



Mark Kezy

The Attorney Next Door®

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**Attorney
Mark Kezy's
Insider Tips For
Healthy, Secure &**

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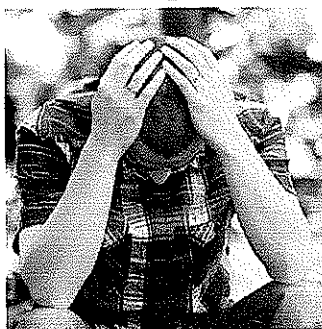
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8 Little Known Signs of Depression

Depression isn't always obvious, unfortunately suicide is. You or someone you love could be suffering from bouts of depression and not even know it. Robin Williams is a sad but real example. You wouldn't have thought one of the world's most popular comedians as being depressed, but he certainly was. So much so that he took his own life.

If you have been feeling a bit off kilter, you could be depressed. According to a Canadian study, seventy-five percent of people who are diagnosed with depression share the same neurotransmitters and biological pathways of people who are in pain. People who have chronic pain are four times as likely to suffer from depression.

Being heavier than you would like can also cause depression. Although that fast food burger you enjoyed for lunch yesterday or that extra dinner roll that seems to accompany your evening meal on a regular basis may raise your levels of the mood-boosting



chemical in your brain, serotonin, over time your emotional eating could lead to shame, guilt and of course, weight gain. On the other side of the coin, people who are depressed may lose weight as depression in some people kills their appetite.

If the guy who cuts you off on the freeway sends you into a blinding rage, it could be a sign that you are suffering from depression. *Being grouchy and grumpy could be symptoms of depression.* According to a study by JAMA Psychiatry, fifty four percent of people who have depression also reported feeling argumentative, hostile, grumpy, foul tempered and angry.

Most people are motivated when they get out of bed in the morning, but if you feel *blah, numb or neutral*, you could be

depressed. If your favorite situation comedy or sad stories on the news barely register, you could be battling depression. This type of zombie behavior is a classic sign of depression.

If you are enjoying happy hour long before anyone else, or having more than just a few alcoholic drinks at night, you may be depressed. About one third of men and women who are depressed claim that drinking makes them feel calm. However, after two or three drinks, your feelings tend to amplify, exaggerating your negative emotions.

Compulsive shopping, gambling, or even Facebook can be a sign of depression. People, who are constantly online, may be trying to escape from the real world. Having more virtual social interactions than physical ones could mean you are doing your best to ignore your own feelings.

If you are living in the same yoga pants day after day or have...

Continued on page 2...

Things You Should Never Say to Your Child

There are more than a handful of damaging, terrible, and just wrong things that you can say to your child. *"You're the reason that our marriage didn't last."* Or, *"I really wish that I had never given birth to you,"* are obvious, but there are a few harmless phrases that can cause resentment or affect a child's self-esteem. Author Ann McCready and founder of **Positive Parenting Solutions**, says that although parents have the best intentions, sometimes the words that come out of their mouths could be damaging.

Never say I know you can try harder. Any comment to a son or daughter that makes it look like you are not satisfied with schoolwork, music or sports will actually discourage efforts. Be clear about what you expect and if your child is making an extra effort; be sure that they know you are proud of their hard work.

"Are you sure you need that second helping of mashed potatoes?" is a definite no-no. Although your intentions are good, you could foster negative body images. If your child's weight has you worried, fill your pantry and fridge with healthy food items. Engage in physical activity with the entire family such as a walk after dinner. Positive reinforcement will teach your kids good healthy habits.



Most parents are guilty of saying, *"You never,"* or, *"You always forget,"* but those two words could be reinforcing labels that your kids could have for life.

Your kids will become what you tell them, so if you tell your son or daughter that he or she is always forgetting to call, your children will be less likely to call. Instead, ask your kids. Say something like, *"I notice that you seem to have a difficult time remembering to bring your homework home. Is there anything we can do to help you remember?"*

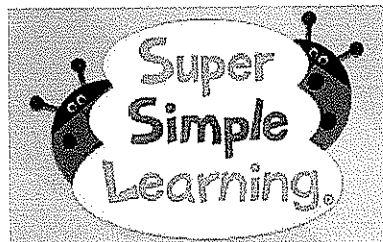
Be careful asking your kids why they can't be more like their brother or sister or saying your child is better at soccer than the piano are also statements that can undermine your child's confidence and development.

We can't say everything right all the time, but hopefully by simply rephrasing and being aware of our words will help raise stronger and more confident children.

Do you know they are Experienced and Trustworthy?

Don't attempt to trust just anyone when it comes to choosing the right legal professional to represent you! Regardless if your issue is big or small, I can help. Call me at (312) 341-1500 and I will be happy to help you through this stressful time. Let me take care of everything so you can rest easy.

Cool Stuff on the Internet



Super Simple Learning
<http://supersimplelearning.com>

This site has paid resources but the real gem is on their Super Simple Learning Resources page where you'll find hundreds of pages of free flashcards, worksheets, coloring pages, games, and crafts in one, easy-to-access, easy-to-search place. All resources are 100% free for you to use in a classroom or at home. We loved the fun graphics and the easy to navigate website.

If you have young children than you are always on the lookout for free ways to make learning fun. That's why you are going to love...

Continued from page 1... *"8 Little Known Signs..."*

...stopped combing your hair, you could be suffering from depression. Poor dental health could also lead to depression. *Not caring what your look like is a strong indication of what is going on emotionally.*

Most people have to make seventy or more decisions each day, but *if you are having a tough time deciding between eggs and oatmeal for breakfast or whether to snooze or wake up, you could be depressed.* If you are depressed cognitive processes that most people take for granted could be affected when it comes to making everyday decisions.

24-hour Hotline National Suicide Prevention Helpline
1-800-273-8255 (1-800-273-TALK)

Simple Ways to Party in Style

Even if you don't own a matching plate, or you have mix and match serving dishes, you can still have a party without having to bust your budget. According to O Magazines event designer Jung Lee, your colorful dishware can set the stage for a fabulous get together that won't look like a yard sale.



Start with the table. Use a neutral backdrop such as simple gray or beige runner to show off your fabulous wooden table. If you would rather cover up your serving table, use the same concept and throw a beautiful white tablecloth over the top. Use what colorful dinnerware you have and throw in some inexpensive off white plates to allow you to serve more guests without the burden of matching your exact plate pattern.

Use your colorful serving dishes and place them in-between white or off-white serving trays to offset the patterns. Use mismatched cloth napkins and napkin rings and place them on top of your dinner plates to give your table a festive more casual look.

You may be tempted to splurge on a floral centerpiece, but those large bouquets take up space and are expensive. Instead of a pretty, but useless, centerpiece, **decorate your table with water**

Word Of The Month

They say people with a large vocabulary earn more money and become more successful. It's never too late to start learning.

rife \RYFE\ adjective

- 1: prevalent especially to an increasing degree
- 2: abundant, common
- 3: copiously supplied : abounding

Example Sentences:

After the newspaper's managing editor was fired, speculation was rife about who would replace him.

"In the battle over Amendment 2, Drug Free Florida has decried the medical marijuana ballot initiative as being rife with loopholes." — Dan Sweeney, The Sun-Sentinel (South Florida), October 15, 2014

Reference: Merriam-Webster Online, m-w.com

jugs and wine bottles. Not only are they useful, but you will not have to constantly get up to refill your guests glasses. You can also add a couple of extra wineglasses and fill them with a couple of small flower buds.

Boost your playlist and add a variety of tunes that your guests will enjoy. If you are

having a theme party, come up with a versatile party playlist that adds to your martini party, 70's night, or formal dinner gathering.

Instead of piling a serving tray full of tired baby carrots and wilted celery, **Faith Durand**, author of several cookbooks, suggests adding a few vegetables that people are used to, such as cucumber and zucchini, before adding a few not so common choices. Broccolini, radishes and fennel served with a delicious spinach or white bean dip can **take your boring veggie tray to the next level leading the way for a hugely successful party.**

Free Movie Night Anyone?

Answer correctly and two free movie tickets are yours! The first 4 correct answers win!

Now you try ...

I am the "Apollo of Dogs"! I am one of the tallest breeds you can find today. My smooth coat comes in many colors and I often have my ears cropped upright. And despite my name, I come from Germany!

- | | |
|-------------------------------------|-------------------------|
| <i>a-Greater Swiss Mountain Dog</i> | <i>b-Great Pyrenees</i> |
| <i>c-Great Dane</i> | <i>d-Greyhound</i> |

The first 4 romantic people to call me with the correct answer will win the movie tickets!

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Quick Tips of the Month

SAY WHAT? You can do all that with aluminum foil?

1) By lining your drawers and cabinets with aluminum foil, you can simply clean them with wet sponge. Plus be able to see the dark corners better.

2) Use foil to polish your silverware, by foiling the inside of a plastic bin (shiny side up). Place your silverware pieces in then add a gallon of boiling water and 1/4 cup washing soda. The tarnish should transfer to the foil in a chemical reaction.



3) Use a ball of aluminum foil to de-gunk your grill of burnt-on barbecue leftovers.

4) Use the foil to protect your pie crust, by covering the edges of the pie to prevent the crust from burning brown.

5) You can also use foil to conceal your credit card from thieves that maybe able to scan your info, by simply wrapping it to deflect the scanner.

6) A ball of foil can also be a good scrubbing tool for your glass casseroles or even cast-iron skillet.

7) To protect your fruit tree from being eaten by birds, you can scare them away by placing or hanging strips of aluminum foil on it.

8) Trouble moving heavy furniture? Then use some foil on the feet of your furniture to simply drag them across your carpets.

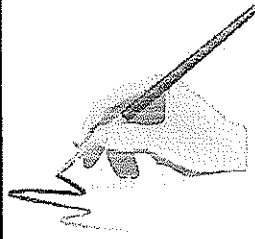
Who knew the stuff was so versatile?

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Tease Your Brain

ANAGRAMS of Famous Writers



1) It's about four hundred years since I wrote my plays, and since then many of my lines (e.g. "All the world's a stage," "Brevity is the soul of wit,") have become proverbial.

So I think I can safely say "I'LL MAKE A WISE PHRASE." _____

2) "AH, HATE IS TRAGIC!" Indeed it is, but if there were no hatred in the world, there would never be a murder in the vicarage or on the Orient Express, and then what would there be for me to write about? _____

Answers: 1) William Shakespeare and 2) Agatha Christie

Friendship Quotes

"The language of friendship is not words but meanings."
~ Henry David Thoreau

"Friendship is born at that moment when one person says to another: 'What! You too? I thought I was the only one.'
~ C.S. Lewis

"A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow."
~ William Shakespeare

"Wishing to be friends is quick work, but friendship is a slow ripening fruit."
~ Aristotle

Mark Kezy

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Whether you need legal advice, or if you simply want to stop by and say "hello", that would be great too. Please contact me anytime, I'd love to hear from you!

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