

TidBits for Today

Make 2010 Your BEST Year Ever...

New Year's Eve has always been a traditional time for reflecting back on the past, and more importantly, looking forward to the coming year. It's a time to reflect on the changes we want (or NEED) to make and resolve as quickly as possible to follow through on those changes. So, let me ask you something kind of personal, did your New Year resolutions make our law firms top 10 list?

1. Spend More Time With Family and Friends:

Recent polls conducted by General Nutrition Centers, Quicken, and others shows that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year.

2. Become Healthy and Fit: Working out regularly has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and

(Continues on page 2)

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.**

20 Surefire Ways To Help You Lose Weight After The Holidays... *Guaranteed!*

1. **Drink plenty of water.** People often mistake thirst for hunger, so next time you feel like snacking, reach for a cold bottle of water first. Drinking water helps you feel full. Some experts suggest sipping water (or iced tea) just before you sit down to eat a meal will help control your appetite. Continue drinking as you eat to add volume and weight to your meal.

2. **Always set realistic goals.** One or two pounds a week maximum is totally doable. Top weight-loss experts advocate stopping after the first 10 pounds then maintaining that loss for about six months before trying to lose any more.

3. **Build in splurges.** If you allow yourself to eat whatever you want for 2 meals out of every 21, you won't inflict enough damage to stop your weight loss. And you'll feel less deprived.

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It may be ordered for \$16.95 plus shipping at www.amazon.com.

David N. Rechenberg just settled an automobile liability case for \$400,000.00 at mediation. If you were injured in a car crash or by the negligence of another, call David N. Rechenberg today to schedule an appointment for a free audit of your case! (847) 854-7700

Make 2010 Your ***BEST*** Year Ever...(Continued)

maintain healthy weight, makes you feel better about yourself, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel younger.

3. Tame The Bulge: Over 66% of adult Americans are considered overweight or obese by recent studies, so it's not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to your success to shedding those extra pounds.

4. Quit Smoking: If you've made up your mind that this is going to be the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit in the past and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Locally, there are a variety of free support services, hotlines and smoking cessation classes to help you kick the smoking habit.

5. Start Enjoying Life More: Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a much happier and healthier you! Take up a new hobby like playing guitar or bongo's.

6. Quit Drinking: While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available.

7. Get Out of Debt and Become Financially FREE: Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead. *(Continues on page 4)*

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

Start Feeling and Looking Younger Today!

Sleeping for your looks is very important, especially for looking younger. So many people spend way too much time and money on trying to stop the aging process, which is great, but the easiest thing in the world to do is just get MORE sleep. Get plenty of sleep, and make time for it!

Go to bed early, and at least once a week don't get up to an alarm. Your body will thank you, and your face will never look better! Did you know, you have a greater chance of overeating if you are sleep deprived, as your metabolism slows down, and because of lack of sleep you are more inclined to reach for a sugary snack, than a healthy one.

Your choice of food is affected by your sleep deprivation. There are many reasons, why you would want to get more sleep into your life:

- * You will have less chance of getting sick, as your immune system will be strengthened.
- * Less inclined to gain weight.
- * Prevent dark circles under your eyes.
- * Healthy skin.
- * Look younger (everyone's favorite).
- * Better able to cope with life's problems.
- * Less likely to be grumpy.
- * Better decision making skills.
- * Increase of growth hormone.
- * Less susceptible to emotional stress and anxiety.

- 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 Dont's 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.

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Great Movie Trivia With Q's and A's

What role in The Godfather did Robert DeNiro test for? **A: Sonny Corleone.**

What 1989 movie has Dan Aykroyd note: "Cars don't misbehave"?
A: Driving Miss Daisy.

What director earned a Bronze Star and a Purple Heart during his tour of duty in Vietnam? **A: Oliver Stone.**

What NBC sitcom once saw two if its neurotics try to pitch NBC on a sitcom about nothing? **A: Seinfeld.**

What three Godfather cast members were all up for the Best Supporting Actor Oscar?
A: James Caan, Robert Duvall, Al Pacino.

Who's the adopted son of Vito Corleone?
A: Tom Hagen.

Who's the TV FBI agent with a penchant for the paranormal? **A: Fox Mulder.**

What movie sees Danny Devito tell Michelle Pfeiffer: "You lousy minx, I ought to have you spayed"? **A: Batman Returns. - The End**

20 Surefire Ways That Are Guaranteed To Help You Lose Weight After the Holidays! (Continued)

4. **Count to 10.** Studies suggest that the average craving lasts only about 10 minutes. So before submitting to your urge to "crunch-n-munch," set your mental timer for a 10-minute time-out. Use the time to tackle an item on your to-do list; choose one that will give you a sense of accomplishment -- and get you out of the kitchen.

5. **Eat more often.** People who have kept their weight off for more than a few years tend to eat an average of five times a day. Light, frequent meals curb your appetite, boost your energy levels, help you feel better by elevating your mood and even speed-up your metabolism, since the process of digestion itself burns calories.

6. **Make weekly resolutions.** Whatever you do, don't overhaul your diet overnight. If you make too many radical changes at once, chances are you'll get frustrated and throw in the towel. Instead, make one small change, such as eating at least one piece of fruit daily, every week.

7. **Start with 10%.** People who start by focusing on achieving just 10% of their long-range weight-loss goal may have the best chance of ultimate success. Losing those first pounds yields the biggest health gains, too, since belly fat is usually the first to come off and is the most dangerous.

8. **Spike your meals with salsa.** This spicy condiment can stand in for mayo to deliver plenty of flavor without the fat. Mix it with a bit of low-fat yogurt to make tuna salad. Spread it on a veggie burger, or serve it with chicken or fish.

9. **Take one-third off.** When you eat dinner out, reduce the temptation to clean your plate by setting aside one-third of your meal. Ask the server for a doggie bag, and take it home for lunch the next day. Try serving yourself one-third less at home too. This simple tactic could subtract more than 500 calories a day.

(Continues on page 7)

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!!

www.IllinoisWorkIniuryLawver.com

Franks & Rechenberg, P.C.

Cookin' Corner for January 2010

'Low Fat' Cream Cheese Brownies

Preparation

Preheat oven to 350°.

Coat bottom of a 13 x 9-inch baking pan with cooking spray.

To prepare batter, place butter in a large bowl; beat with a mixer at medium speed until fluffy.

Add sugar and 1 teaspoon vanilla; beat until well blended (about 5 minutes). Add egg whites and egg, 1 at a time, beating well after each addition. Add cocoa and fat-free milk; beat well (mixture will appear curdled). Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, and salt; stir with a whisk.

Add to cocoa mixture; beat at low speed just until blended. Spoon batter into prepared pan.

To prepare topping, place cream cheese in a large bowl; beat with a mixer at medium speed until smooth. Gradually add cornstarch and remaining ingredients; beat until smooth. Spread evenly over batter.

Bake at 350° for 35 minutes or until set. Cool in pan on a wire rack.

Nutritional Information

Calories: 131 (29% from fat)

Fat: 4.2g (sat 2.5g, mono 1.3g, poly 0.2g)

Protein: 3.2g

Carbohydrate: 20.7g

Fiber: 0.7g

Cholesterol: 23mg

Iron: 0.6mg

Sodium: 88mg

Calcium: 51mg

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

"The foundation stones for a balanced success are honesty, character, integrity, faith, love and loyalty."

– Zig Ziglar

"The ability to deal with people is as purchasable a commodity as sugar or coffee and I will pay more for that ability than for any other under the sun."

– John D. Rockefeller

"The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom."

– James Allen

Make 2010 Your BEST Year Ever... (Continued)

8. Learn Something New: Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or make a goal of reading a book per week, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep. Remember, to earn more you must learn more.

9. Help Others By Giving Back: A popular, non-selfish New Year's resolution can be giving back to your community in the form of volunteering -whether you choose to spend an hour a week or an hour a month by mentoring a needy child, helping Habitat for Humanity. Plus, I'm sure you've heard that it's "good to give."

10. Get Organized: On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, there are a lot of self-help books and resources to help you get started on the way to a more organized and productive life .

- The End

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

Tips For Diabetics

Take a Walk: One 40 minute walk can dramatically lower levels of tension and anxiety. If you're interested in losing weight or keeping weight off, try brisk walking.

Studies have proven time and time again that walking is a safe, effective way to shed pounds. Walking is also easy on the joints, and whether you do it alone or with a friend, it's a great way to take a long, appreciative look at the world around you. Stretch

Stretching feels so good: Stretching also keeps your body flexible so it will do what you want, when you want. Studies show us that regular stretching can also lead to weight loss! Here is how it works:

When we stretch, we engage muscles that become more developed over time. Muscles take up less space in our bodies than fat, and they also burn a lot of calories to survive. So, stretching effectively turns our bodies into fat-burning machines. Stretching is also a stress reliever. A little stretching tidbit: Regular stretching can actually increase your height!

Drink a Glass of Water: Water is free, it has no calories, it keeps your joints working smoothly and your intestines doing what they're supposed to do. Water also keeps you feeling full so you won't overeat. If you supply your body with fresh water continuously, you can purge your system of impurities and keep your skin youthful. Water will even diminish or possibly eliminate monthly water retention.

In addition to all of this, when you're drinking enough water (about eight glasses a day), you will notice the return of real, appropriate thirst. In short, water is a good friend to make and keep.

Take Power Naps: Before there was electrical lighting, people actually slept on average, ten hours a night. These days we barely average seven hours and, as a result, we are a sleep-deprived nation.

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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!**

Kids Corner: Tips For Raising Healthy Kids - - "Give Special Jobs"

Call a job "special" and it's more likely to get done. Whatever magical ring the word "special" has, it sure gets results. Perhaps a child infers that "I must be special because I get a special job."

A four-to five-year-old can have pre-assigned chores, with reminders, of course. To put some order in our busy house we announce: "It's tidy time." Try assigning one room for each child to tidy up.

Children at all ages suffer a bit of work inertia, especially as tasks wear on and lose their fun appeal. But sometimes children need to learn that work comes before play. *To get them started, work with them.*

As your family attorney I sincerely hope you enjoyed this article and plan on sharing it with friends and loved ones. That way I can help more parents raise healthy, happy, successful kids!!! - **The End**

Tips For Diabetics (Continued)

Sleep-deprived brains make mistakes. Studies show that if you shortchange your night's sleep by an hour and a half, you can lose as much as one third of your alertness the next day. And contrary to popular belief, lost sleep cannot be "made up for."

A nap can improve your mood and your mental sharpness. If you're having difficulty getting enough sleep, consider an all-natural, non-addictive, Dr. Approved supplement such as Sleep Support.

Take the Stairs: Yes, you've heard this one before, but the advantages of regularly walking up several flights of stairs are considerable. Gluteus maximums and quadriceps muscles can become noticeably toned in a matter of days. (Bigger muscles burn more calories).

Eventually, heart and lungs strengthen and resting heart rate lowers. Don't be afraid to get a little bit tired! It goes away faster and easier with every flight.

- The End

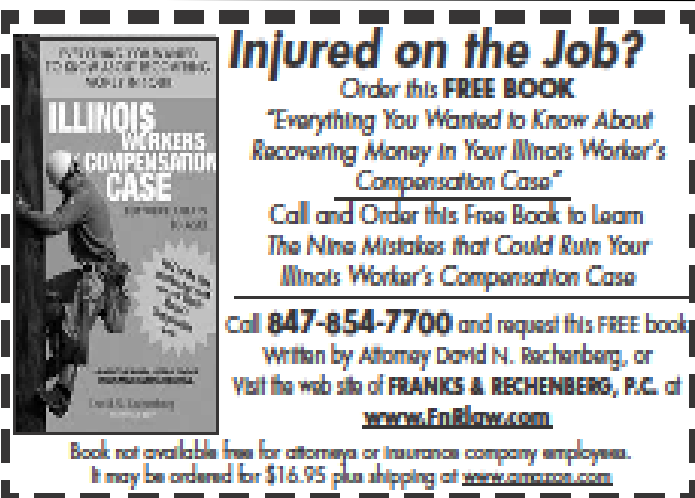
How To Get Over A Breakup – (Part 2)

5) **Deal with the 'hate phase'.** This is where you want to just scream because your rage feels boundless. The amount of anger you feel depends on how antagonistic the split was, the circumstances was there infidelity? That makes it worse, and how long it took to make the final break. You may resent your ex for wasting your time. You may realize that the breakup was inevitable (hindsight will reveal clues you failed to notice at the time). You may even feel a lot of anger towards yourself, but let go of that feeling fast! It's a waste of time and energy to rip yourself apart over something you no longer have the power to change. There are so many positive things you can do with your emotions and energy like...

6) **Talk to your friends.** You want people around you who love you and who will help you feel better about yourself again too. Surrounding yourself with compassionate, supportive friends and family will help you see yourself as a worthwhile person, and you'll find it easier to get steady on your feet again with your loved ones around you in a comforting net. Be wary of friends trying to connect you with another person, this is not what you need right now.

7) **Write all your feelings down.** Write in a journal or write poems. Most of all, be absolutely honest and don't edit yourself as you go. One of the best results of writing it all down is that sometimes you will be amazed by a sudden insight that comes to you as you are pouring it all out onto paper. Patterns may become clearer, and as your grieving begins to lessen, you will find it so much easier to "get" valuable life lessons from the whole experience if you've been writing your way through it. No relationship is ever a failure if you manage to learn something about yourself from having gone through it all with your heart open to both joy and pain.

Just because it didn't work out doesn't mean it wasn't a necessary part of your journey to becoming who you're meant to be. Allow at least the learning part to enrich your life. *(Continues on page 7)*



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How To Get Over A Breakup (Part 2) ...Continued!

8) **Make a list to keep you honest.** One of the best tricks to help you stick to your resolve is to make a list of all the reasons your ex was not the one for you. Be ruthless and clear -- this is not the time to be forgiving. What you're doing is creating a picture for yourself that will call up an emotional response when you feel tempted to think that "maybe if you just did this or that, it would work out..."

Write down what happened and how it made you feel, being clear about the things you never want to feel again. ["1. She always put me down in front of her parents and I felt humiliated. 2. I don't want to go to parties with him because he's always hitting on my friends -- it makes me feel physically sick! 3. When I ask her to help with the housework, she says she's exhausted from sitting at her desk all day, even though I've been driving that cab all day and I end up doing all the cleaning by myself!"] And so on.

When you find yourself missing your ex in a weak moment, and think you might actually be getting too close to the telephone, get out this list, read it over a couple times, and then talk to yourself, "This is the truth of what it was like. Do I want to go back and torture myself again?" If you're caught in a low-self-esteem trap, thinking you don't deserve better, imagine this happening to a friend of yours, and think what you would say to your friend: "Get as far away as you can! That relationship was no good for you!"

9) **Get organized! Clean Up!** A breakup can signify a new beginning. Therefore, cleaning and organizing your personal space will leave you feeling refreshed and prepared for the new things to come. A mess can be overwhelming and depressing, and will just add to your stress level. The added bonus is that keeping busy with tidying your space doesn't require a lot of brain power, but does require just enough focus to keep you from recycling pain. Occupying yourself with these tasks designed to make your life better and easier will also occupy your mind enough to help you through the residual pain.

(Part 3 Continues in the February 2010 issue)

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 Sonia Rodriguez. We're treating Sonia and her husband Hector to the movies!

20 Surefire Ways That Are Guaranteed To Help You Lose Weight After the Holidays! (Continued)

10. **Go easy on the alcohol.** Remember that alcohol is a source of empty calories. A 12-ounce beer has 150 calories; a 3.5-ounce glass of wine, 85. A margarita packs a bigger caloric punch. Even worse offenders are creamy cocktails, such as brandy alexander's and mudslides -- equivalent to drinking a rich dessert. The bottom line: If you're trying to lose weight, stick with water.

In The **February 2010** issue of **Tid-Bits for Today** I'll give you the remaining 10 Surefire Ways That Are Guaranteed To Help You Lose Weight After the Holidays!

- To Be Continued . . .

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

I 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 Glove Compartment Guide 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.

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TidBits for Today...!

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