are accounted for.

4) Place an adequately sized fire extinguisher near the kitchen area of your home. Also place one at the opposite end of the home.

Most homes use undersized extinguishers. Even if a small fire breaks out, you'll want all the suppression you can get.

5) Remove all weeds, tree branches, leaves and litter away from the perimeter of your home. Put a screen on your fireplace and keep it closed at all times.

It's best to sleep with your bedroom door closed to give yourself more time to escape in case of a fire. And teach your children what to do if their clothes catch fire: *Stop, Drop, and Roll.*

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

6 Powerful Steps for Overcoming And Concurring Depression!

One of the byproducts of our sedentary & isolated contemporary lives is the growing epidemic of depression. Over 120 million people worldwide are affected by the “black dog of depression,” as Sir Winston Churchill described it. Depression is one of the leading causes of disability, missed days from work, broken relationships and more.

Chances are you or someone you know will suffer from this debilitating condition once in your lifetime. It is truly one of the most devastating of diseases that robs you of the ability to enjoy life. Activities that you used to enjoy leave you feeling empty. Interacting with friends, family members and coworkers can become overwhelming.

So what can we do? Traditional routes of therapy combined with medication can be effective and should definitely be considered if depression leads to disrupting your life.

However there are other, natural, healthier steps you can take, over time that can be extremely effective. In fact, some studies have shown these to be as just effective (or more so) than traditional therapies. As an added bonus these are good healthy lifestyle changes that will enhance anyone’s life, depressed or NOT, and most don’t cost a thing!

Studies have clearly demonstrated that people who live in primitive cultures get a lot more exposure to an active and healthy lifestyle than modernized people and hence they have none to very little depression.

The same attempts to study depression in the Amish found very little. Making simple changes to your lifestyle closer to those of our primal ancestors can work miracles in battling the blues.

What I suggest that you do is simple choose ONE of these tips and work with it for a week. Then add a new habit the following week until you’re doing all of them at the same time.

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Ladies...

Get Healthier Looking Nails With These Cheap Beauty Secrets... Keeping your nails looking great and strong doesn't have to cost an arm and a leg.

I'm told the best things in life are free. While that may be true, I'd also say that some of the best things in life are cheap. Did you know that you can improve your nails without spending much money?

Forget those visits to the nail salon. Improve the health of your nails the cheaper and greener, way. You don't have to tack on those plastic nails to your real ones. You don't have to spend money at the salon that you could put toward better use. All that you have to do is know the tricks!

Here are three nail tips that will keep your nails stronger and healthier for next to nothing.

Use Olive Oil –

Olive oil is a great lubricant for skin and nails alike. Rub some of this stuff on your nails and you'll have healthier nails before you know it.

Wear Gloves –

Any time your hands will be emerged in water for an extended amount of time (think dishes, laundry by hand, etc.), make sure to keep them in rubber gloves. This will protect both your nails and the sensitive skin around your nails from getting battered.

Take Extra Vitamin B –

This vitamin will help to strengthen your nails.

Treat Your Hands To A Spa Treatment –

Get a large bowl of warm water, add 2 teaspoons of olive oil, a few drops of organic rosemary oil, and a few sprigs of rosemary. Soak fingers and cuticles.

For smooth, supple, and fragrant hands, exfoliate them weekly with a scrub made by mixing a cup of organic sugar, a teaspoon of olive oil, and a few drops of your favorite essential oils.

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!!

Secrets To Help You Stop Worrying

Step 1: Write down what you are worried about in a journal. Include your imagined worst-case scenarios.

Step 2: Think about how you would handle your worst-case scenarios.

Step 3: Take action on what you can change or have some control over that could reduce your worrying.

Step 4: Look over the worrisome thoughts that you feel you can't take any action on. Consider which are excessive or distorted and have very little basis in reality.

Step 5: Take each of these worrisome thoughts and write down an alternative thought that is more realistic, as a believable challenge to the worry.

Step 6: Try to catch yourself when you notice yourself worrying. Stop and tell yourself the alternative thought.

Step 7: Practice meditation and deep relaxation to reduce stress and anxiety. A simple technique to "quiet your mind" is to calm your emotions and body by simply breathing deeply and slowly to the count of six then breathe out slowly to the count of six. Do this for 5 minutes; gradually increase to 20 minutes over time.

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 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. 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 office voice mail.

Inspirational Thoughts For March - Positive Thinking For Everyday Living!

"The difference between great people and everyone else is that great people create their lives actively, while everyone else is created by their lives, passively waiting to see where life takes them next. The difference between the two is the difference between living fully and just existing." - **Michael E. Gerber**

"There is no scarcity of opportunity to make a living at what you love. There's only a scarcity of resolve to make it happen."

- **Dr. Wayne Dyer**

8 Tips That's Guaranteed To Help You Save Up To \$200.00 A Month On Groceries...(Continued)

4. Using coupons can lower your grocery bill by as much as 25%. The best coupons are located in your Sunday paper.

5. Buy store brands whenever possible. The fancy "brand" names often make the very same food products for the store brands and the only thing you're paying for is fancy packaging. Buying store brands can also cut your grocery bill by as much as 25%. And that's BIG!

6. Buy extra meat when it's on sale and store it in your freezer.

7. Don't buy toiletries and household cleaners at the grocery store, because they charge between 10% and 15% more than the large discount stores and the "dollar" stores.

8. Make a list - and stick to it. Grocery stores do everything in their power to get you to impulse-buy. Write down exactly what you want to get before heading to the grocery store, cross off items on your list as you go, and don't deviate from your list.

Powerful Reasons To Drink More Water

1. **Loss weight.** Water is one of the best tools for weight loss, first of all because it often replaces high-calorie drinks like soda and juice and alcohol with a drink that doesn't have any calories. But it's also a great appetite suppressant, and often when we think we're hungry, we're actually just thirsty.

2. **Heart healthy.** Drinking a good amount of water could lower your risks of a heart attack. A six-year study published in the May 1, 2002 American Journal of Epidemiology found that those who drink more than 5 glasses of water a day were 41% less likely to die from a heart attack during the study period than those who drank less than two glasses.

3. **Energy.** Being dehydrated can zap your energy supply and make you feel sluggish -- even mild dehydration of as little as 1 or 2 percent of your body weight. If you're thirsty, you're already dehydrated -- and this can lead to fatigue, muscle weakness, dizziness and other symptoms.

4. **Look younger.** Drinking more water can clear up your skin and people often report a healthy glow after drinking water. It won't happen overnight, of course, but just a week of drinking a healthy amount of water can have good effects on your skin.

5. **Better exercise.** Being dehydrated can severely hamper your athletic activities, slowing you down and making it harder to lift weights. Exercise requires additional water, so be sure to hydrate before during and after working out.

WARNING!

Energy Drinks Should NOT Be Mixed With Alcohol!

Red Bull and vodka has become a popular mixed drink at bars because it has a reputation for reducing the depressant effects of alcohol (e.g. fatigue) while enhancing the "feel good" buzz. But while people may not feel impaired, their blood alcohol concentration is still high. People may consume larger amounts of alcohol as a result.

Healthy Heart Desert Recipe For March 2009:

*"Heart disease kills five times as many women each year as breast cancer."
– CDC's National Center for Health Statistics*

Whole-Wheat Date Walnut Bars (Servings – 16)

Nonstick cooking spray

$\frac{3}{4}$ cup whole-wheat flour

$\frac{1}{2}$ tsp. baking powder

$\frac{1}{4}$ tsp. baking soda

$\frac{1}{8}$ tsp. salt

1 large egg

$\frac{1}{4}$ cup honey

2 Tbsp. canola oil

$\frac{1}{4}$ - $\frac{1}{2}$ tsp. grated orange peel

3 Tbsp. applesauce

$\frac{2}{3}$ cup chopped, pitted dates

$\frac{1}{3}$ cup chopped walnuts

Preheat oven to 350 degrees. Spray 8-inch pan with cooking spray.

In large bowl, mix flour, baking powder, baking soda and salt. In small bowl, mix egg, honey, oil, orange peel and applesauce. Stir egg mixture into dry ingredients until blended. Stir in dates and walnuts.

Spread into pan and bake about 25 minutes or until a toothpick inserted in center comes out clean. Cool and cut into squares.

Calories/square – 91; fat – 4 g (less than 1 g saturated); carbohydrates – 14 g; protein – 2 g; fiber – 1 g; sodium – 58 mg

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

Lady's Your Going To Like This One...

Three guys had to cross a lake. The first one prayed to God for the strength, he swam across the lake, but almost died 5 times. The second guy prayed to God for the strength and the tools, he made a boat, and rowed himself across the lake, he almost died 3 times.

The third guy prayed to God for the strength, the tools, and the brains. He turned into a girl, walked 4 yards, and crossed the bridge.

Getting to Know the Lawyers

at

Franks & Rechenberg, P.C.

HEIDI RECHENBERG BECOMES A MATH NERD!

Heidi Rechenberg, an 8th grader at Hebron Middle school was just appointed the President of the Math Club. Heidi is in the High School Math Class and has been doing well. The Math club will be competing in a math tournament soon.

Heidi is the third born of four kids in the Rechenberg clan, and views herself as a jock, not a book worm. She has played sports her entire life. She was on the 8th grade soccer team, basketball team and is currently on track team. Most people would be shocked to learn that she does well in school because she excels in sports. She won Most Valuable Player in the basketball tournament and was captain of the soccer team.

Getting used to being a "math nerd" will take some time, but we are sure she will get used to it. Whoever thought Blondes could not do math

How To Defog Your Bathroom?

Everyone likes a nice warm shower. But it can be annoying when you look into your bathroom mirror and you feel like you've been time-warped into foggy old London!

So here's a handy tip to keep that annoying fog off your bathroom mirror. Simply moisten the corner end of a bar of soap, and rub the soap on your mirror. After the soap has been applied, wipe the mirror with a dry towel. *Presto!* No more foggy mirrors.

6 Powerful Steps For Overcoming And Concurring Depression

Again, keep working on this list until you have them all integrated into your daily routine, just like brushing your teeth. You don't think about them, you just do them! Doing each one of these tips will help you quickly do another which will help you feel a whole lot better.

1. **Get Outdoors.** Our caveman friends saw lots of daylight; getting up at sunrise and going to sleep at sunset. Exposure to bright sunlight for 30 minutes a day either through sunlight or a light made for this, helps keep your internal clock set.

This circadian rhythm helps to regulate our sleep/wake cycle and insures a good night's sleep which in turn, helps our physical and mental health. Don't wear sunglasses though; the exposure must come through your eyes!

2. **Aerobic Exercise.** Primitive folks had to forage or work in the fields for their food. 30 minutes at least 3 times a week means those 'runner's high' endorphins get released regularly. It's also a good way to work through and release stress.

You don't have to run a marathon, just get your heart rate up to your target range - around 120 to 160 beats per minute depending on your age and condition. Walking works wonders. Get your doctor's approval first!

3. **Omega-3 fatty acids.** 1,000 mg daily. Omega-3's fatty acids in the brain's neuron connectivity. Enteric coated capsules help prevent burping the fishy tasting oil but you can also freeze them.

Throw in a good multi-vitamin and avoid overly processed foods in favor fish, chicken, low fat meats, complex carbohydrates (whole grains), fresh fruits and vegetables.

4. **Get MORE Sleep!** Make sure you are getting 7 to 8 hours of sleep per night. Try changing your sleep routine so that it's more conducive to a good night's rest. Go to bed at the same time every night. Turn your lights way down.

(Continues on next)

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.

Make sure the TV is turned off! Engage in calming, quiet activities like reading, taking a warm bath, etc. Avoid caffeine and alcohol. Don't work late or do other stressful activities that cause your mind to race. Remember a tired body and quiet mind are the requirements for quality sleep.

5. Make New Friends. Remember the Amish farmer has his family and community to fall back on for support. There's no reason you can't too. Get involved at a social club or local church group. Involve yourself with close friends and family. You don't have to engage in heavy conversations about your emotional challenges, just have fun.

Keep it simple and go to a movie, visit an art gallery or museum, go to a ball game, grab a cup of coffee or have a meal together. Just be with other people and your feelings of isolation will fade away. I want you to do this face-to-face (not online!) and make sure you do this regularly.

6. Watch What You Think! They say "thoughts are things," and that "we become what we think about most of the time." Remember, what you focus on *E-X-P-A-N-D-S!*

If you keep dwelling on all the negatives of life you'll keep attracting more things to be depressed about. Just become aware of all the times you dwell on something negative - both real as well as imagined - then stop focusing on them! Anti-rumination strategy is vital to breaking out of depression and other emotional ruts.

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

We would like to welcome all our new new clients to our firm and say "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 glove compartment guide, 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 James Brown. We're treating Jim and his lovely wife to the movies!

Help For The Incurable Procrastinator

You may be a hopeless procrastinator, but you shouldn't give up mending your ways. At least you can try to minimize your procrastinating by following these five simple steps:

STEP 1: Ask if you really want to do the task. If the payoff isn't attractive, you may decide that it's not worth effort.

STEP 2: Decide if you'd rather do the task right away or schedule it for later.

STEP 3: When you feel yourself about to procrastinate, be firm with yourself. Pinch yourself and muster up the energy to keep going.

STEP 4: Divide the task into bite sized chunks and commit to a small amount of effort at each stage.

STEP 5: When the task is finished, give yourself a certain amount of time for pure, guilt free fun.

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 friend who was injured in a car crash, hurt at a construction site, or hurt as a result of a defective product, and they are wondering how to hire a personal injury attorney, and what questions to ask? Give that friend great advice. Ask them to order the FREE audio CD "How to Choose an Illinois Personal Injury Attorney" by calling (847) 854-7700. You can also order one for yourself to hand out to family and friends.

TidBits for Today...!

is a FREE monthly newsletter from your friends at :

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