

TidBits for Today

The Power Of...Part 3

Positive Thinking During Tough Times Can Help You Reduce S-t-r-e-s-s, Drastically Eliminate Anxiety, Chronic Illness, While Helping You Enjoy MORE Life!

Make sure you practice positive thinking every single day. If you tend to have a negative outlook, don't expect to become an optimist overnight. But with practice, patience, and perseverance eventually your self-talk will contain less self-criticism and more self-acceptance.

You may also become less critical of the world around you. Plus, when you share your positive mood and positive experience, both you and those around you will enjoy an emotional boost.

Practicing positive self-talk will improve your overall outlook. When your state of mind is generally optimistic, you're able to handle everyday stress in a more constructive way. That ability may contribute to the observed health benefits of positive thinking.

- The End

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.

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 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 the trust you place in our firm.

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

How To Beat Holiday Stress...

Helpful Tips For Getting Along With Your Relatives While Avoiding Fiascos

Consider The Other Persons Point Of View:

Instead of getting angry that Uncle Bob keeps insulting your cooking, think about why he may be saying these mean comments. Maybe he just found out that his wife is having an affair or perhaps he's embarrassed because his apartment is too small to host a family gathering.

You never truly know what is going on in another person's mind, so it's important not to jump to conclusions, and to try to understand why a person may act the way he/she does.

Act Like A Stranger:

We often assume that we know everything there is to know about our family members and don't bother asking them about their views on recent news stories, art or even learn about their favorite hobbies. The number one secret to getting along is to have your questions outnumber your statements by at least two to one.

(Continues on page 2)

David N. Rechenberg just obtained a \$474,937.00 verdict for his client, an international shipping company, at trial. The case had been pending for over a year before it proceeded to trial. If you need a real trial lawyer to handle your case, call today to schedule an appointment for a free audit of your case!

Helpful Tips To Get Along With Your Relatives While Avoiding Festive Fiascos

Pretend that you're meeting your relative for the first time and try to take a genuine interest in what he or she is interested in. (When you're first trying this out, it's probably best to stay away from hot topics like politics or religion!)

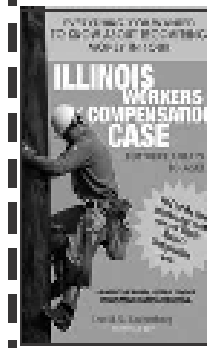
Take A History Lesson: If you're struggling to chat with the older generation, ask about days gone by (treading carefully at first, in case you're getting into sensitive territory). What was it like to fly in a WWII bomber? What did the great-grandparents do for fun when they were teenagers? How did they celebrate the holidays when they were growing up? Your older relatives have likely lived through some interesting times and if nothing else, questions like this can keep the conversation moving along.

Don't Ignore The Situation: Next time your evil sister-in-law calls you fat, you need to politely confront her. You're dealing with a bully. And when you ignore her, you're playing right into the bully's hands. Instead, confront her with a question. Ask, "Why would you say something like that?" If you act like you honestly don't know what the other person is talking about, it can help derail the attack.

Always Be Responsible For How You Behave: Remember you can't control what others will do but you can make sure you're the best dad, mom, daughter, etc. you can be in the circumstances you're dealt with, especially over the holidays. Teach this lesson to your kids too - it might help everyone get along a little better.

Get Support Elsewhere: Sick of being the one who always has to act interested and try to maintain the peace? Don't kill yourself trying to understand why no one else seems to take an interest in you.

(Continues on page 5)



Injured on the Job?

Order this **FREE BOOK**

"Everything You Wanted to Know About Recovering Money In Your Illinois Worker's Compensation Case"

Call and Order this Free Book to Learn The Nine Mistakes that Could Ruin Your Illinois Worker's Compensation Case

Call **847-854-7700** and request this **FREE** book

Written by Attorney David N. Rechenberg, or Visit the web site of **FRANKS & RECHENBERG, P.C.** at www.FnRlaw.com

Take Extra Precaution -

Stay Safe During The Holiday Shopping Frenzy...

The shopping season is a time when busy people can become careless and vulnerable to holiday crime and theft. Here are 13 powerful tips you can follow from the Los Angeles Police Department Crime Prevention Section can help you become more careful, prepared and aware during the holiday season.

- 1) Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member.
- 2) Avoid wearing expensive jewelry.
- 3) Do not carry a purse or wallet, if possible.
- 4) Always carry your Driver's License or ID along with necessary cash, checks or a credit card.
- 5) Even though you're rushed and thinking about a thousand things, stay alert to your surroundings.
- 6) Avoid carrying large amounts of cash.
- 7) Pay with a check or credit card when possible.
- 8) Keep cash in your front pocket.
- 9) Notify the credit card issuer immediately if your credit card is lost, stolen or misused.
- 10) Keep a record of all of your credit card numbers in a safe place at home.
- 11) Be extra careful if you do carry a wallet or purse. They are the prime targets of criminals in crowded shopping areas, transportation terminals, bus stops, on buses and other rapid transit.
- 12) Avoid overloading yourself with packages. It is important to have clear visibility.
- 13) Beware of strangers approaching you for any reason. At this time of year, "con-artists" may try various methods of distracting you with the intention of taking your money or belongings.

- 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

"The New Do's and Don'ts For Your Good Health Starts Here!"

Give The Gift Of Good Health & Longevity Today!

A part of our commitment to better serving you through our newsletter program **Franks & Rechenberg, P.C.** would like to send 12 FREE issues of **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.

To give a loved one a free subscription please call our office at **(847) 854-7700** and ask to speak to Marlo or Cheryl.

Music Trivia Questions and Answers

What rock'n'roll singer is memorialized by a eight-foot bronze statue in Lubbock, Texas?

A: Buddy Holly.

What Woody Guthrie song goes "From California to the New York island / From the redwood forest to the Gulf Stream waters"?

A: This Land is Your Land.

What Pink Floyd song was banned by the South African government after it became an anthem for black school children?

A: Another Brick in the Wall.

What are the two most common unbowed stringed instruments found in a symphony orchestra? **A: The Harp and the Piano.**

What legendary soul singer wrecked his Corvette the first time he drove it?

A: Ray Charles.

What tenor received a record 165 curtain calls at a Berlin opera house in 1988?

A: Luciano Pavarotti.

What Beatles single lasted longest on the charts, at 19 weeks? **A: Hey Jude.**

- The End

How To Deal With Divorce During Thanksgiving and the Holidays...

When faced with a divorce, Thanksgiving can be a difficult time for you and the kids. Where last year you were still a family, this year that stability has been torn to shreds and you're trying to put your life back together. Here are a few ideas that can help you stay sane through the holidays.

Coping With Past Memories: The first Thanksgiving following your divorce will be fraught with poignant memories of previous holidays and the traditions you shared, it's normal to feel sad. The contrast between how you felt in previous years and how you feel this year will make it even more painful.

Take This Year To Create New Traditions: If you always spent Thanksgiving with your spouse's family, go visit yours this year. A great idea is to volunteer at a soup kitchen, or have dinner with your friends. When you're dealing with divorce, don't put all your focus on how things used to be. Think about how things could be now, and take steps to make them that way.

Talk To Supportive Friends and Family: Don't worry about being a Debbie Downer. Now, that doesn't mean you should spend the whole holiday weekend bummed-out and moping around about how horrible dealing with divorce is. It just means that you shouldn't try to plaster on a happy face and keep it there, even when you're in pain inside.

If you need to vent or need a shoulder to cry on, grab a friend or family member that you trust and let it out. Otherwise, do your best to strive for a good holiday atmosphere, free from bitterness. The fact that you're around supportive friends and family alone should show you that it's not the end of the world.

Just don't make Thanksgiving itself your rant day. Try to talk to somebody beforehand and keep the negative thoughts and energy of dealing with divorce away from Thanksgiving. Otherwise, you're going to make the holiday itself more rotten for you and bring it down for your friends and family.

(Continues on page 7)

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.

Maple-Glazed Turkey and Gravy

A simple glaze makes the turkey glisten, while its drippings flavor the gravy with a whisper of maple sweetness.

Ingredients

- * One 12-pound turkey
- * 2 teaspoons kosher salt
- * 1 teaspoon ground black pepper
- * 4 to 5 cups stuffing
- * 2 cups water
- * 1/2 cup real maple syrup
- * 1/4 cup apple jelly
- * About 6 tablespoons flour

Cooking Instructions:

- 1) Heat oven to 350 degrees F. Fold wing tips under bird and place turkey breast side up on top of the onions.
- 2) Add stuffing to front and back cavities of turkey, making sure not to pack it tightly. Sprinkle turkey with salt and pepper.
- 3) After 2 hours add water to the bottom of the roasting pan. In a medium pot over medium heat, mix maple syrup and apple jelly. Bring to a boil and reduce to a vigorous simmer. Simmer about 10 minutes or until the mixture has been thickened and reduced to 6 tablespoons.
- 4) After roasting 2 1/2 hours, brush turkey breast, wings, and thighs with maple syrup mixture.
- 5) Roast turkey for approximately 3 hours total, or until instant read thermometer in thickest part of thigh registers 170 degrees F. Let sit for 30 minutes before carving.

Gravy:

Pour liquid from roasting pan into measuring cup. Discard onions, carrots, heart, and neck. Skim off fat from liquid and pour all but 1/4 cup back into roasting pan. For every 1/2 cup of liquid (what's in the pan and what is set aside as the reserved liquid) use 1 tablespoon flour. Stir that total amount of flour into the 1/4 cup of cooled, reserved liquid, and mix together well.

"Positive Thinking That WORKS In Today's World!"

"Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary."

– Margaret Cousins

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."

– Melodie Beattie

Cookin' Corner Continued - - Note:

You'll be stirring enough flour that is proportionate to all the existing liquid into that 1/4 cup of cooled liquid.

Heat the liquid in the roasting pan over medium heat, and slowly add the flour mixture to it, stirring constantly. Bring to a boil, reduce to a simmer, and cook 2 minutes, whisking constantly. Adjust salt and pepper to taste.

Tips & Tricks:

- * Add a dash of cayenne pepper and cinnamon to the gravy for a deeper, more sophisticated flavor.
- * As every turkey is different, check temperature after 2 hours to see how the roasting is progressing. A moist turkey is worth the little extra time it takes to check the temperature early and often.

Preparation Time: 10 minutes

Cooking Time: 3 hours

Ready In: 3 1/2 hours

How kids can help:

Sprinkling some salt and pepper on the turkey.

If Things Are Unbearable – How Do You Choose A Divorce Lawyer?

If you're miserable and thinking about getting a divorce, or you've been served with papers, you need to find a competent divorce attorney A.S.A.P. who specializes in family law.

Before you speak to anyone listed in the yellow pages, take some time to figure out what you want from an attorney and how you want your case to be handled. This article will give you some ideas on finding the right family lawyer for you.

Before Your First Meeting: Write out a list of your own questions. You can also include the following process questions to get started:

- 1) What does the lawyer need from you in order to evaluate your situation?
- 2) What are your options?
- 3) How many similar matters has he or she handled?
- 4) What percent of the practice is in the area of expertise you need?
- 5) What is the process for handling your situation?
- 6) How does the lawyer charge for services (by the project, hour, retainer)?
- 7) What is an estimate for the time required?
- 8) Will the lawyer handle the case personally or would a paralegal or clerk be handling it?
- 9) If others will be involved in the work, can you meet with them also?
- 10) Remember, every question is a legitimate one. There are no silly questions. You just need to have the question answered.

Before Your Second Meeting:

Now that you've met and had the process questions answered, save time and money by organizing information your lawyer said would be needed. Go in again with a written set of questions. Take a tape recorder with you. Why? Because it's hard to remember all the things your lawyer says. It's like going to the doctor. You don't go when things are fine. You go when there's a serious problem, when your emotions are high or you're not feeling well. A tape recorder means you don't have to rely on your memory at a time when your memory may let you down.

- 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'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!**

Tips To Get Along With Your Relatives While Avoiding Festive Fiascos

Instead, realize that your family "is what it is." So you need to find other – friends, partners, whoever—who can see you for who you are and give you the love and support that you need. It'll be easier to accept those who don't give you that unconditional love and support if you have a handful of others who do.

When All Else Fails Just Leave:

If the situation is so bad that you're miserable, it may be time to give up. Sometimes there's nothing you can do to make an uncomfortable situation bearable, especially if you're being insulted or put down. There is no law that says you have to stay in an abusive situation, even if it happens to be family. In fact, family is where most abuse comes from. Instead, tell everyone that it's time for you to leave, and then start your own, non-stressful tradition.

- The End

Decorative Turkey Pin

Start with a child's hand cutout and create a cute, clip-on Thanksgiving turkey decoration.

What you'll need:

- * Construction paper
- * Pencil
- * Scissors
- * Yellow pipe cleaners
- * Glue
- * Wiggle eyes
- * Clothes pin

How to make it:

- 1) Make a turkey tail by tracing a child's hand: trace just the four fingers (no thumb) onto any color paper—we made ours with a variety of colors.
- 2) Then design a body shape to glue over then top of the hand shape.
- 3) Glue wiggle eyes and a wattle. Then attach colorful feathers on top of the "fingers" of turkey's back.
- 4) Make legs out of yellow pipe cleaners and tape these onto the back (glue won't hold them on).
- 5) When you're finished, glue a wooden clothespin crosswise onto the back of your turkey.

Getting to Know the Lawyers at Franks & Rechenberg, P. C.

At Franks & Rechenberg, P.C., we continue to successfully defend those accused of DUI and criminal charges. A recent Client's case looked hopeless. He hired us to defend his third DUI charge, with poor field sobriety tests and a high Breath-alcohol result. He was even eligible for a felony charge. David Franks reviewed his case, and went to work providing an aggressive defense. We achieved an excellent result--the Prosecutor not only amended this Client's DUI charge to Reckless Driving, but also agreed to lift the suspension of our Client's driver's license! We protected our Client's driver's license and future. In another case, another Client was charged with unlawfully possessing a controlled substance. David Franks went to work reviewing the incident and case law. He filed a Motion, asking the Court to dismiss the charge since the police had not followed proper procedures. The Court agreed and dismissed the charge! We protected our young Client's future. At Franks & Rechenberg, P.C. we stay current with new laws, and are committed to providing our Clients the best criminal defense possible.

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

Black Friday – The B-I-G-G-E-S-T Shopping Day Of The Year!

Black Friday falls on the day after Thanksgiving and has earned the reputation of being the busiest shopping day of the year. The name was adopted from an accounting term - red ink denotes a negative profit margin, where as "in the black" denotes a positive profit margin. Many retailers make or break their sales goals between Thanksgiving and Christmas, with the season kicking off on the Friday after Thanksgiving, hence the name "Black Friday."

1. Check Out the Ads: Your local Thanksgiving Day newspaper will be stuffed like your Thanksgiving turkey with ads, coupons, and circulars. This will be your number one source to local Black Friday savings.

2. Research Before Black Friday: If you are hoping to scoop up a deal on Friday on a big-ticket item, go ahead and get your research out of the way as soon as possible. A bad product is a bad deal no matter how cheap it costs. Being knowledgeable about the products you want to buy will help you avoid being sucker-punched with loud advertising for poor products.

3. Compare Prices: Utilize price-comparison Internet shopping sites such as PriceGrabber.com to assist you in comparing product prices. Compare the "options" included with the product. Some retailers will low-ball the advertised price on a stripped down product, and then you will be charged extra for the necessary parts that will make the product perform as expected.

4. Look for Early Bird Shopper Discounts: The Early Bird Shopper will be the real winner on Black Friday. Stores offering early-day shopper specials usually run the deals from 5 a.m. until 11 a.m. and with no "rain checks," which means once they run out of the products, you are out of luck. Scanning the ads and routing your trip based on your buying priorities will be important with the time-sensitive deals that will be offered.

(Continues on page 7)

Do you have a friend who was injured in a car crash, hurt at a construction site, or 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

Black Friday –

5. Beat the Crowds with Night Owl Discounts on Thanksgiving: Internet shoppers can beat the early birds by shopping online in the pre-dawn hours of Black Friday. Many retailers will be posting their Black Friday specials, which can be ordered online and picked-up at your local store. Special "Web only" deals will also be available starting as early as Thanksgiving eve.

6. Bring the Ads: Many stores offer a "lowest-price" guarantee; however you may be required to produce a copy of the exact product being advertised for less. Most local retailers will not meet Internet prices even when the product is advertised on the same company's website, but it cannot hurt to try. It may give you additional bargaining power and push the sales person into waiving other charges such as assembly fees.

7. Know the Store Policies: Knowing the store policies on returns can help you determine where to buy. Many retailers are including restocking fees and shorter return deadlines. Almost all of the major retail chains have clamped down on requiring receipts for returns and exchanges, and many keep a database of individuals who tend to abuse return policies. If you get onto an "abuse" list, prepare yourself to be turned down.

8. Ask for Gift Receipts: Gift receipts generally include a description of the item purchased but do not disclose the price paid. Including gift receipts inside the gift box will make returns or exchanges easier for the gift recipient. Without proof-of-purchase, the recipient may be turned down for returning or exchanging the item or risk receiving an exchange for the current selling price of the item.

9. Saying "Charge It" Can Pay Off: Obviously, there is no bargain in running up high credit card bills and paying big interest rates, however, with proper spending disciplines intact, using the right charge-card can be of value to consumers. Many credit card companies entice consumers with free benefits, which include extended free warranties, return protection and sale price protection.

- The End

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 Maranto**. We're treating James and a friend to popcorn, soda and the movies! Congratulations James!

How To Deal With Divorce During Thanksgiving and the Holidays...

Be Flexible With The Scheduling: If you have children, then you'll do something you haven't had to do before: figure out which parent they'll spend Thanksgiving with. It may be hard to arrange transportation and scheduling with your ex, but try to be civil and flexible when you do.

Part of dealing with divorce is not letting bitterness color the holiday for you or your children. It's not going to do anybody any good for you to get angry because your ex couldn't pick up the kids until 7 p.m. when he was supposed to be there an hour earlier.

- The End

Insurance Companies HATE THIS BOOK!

SECRETS REVEALED:



FREE BOOK

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Call and Order this Free Book to Learn
The Dirty Little Tricks Insurance Companies Pull

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Written by Attorney David N. Rechenberg, or
Visit the law offices of FRANKS & RECHENBERG, P.C.
at www.FaRlaw.com

Book not available free for attorneys or insurance company employees.
It may be ordered for \$16.95 plus shipping at www.amazon.com.

David N. Rechenberg will get you the big money for your personal injury case!
Call today to schedule an appointment for a free audit of your case!

TidBits for Today...!

is a FREE monthly newsletter from your friends at :

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