

## 50 Habits of "Naturally Thin" People

*Make these weight-loss tips a part of your daily routine!*

### Small Changes, Big Weight Loss

This is NOT a diet -- or a rigorous exercise program. (Nobody can stick to those for long.) Instead, it's a simple way to make weight loss a natural part of the life you already live. And guess what?

*It's fun!*

You don't have to give up the foods you love or join a gym. It's about balancing calories in tiny ways that add up to big benefits. You just adopt some tricks naturally lean people do. Pick the ones you like, stick with them, and you'll slim down and tone up -- for good!

#### Morning Makeover:

1. **Wake-up workout** When your eyes open, sit up slowly without using your hands. With legs straight out, lean forward until you feel a gentle stretch in your back and hamstrings. Hold; then, using your abs, lower yourself flat. Rest and repeat two more times. Strengthens core. **Burns 10 calories**

*(Continues on page 2)*

### It's Time For A Short Joke...

Why did the cookie go to the doctor?

... *Because he felt crummy.*

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How do you get a kleenex to dance?

... *Put a little boogey in it.*

## Thank YOU For Telling Your Family And Friends Know 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 mission is to provide outstanding legal service to everyone who comes to us in need of help. 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**

## 10 Surefire Ways To Spice Up Your Love Life In 2009!!!

1. **LEARN HOW TO COMMUNICATE WITH YOUR MATE.** Communication is the key ingredient in any successful relations. It is important for couples to talk about both the big and small things in their lives.

It is equally important to listen to one another in a nonjudgmental, supportive way. Sometimes all your partner needs is a sympathetic ear to make him or her feel better.

2. **REMEMBER THE ROMANCE.** Make sure that romance never goes out of your relationship by giving your partner little forget-me-nots.

Send her flowers, write him a love note, kiss her unexpectedly or cook his favorite meal and serve it by candlelight. All of these things say, "I love you" and can keep the love light burning for years to come.

3. **DON'T LEAVE SEX FOR LAST.** Physical intimacy is an important part of maintaining a healthy relationship because it unites partners physically, emotionally and spiritually.

*(Continues on page 4)*

**INJURED ON THE JOB?** Need to get your Bills PAID? **What is your case worth?** CALL David N. Rechenberg at **(847) 854-7700** so he can answer all your questions. He just settled a Worker's comp case for over \$240,000.00 !

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## A New Year's Message To All of Our Friends and Clients That We Enjoy Serving!

As the New Year gets into high gear, we would like to wish you and your family a healthy, happy, and prosperous New Year!

Inside this month's newsletter you will find lots of helpful tips, uplifting quotes, and "great" recipes for you and your family to enjoy. Plus, lots of FREE tips you can share with your friends and loved ones!

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### 50 Habits of "Naturally Thin" People

2. **Go for the grains** Not ready for Twigs & Rocks cereal? Sprinkle on a few tablespoons of wheat germ or oat bran. Work up to 3/4 cup of low-sugar whole-grain cereal with at least three grams of fiber per serving, and you'll pass on that Danish. **Saves 100**

3. **Add some protein** The more you eat earlier on, the less you eat as the day wears on, research has shown. So after your cereal, add a hard-boiled egg or a part-skim mozzarella cheese stick to keep you feeling full -- and away from that pre-lunch brownie. **Saves 200 (or more)**

4. **Balance booster** While you brush your teeth, alternate standing on one leg as you switch mouth quadrants (every 30 seconds). Balancing develops your core muscles and may even be good for your brain. **Burns 10**

5. **Be a ballerina** As your coffee drips, stand sideways, put one hand on the counter, and lift the outside leg straight out in front of you, keeping it extended.

With upper body straight, hold for a few seconds and move it to the side; hold and extend it behind you. Do five to ten times on each leg. Tones outer thighs, hip flexors and quadriceps.

**Burns 10**

*(Continues on page 3)*

## How To Handle Tough Times...

*Nine characteristics of people who  
do well in tough times*

As our way of helping our clients and friends stay positive during these challenging economic times we thought that this would be a great article to get you inspired for 2009!

Have you ever noticed that some people confront tough times head-on and continue to pursue their goals? They won't quit. Quitting is not an option for them. They get up every morning, lick their wounds, dress for battle and fight the good fight. These people who are "built tough" share common denominators that serve as a benchmark for the rest of us.

### 1) Courage:

**Winston Churchill** said, "*Courage is the first of human qualities because it is the quality which guarantees all other qualities.*" Everything else emanates from your willingness to face adversity head-on. Someone once defined courage as "*fear that has said its prayers.*" **Ernest Hemmingway** defined courage as "*grace under pressure.*"

### 2) Limited focus:

When people who are built tough face adversity, they limit the reach and the scope of the problem. They do NOT generalize the event so that it consumes their entire lives. They *focus* on the immediate impact area of the adversity. Imagine the impact of letting adversity run amuck in your mind.

The problem rages, as an out-of-control forest fire, leaving thousands of acres of mental ashes. You cannot focus on the solution because the problem is far-reaching. Compartmentalizing the adversity helps tough times focus narrowly on a workable solution.

### 3) Perceived control:

People who are built tough view adversity from a position of control. They understand life in terms of control. They understand life in terms of things they control and things they cannot control. This paradoxical blend of seizing and yielding builds their confidence for dealing with tough times.

*(Continues on page 3)*

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**ARRESTED FOR A CRIME? Worried about what will happen? Need Answers? Call David Franks at (847) 854-7700. He is a member of the Illinois State Bar Association Criminal Justice Section Council !**

## 50 Habits of "Naturally Thin" People

6. **Coffee saver** Instead of pouring that 1/3 cup of half-and-half (a whopping 105 calories!) into your mug, replace it with the same amount of 2% milk. **Saves 60**

7. **Better your bagel** You can walk 10,000 steps to justify your 500-calorie bagel with cream cheese, or try this: low-fat spreadable cheese like Laughing Cow Light on an English muffin. **Saves 300**

### Nine-to-Five Fixes:

8. **Tone in traffic** Use the time spent bumper-to-bumper to develop your buns of steel: Squeeze your derriere each time you tap the brake, holding for 10 seconds. Shoot for 10 to 15 squeezes a trip. **Burns 10**

9. **Snack smarter** Portion out the day's snacks into pint-size zip bags, or buy single-serving portions. For example, four regular Oreos have 200 calories versus the 100-calorie snack bag version. Go for the lower fat chips: a Lay's Light bag has only 75 calories, while the regular has 150. **Saves 175** (over two snacks)

10. **Casual day payoff** You will blast more calories during the day wearing comfy clothes like jeans or khakis, sport shirts and soft-soled shoes than donning constricting suits, skirts and heels. Why? Because you walk more, a study found. Now you just have to convince the boss. **Burns 25** *(Continues on page 6)*

## 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. Please keep the referrals coming! [www.FnRlaw.com](http://www.FnRlaw.com)

They view tough circumstances and ask themselves, "What can I control in this situation?" They may discover that the only thing they can control is their own reaction to the situation.

### 4) Take Responsibility:

People who are built tough take 100% responsibility for taking action regardless of the cause of the adversity or whose problem it is. In a street-smart way, they feel they can make a difference with their input. I'm talking about someone who confronts adversity head-on and says to him or herself, "I can do something about this." They would rather fix the problem than fix the blame. They prefer to take action, action, action instead of taking cover.

### 5) Extreme Creativity:

People who are built tough always see a way out of difficulty. Creativity is a key fundamental to resilience and persistence. To become more creative you must learn how to "think outside the bun." Approach the problem differently. So start trusting your creativity. I want to encourage your creativity to develop a new game plan that will lead you to success!!!

### 6) Perseverance:

People who are built tough persist until they win. They know nothing great was ever accomplished by a quitter. They know, at a gut-level, there is a time limit on tough times. Like Rev. Robert Shuler says, "Tough times never last, but tough people do!"

Every downturn in our economy was followed by a period of expansion. Every missed sale is followed by a sale that you make at some point. Knowing that misery will not last fuels determined people with hope, and the faith they need to get up another day to keep fighting the good fight that leads to winning the battle with total victory!

### 7) Hopeless Optimist:

People who are built tough are positive thinkers, but their optimism cuts deeper than happy thoughts. *(Continues on page 5)*

Are you a Car Crash Victim? Adjuster calling? Looking for Answers? Call our office to obtain a free audio CD and learn what to say when the insurance adjuster calls asking for your recorded statement! David N. Rechenberg will help get you all the money you are entitled to from your personal injury case!

## The Cookin' Corner...January 2009

### Ribbon Of Cherry Cheesecake

1 cup slivered almonds, chopped  
1 cup graham cracker crumbs  
1/3 cup butter or margarine, melted  
1 (21-ounce) can cherry pie filling  
3/4 cup plus 2 tablespoons granulated sugar, divided use  
2 tablespoons cornstarch  
1/2 teaspoon almond extract  
4 (8-ounce) packages cream cheese, softened  
3 tablespoons amaretto liqueur  
1 tablespoon lemon juice  
1 teaspoon vanilla extract  
3 large eggs, slightly beaten  
Preheat oven to 350°F (175°C).

Combine almonds, graham cracker crumbs and butter in a medium bowl; mix well. Press crumb mixture evenly over the bottom and 2-inches up the sides of a 10-inch spring form pan. Set aside.

Puree cherry pie filling in an electric blender or food processor until smooth. Pour pureed cherry pie filling into a medium saucepan. Combine 2 tablespoons granulated sugar and cornstarch; stir into cherry pie filling. Cook, stirring constantly, over low heat until mixture is thick and bubbly. Remove from heat. Stir in almond extract. Set aside to cool. Put cream cheese, remaining 3/4 cup sugar, amaretto, lemon juice and vanilla in a large mixing bowl. Beat with an electric mixer on medium speed 3 to 4 minutes, or until well mixed. Add eggs all at once; beat on low just until mixed.

To assemble the cheesecake, pour one-third of the cream cheese mixture into prepared crust. Top with about 1/3 cup cherry puree. Swirl cherry mixture into cream cheese mixture, using a knife or spatula. Repeat layers twice, ending with cherry puree. Reserve remaining puree. Bake for 60 to 65 minutes, or until the center appears nearly set when gently shaken. Let cool on a wire rack. Refrigerate until ready to serve. To serve, spoon a generous tablespoon of puree on individual. Refrigerate leftovers. **Makes 16**

## 10 Surefire Ways To Spice-Up Your Love Life!!!

Each partner, relationships experts say, must take the initiative to communicate his or her sexual needs and desires to the other. By learning to "show-n-tell" your partner what turns you on, you will greatly improve and spice-up your sex life.

4. LOOK OUT FOR YOUR MATE'S BEST INTEREST. This can be really difficult in a society that constantly bombards us with the message, "Look out for No. 1!" Yet, in a relationship between two equals, it is not necessary to always be first.

*(Continues on page 5)*

## Jump Start Your New Year With Great Inspirational Quotes!

*"Ideas can be life-changing. Sometimes all you need to open the door is just one more good idea."*  
- Jim Rohn

*"Success consists of going from failure to failure without loss of enthusiasm."* - Winston Churchill

*"The boy who is going to make a great man must not make up his mind merely to overcome a thousand obstacles, but to win in spite of a thousand repulses and defeats."*

- Theodore Roosevelt

*"People with goals succeed because they know where they're going."* - Earl Nightingale

## Sign-Up Your Fiends For FREE!

We absolutely love sharing our monthly newsletter with all of our clients and friends who tell us how much they enjoy reading each issue.

Now you can give a FREE subscription to a close friend, family member, or co-worker simply by calling our office at **(847) 854-7700** and providing our staff the person's name and mailing address.

We will send them a welcome letter along with the first issue letting them know that you gave them a free subscription to our monthly "**Tid-Bits for Today**" publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life. Thank YOU! Sincerely, David N. Rechenberg and David B. Franks.

## Heart Disease Prevention: 5 Strategies To Keep Your Heart Healthy For A Lifetime...

- 1) Don't smoke or use tobacco products
- 2) Get active
- 3) Eat a heart-healthy diet
- 4) Maintain a healthy weight
- 5) Get regular health screenings

Heart disease is often avoidable. Following a heart-healthy lifestyle doesn't have to be complicated, and it doesn't mean you need to live a life of self-deprivation. Instead, find ways to incorporate heart-healthy habits into your lifestyle – and you may well enjoy a healthier life for years to come.

**DIVORCE IN YOUR FUTURE? Need to protect your assets? Help is just a phone call away! Call Franks & Rechenberg, P.C. at (847) 854-7700.**

## How To Handle Tough Times...

(Continued from page 3)

Because of their sense of control and creativity, people who are built tough look at the future through the eyes of an optimist. This is an inner belief that is deep in their right and ability to live a positive life.

This belief gains traction in positive behaviors that leads to positive action steps. They act as they believe, and their actions continue to reinforce their positive beliefs. Success breeds success...as they gain momentum they begin to turn things around!

### 8) A Great Sense Of Humor:

Humor is one of the best antidote for being down in the dumps. In addition to the obvious benefit of laughter, there is a physiological advantage when your brain releases endorphins during laughter.

Humor allows you to see the other side of adversity and hard-times. Plato wrote, "*Even the gods love jokes.*" **Charlie Chaplin** says it best, "*A day without laughter is a day wasted!*"

### 9) Support Groups:

**John Donne**, a 17th century English poet and cleric wrote, "*No man is an island, entire of itself; every man is a piece of the Continent, a part of the main ...*" Who is as strong individually as we are collectively? No one!. You may be able to do it on your own, but why? I hope this helps...

### **We Now Have FREE Special Reports 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, Construction injuries, Motorcycle accidents, DUI, or Criminal Arrests** please feel FREE to call us at (847) 854-7700 We have 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. We'll send you or your friend our Special Report for FREE!

### Here's A Great Recipe...For Pasta Salad!

Ladies who love lunch will love this crunchy salad from Patty Loveless, country songbird.

**Preparation and cooking time:** about 20 minutes.  
Serves 10 to 15.

**1 (16-oz.) box rotini**

**3 cups broccoli florets**

**3 cups cauliflower florets**

**¼ cup scallions**

**1 lb. Turkey ham, cut into cubes**

**1 (5-oz.) jar Spanish olives, sliced**

**1 (8-oz.) package feta cheese**

**1 tbsp. parsley**

**2 tbsp. Ground pepper**

**1 (8-oz.) bottle Italian dressing**

**COOK** pasta according to package directions.

Rinse with cold water, drain and set aside.

Combine broccoli, cauliflower, scallions, turkey ham and olives. Add cooked pasta and mix. Add feta cheese, parsley, pepper and Parmesan cheese; mix thoroughly. Shake and pour entire bottle of Italian dressing, mix thoroughly. Chill and serve.

**Nutrition per serving: calories 210,  
fat 8.8 grams.**

### 10 Surefire Ways To Spice Up Your Love Life!!!

If you and your mate both make a commitment to put the other's interests before your own, then, ideally, no one's needs will go unmet.

5. GET INVOLVED IN ACTIVITIES YOU BOTH ENJOY. The couple that plays together (stays together). Having shared interests in religious activities, community service, political causes and other pursuits can go a long way in strengthening a relationship.

Not only will you and your mate meet other people with similar interests, but you'll be working to benefit your community at the same time.

6. SPEND SOME QUIET TIME TOGETHER. True, this is easier said than done, but you must remember that quiet time doesn't just happen by itself.

(Continues on page 6)

Involved in a car crash? Claims Adjuster calling you requesting a recorded statement? Call for your Free Information Guide authored by David N. Rechenberg entitled "What Questions to Ask when the Claims Adjuster Calls".

## 10 Surefire Ways To Spice Up Your Love Life!!!

You have to make the effort to turn off the television, take the telephone off the hook and turn down social invitations so that you can spend time with your special someone. By tuning out the world and tuning into your mate, you are showing that you care about one another and about your relationship.

7. **LEARN TO LAUGH.** Movies, television shows and books often romanticize stormy and intense relationships. But, really, who wants all that strife? When problems arise, look at the bright side. Somewhere down the road, you'll probably look back and laugh at the situation, so why not have that laugh now?

8. **KEEP UP AN ATTRACTIVE APPEARANCE.** It is true that beauty is in the eye of the beholder, so it's important to maintain the same attractive appearance your mate beheld when he or she first laid eyes on you.

Women, don't let themselves go. Get a new 'do, a manicure or a new outfit that you think he'll find sexy. And men, lose that paunch, get a trim and slap on some of that cologne that drives her wild.

9. **BE OPEN TO GROWTH AND CHANGE.** The person you meet today, relationships experts say, is not going to be the same person in 10 years. Give your mate the freedom to both stumble and soar as he or she evolves as a person. Create an element of trust within the relationship that lets your partner know that you are there to support him or her, come what may. *(Continues on page 7)*

### **Do You Have An Urgent Legal Question That You Want Answered FREE?**

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, workers compensation cases, construction injuries, dog bite cases, DUI or Criminal Arrests please feel free to give us a call at **(847) 854-7700**

We've written several Special Reports on these topics. To get your FREE Copy simply call our office and we'll send you, a family member, or friend one of our informative Special Reports or audio CD's.

## 50 Habits of "Naturally Thin" People

11. **You know squat!** At your desk chair, pretend you're going to sit but don't -- stop and come back up without using your arms. Always start squats by lowering your hips, not bending knees forward, and keeping your weight on your heels. Repeat the motion throughout the day (even at the potty!) for 15 to 20 total. Strengthens quadriceps.

**Burns 15**

12. **Switch your soda** Your body doesn't register calories from liquids the same way it does those from foods, so you won't get those "stop eating" signals to help you compensate for the overload later on. Change from two glasses of regular soda or fruit juice to diet soda or a flavored seltzer.

**Saves 300**

13. **Talk it up** Every time you grab the phone, stand up and pace around. Heavy people sit on average two and a half hours more per day than thin people, according to the Mayo Clinic. **Burns 50** or more

### **Around Town:**

14. **At lunch, pick a pita** Use one mini whole-wheat pita instead of the usual two slices of white or refined wheat bread for your sandwich. **Saves 70**

15. **Get face time** We use e-mail so much we've forgotten what our co-workers look like. Pick a colleague or two who sits farthest from you and deliver 10 of those daily messages in person. And go out of your way: Hit a bathroom or a copier on another floor -- and take the stairs, of course.

**Burns 100**

16. **Firm as you file** Pause from your papers with a few wall push-ups. Place hands wide at shoulder height against the wall. Take a couple of steps back so your body is at a slight angle and your weight is on your toes, and do three sets of 10 push-ups. Strengthens chest and triceps. (For more desk exercises, go to [www.changeone.com/workout](http://www.changeone.com/workout).)

**Burns 10** *(Look for the Healthy Habits of "Naturally Thin" People in the February 2009 Issue...)*

Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David Franks at (847) 854-7700. [www.McHenryCountyDUILawyer.com](http://www.McHenryCountyDUILawyer.com).

## 10 Surefire Ways To Spice Up Your Love Life In 2009!!!

10. RESPECT YOUR MATE'S PRIVATE TIME. Sometimes couples get so caught up in a relationship that they forget they are individuals with interests of their own.

Make sure to spend some time alone for reflection and rejuvenation. A renewed you will make you a better partner.

### What To Do If You're In An Accident

Here are 9 Important Safety Tips that can help you and your family survive a serious accident. Remember, "Safety" **FIRST!!!**

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. You should have an auto accident handbook in your glove box at all times. **(If you don't have an auto accident handbook, please contact our office and we'll send you one for FREE.)**

### A Word of Thanks...And a Great BIG Welcome To Our Family Of Happy Clients!

We 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 Handbook just call our office at **(847) 854-7700**. When you call for your booklet, make sure to get one for each car in your family. It's a great idea to have one in every car.

[www.FnRlaw.com](http://www.FnRlaw.com)

## 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 **Sigmund Hirsekorn!**

We're treating Sigmund and his lovely wife Linda to the movies!

### SENILITY PRAYER

God grant me the senility to forget those people I never liked anyway, the good fortune to run into those I do like, and the eyesight to tell the difference. Amen.



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

Hello! I am David Franks. My wife, Andrea, works as a program manager for Hospira. Before that, she worked for Abbot Laboratories, also as a program manager. When not working at her "day job", she works as a Mary Kay consultant, and chauffeurs our 8-year-old daughter, Miriam, to various activities.

Kevin, our son, is a senior in high school at the Illinois Mathematics and Science Academy, and will go to college next year. He is very involved in many school activities and is interested in most subjects, when he is not sleeping late on weekends or staring at a computer screen. He wants to study to become a doctor.

Miriam, our daughter, is in second grade. She loves school, and enjoys reading and math. She has an "artsy" streak and likes to draw and sing. Miriam is involved in cheerleading, and will soon take dance lessons. We don't know if she will play saxophone (dad's instrument) or flute (mom's instrument).

### Mission Statement

It 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.

*TidBits for Today...!*

is a FREE monthly newsletter from your friends at :

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**What's Inside This Issue of Tidbits for Today?**

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

