

# TidBits for Today

## *The Power Of...Part 2*

### **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!**

As your friend and family lawyer I want to do everything I can to help you during these tough economic times so let's pick up from last month.

Positive thinking helps reduce s-t-r-e-s-s, improve your health, while giving you more quality of life! To turn your life around you need to first identify negative self-talk which include:

**Filtering:** You magnify the negative aspects of a situation and filter out all of the positive ones. For example, say you had a great day at work. You completed your tasks ahead of time and were complimented for doing a speedy and thorough job. But you forgot one minor step. That evening, you focus only on your oversight and forget about the compliments you received.

*(Continues on page 2)*

### **We Have New Special Reports Available To Answer 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 bite cases, criminal defense and DUI*, please feel FREE to call our office directly at (847) 854-7700.

In fact, we've published several Special Reports that you can request at NO obligation whatsoever simply by calling our office **24 Hours A Day** and leaving a message on our 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 Stay Happy After A Major Break Up**

Breaking up with your boyfriend or girlfriend can be hard – but this article can help you let go while getting your life back on track (so you can move on)! Trust me, as your attorney you'll feel healthier and a lot better about life once you apply all five of these tips...

**1. Make a clean break.** After you've broken up with your boyfriend or girlfriend, don't talk on the phone, meet for coffee, or text each other. Even if you're thinking of getting back together, make sure you take at least three months off. This important piece of breakup advice is about finding your self identity once again then figuring out who you are apart from your past relationship.

**2. Avoid the temptation to get revenge.** Whether your ex-girlfriend or boyfriend cheated on you, borrowed money and didn't pay it back, or stole your dog – resist the temptation to get revenge. Getting him/her back only prolongs your connection, and you need to move on in order to stay happy! Self made multi-millionaire Sal Zano once said, "*The sweetest revenge is living well and be successful in life.*"

*(Continues on page 2)*

**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.IllinoisWorkInjuryLawyer.com](http://www.IllinoisWorkInjuryLawyer.com)

## The Power of Positive Thinking...

**Polarizing:** You see things only as either good or bad, black or white. There is no middle ground. You feel that you have to be perfect or that you're a total failure. Focusing on positive thinking because your self-talk is mainly negative doesn't mean you're doomed to an unhappy or unhealthy life.

You can learn to turn any negative into a positive. The process is simple, but it takes time and practice — you're creating a new thought habit, after all. Here are some ways to think and behave in a more empowered positive way:

**Check yourself:** Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.

**Be open to humor:** Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.

**Follow a healthy lifestyle:** Exercise at least three times a week to positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn to manage stress.

**Surround yourself with “positive” people:** Make sure those in your life are positive, supportive, and caring people you can depend on to give helpful advice and feedback.

Negative people, those who believe they have no power over their lives, may increase your stress levels and may make you doubt your ability to manage stress in healthy ways.

**Practice “positive” self-talk:** Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about yourself.

(Part III Continues Next Month)



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## Tips For Staying Happy After A Major Break Up

3. **Simply accept that he or she wasn't the "RIGHT" one for you.** This breakup advice is the easiest one to give, yet so difficult to accept! It's hard to see that you split up for a reason, and it's likely in your BEST interests to accept that the relationship is over so you can pick up the pieces and move on. Try listening to songs for broken hearts — they may help you heal.
4. **Discover how to quickly let go of someone you love.** Unfortunately it's inevitable as we get older we'll experience some form of loss. It only gets easier if you accept and even embrace it.

You must learn to accept that you've lost someone or something you love without letting it cripple you emotionally or make you bitter! To stay emotionally healthy and happy after splitting up, remember that everything in life is temporary.

5. **Your emotional power- - start taking control!** This break up advice is effective for all painful things in life: you can't change how you feel, but you can control of what you focus on. Instead of focusing on all of your pain, grief, and loss – mourn it briefly and then quickly focus on your life goals.

Do you or don't you want to be happy after splitting up? Of course YOU want to be happy! Then think about the great things in your life, the people who love you unconditionally, your hobbies, your pets, and your career. If you don't have enough good things to focus on, consider writing down some new life goals or creating a vision board of everything you want. This will quickly get you back on your feet. - *The End*

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## "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**

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### Music Trivia Questions and Answers

What classical conductor won posthumous Grammy Awards in 1991, 1992, and 1993?

**A: Leonard Bernstein.**

What trumpeter became the oldest person ever to score a chart-topping single, in 1964?

**A: Louis Armstrong.**

What rock star was trying to bite the head off a bat in concert when the bat decided to bite back?

**A: Ozzy Osbourne.**

What Shania Twain recording became the best-selling country music album ever by a female artist, in 1996?

**A: The Woman in Me.**

What patriotic song was originally titled "The Defense of Fort McHenry"?

**A: The Star Spangled Banner.**

Who's waxed more gold and platinum albums than any other solo female artist?

**A: Barbara Streisand.**

What singer for a 70's British rock quartet changed his name from Frederick Bulsara?

**A: Freddie Mercury.**

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## Important Safety Tips For Your Family Pets To Follow During Halloween

As your family attorney, I want to warn you of tales of malicious people, who are out there to tease, injure, steal, torture, and even kill your family pet during Halloween. Unfortunately leaving your pets outside on Halloween is not a very good idea. Not to mention that dogs and cats can scare easily with all the trick-or-treaters coming to your house. Here are some great tips to keep your pets safe and happy on Halloween.

As much as your dog or cat may beg for some of your Halloween candy, always remember that chocolate is deadly to them in any amount. Attention if you or someone you know works at a pet store, remember that this is the time of year that can be deadly for black cats.

Some really sick people who play at being what they'll call a Satanist will buy them to "sacrifice." If you can, don't take any black cats or sell them during the month of October.

Since dogs have tails, wagging all over the place please don't leave any lighted candles or Jack-O-Lanterns where they could be knocked over by a swinging tail or by a curious cat. Not only could your pet start a tragic fire but they could severely burn themselves in the process.

If you are going to dress your pet in a costume, keep in mind that unless the dog or cat is extremely receptive to this kind of play, you could be causing discomfort and stress to your furry friend. Some animals don't mind at all while others don't want to be bothered with this kind of thing. They'll be under enough stress with the festivities going on outside and people constantly coming to the door so don't cause them any more stress than you have to. You may love to dress in costume but then, you aren't a dog or a cat.

If you put a mask of some type on your animal, make sure that the eye holes are big enough for them to see peripherally. Animals depend on their vision to let them know what's going on and even the nicest dog can get snippy if he can't see what's around the corner. In fact, masks really aren't a good idea.

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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.

## All-American Chili

### Preparation:

Heat a large Dutch oven over medium-high heat. Remove casings from sausage. Add sausage, onion, and the next 4 ingredients (onion through jalapeño) to pan; cook 8 minutes or until sausage and beef are browned, stirring to crumble.

Add chili powder and the next 7 ingredients (chili powder through bay leaves), and cook for 1 minute, stirring constantly. Stir in wine, tomatoes, and kidney beans; bring to a boil.

Cover, reduce heat, and simmer 1 hour, stirring occasionally. Uncover and cook for 30 minutes, stirring occasionally. Discard the bay leaves. Sprinkle each serving with cheddar cheese. Note: Like most chili's, this version tastes even better the next day.

### Yield:

8 servings (serving size: 1 1/4 cups chili and 1 tablespoon cheese).

### Ingredients:

- 6 ounces hot turkey Italian sausage
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 8 garlic cloves, minced
- 1 pound ground sirloin
- 1 jalapeño pepper, chopped
- 2 tablespoons chili powder
- 2 tablespoons brown sugar
- 1 tablespoon ground cumin
- 3 tablespoons tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 2 bay leaves
- 1 1/4 cups Merlot or other fruity red wine
- 2 (28-ounce) cans whole tomatoes, un-drained and coarsely chopped
- 2 (15-ounce) cans kidney beans, drained
- 1/2 cup (2 ounces) shredded reduced-fat sharp cheddar cheese

## “Positive Thinking That WORKS In Today’s World!”

**“Any fool can criticize, condemn and complain and most fools do.”**

- Benjamin Franklin

**“Just because Fate doesn't deal you the right cards, it doesn't mean you should give up. It just means you have to play the cards you get to their maximum potential.”** - Les Brown

**“All the adversity I've had in my life, all my troubles and obstacles have strengthened me... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you.”** - Walt Disney

## Important Safety Tips for Halloween

### BEFORE HALLOWEEN:

- 1) Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flames.
- 2) Here's a great idea – consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.
- 3) Secure emergency identification (name, address, phone number) discreetly within
- 4) Halloween attire or on a bracelet.
- 5) Because a mask can limit or block eyesight, consider non-toxic and hypoallergenic makeup or a decorative hat as a safe alternative.
- 6) When shopping for costumes, wigs and accessories, purchase only those with a label indicating they are flame resistant.
- 7) Think twice before using simulated knives, guns or swords. If such props must be used, be certain they do NOT appear authentic and are soft and flexible to prevent injury.
- 8) Obtain flashlights with fresh batteries for all children and their escorts.
- 9) Plan ahead to use only battery powered lanterns or chemical light sticks in place of candles in decorations and costumes.

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

## Important Safety Tips for Halloween

- 10) This is also a great time to buy fresh batteries for your home Smoke Alarms.
- 11) Teach children their home phone number and how to call 9-1-1 (or your local emergency number) if they have an emergency or become lost. Remind them that 9-1-1 can be dialed free from any phone.
- 12) Review with your children the principle of "Stop-Drop-Roll", should their clothes catch on fire.
- 13) Openly discuss appropriate and inappropriate behavior at Halloween time.
- 14) Consider purchasing individually packaged healthy food alternatives (or safe non-food treats) for those who visit your home.
- 15) Please remember to make extra effort to eliminate tripping hazards on your porch and walkway. Check around your property for flower pots, low tree limbs, support wires or garden hoses that may prove hazardous to young children rushing from house to house.

### WHEN TRICK-OR-TREATING:

- 1) A parent or responsible adult should always accompany young children on their neighborhood rounds.
- 2) Remind Trick-or-Treaters:
- 3) By using a flashlight, they can see and be seen by others.
- 4) Stay in a group, walk slowly and communicate where you are going.
- 5) Only trick-or-treat in well known neighborhoods at homes that have a porch light on.
- 6) Remain on well-lit streets and always use the sidewalk.
- 7) If no sidewalk is available, walk at the farthest edge of the roadway facing traffic.
- 8) Never cut across yards or use alleys.
- 9) Never enter a stranger's home or car for a treat.
- 10) Obey all traffic and pedestrian regulations.
- 11) Always walk. Never run across a street.
- 12) Only cross the street as a group in established crosswalks (as recognized by local custom).
- 13) Remove any mask or item that will limit eyesight before crossing a street, driveway or alley.

*(Continues on page 6)*

### 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!**

### King Of The One Liners – Halloween Jokes

#### Ghosts:

Where do ghosts mail their letters?

**Answer:** At the ghost office

What do goblins mail home while on vacation?

**Answer:** Ghostcards.

What's a ghost's favorite ride at the carnival?

**Answer:** The roller ghoster

What's a ghosts favorite fruit?

**Answer:** Boo-berries

What do you get when you goose a ghost?

**Answer:** A handful of sheet!

Why did the ghost cross the road?

**Answer:** To get to "THE OTHER SIDE"

*(Continues on page 7)*

## Important Safety Tips for Halloween

- 14) Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters.
- 15) Just because one car stops, doesn't mean others will.
- 16) Never consume unwrapped food items or open beverages that may be offered.
- 17) No treats are to be eaten until they are thoroughly checked by an Adult at home.
- 18) Law Enforcement authorities should be notified immediately of any suspicious activity.

### AFTER TRICK-OR-TREATING:

- 1) Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.
- 2) Try to apportion treats for the days following Halloween.
- 3) Although sharing is encouraged, make sure items that can cause choking (such as hard candies), are given only to those of an appropriate age.

*(Continues on page 7)*

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

#### **AMY RECHENBERG GOES ON HER FIRST DATE !**

Amy, the fiery red head and oldest daughter, (16 yrs. old) went on her first car date a few months ago with her current boyfriend. It is a date she won't soon forget.

It was Saturday evening. Amy spent the previous hour getting ready for the much anticipated event. Her date drove up the 1/6 mile long driveway in his parents recently waxed and polished SUV. Amy's Dad was sitting in the front yard cleaning his 12 gauge shotgun. As her date was driving up the driveway a shotgun blast went off, safely of course, and her Dad continued to clean the gun as her date got out of the car and introduced himself. Turns out he is a nice boy, and they had great fun on the date. Amy kept the spent shotgun shell as a keepsake and she laughs with her boyfriend about the date!

#### **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](http://www.FnRlaw.com)

## Choosing Your Ideal Pumpkin

Selecting the right pumpkin so you can carve your Halloween Jack-O'-Lanterns is very important. You'll need to pick pumpkins according to what you want to carve on them. Whether it's simply carving a pumpkin to sit on the door step or holding pumpkin carving parties and contests, this age old tradition is a main event for young and old alike.

Depending on the variety, pumpkins can range in size anywhere from tiny to humongous. Medium sized ones work best for most stencils that you'll make or buy. Very large pumpkins can be carved with elaborate designs and used as "center pieces" on your porch or tables. Small pumpkins work fine for carving traditional faces. They can be done fast and you can have many of them scattered about for parties, haunts or up your sidewalk as a lighted pathway.

### *Advance planning is the key to your pumpkin carving success*

First, decide before buying your pumpkins what designs you'll be carving into them. This will allow you to create a shopping list or at least a mental idea of the shapes and sizes of pumpkins you'll need.

For standard carving without a stencil, decide if it should be tall and narrow, or more rounded, based on your ideas. Select pumpkins that are uniformly orange meaning that are ripe, have no bruises, cuts or nicks. If you will be using a stencil to carve your pumpkin, select a pumpkin that is large enough and as close to the same shape as the pattern you're going to carve. It should be as smooth as possible, and free of scratches, dents or gouges.

Never carry a pumpkin by its stem; it may break. If it does break-off you can use toothpicks as a basic patch. Care should be taken not to bruise during transport or storage, as this will shorten their life-span.

If you find a perfect pumpkin but it's missing its stem, have no fear! You can still use it! Just carve the bottom out for the opening the same way you would do the top. Then, you just sit your light source on the cleaned bottom piece and sit the pumpkin over it. Works great and you don't need the stem for a lid handle!

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.

## King Of The One Liners – Halloween Jokes

What tops off a ghost's sundae?

**Answer:** Whipped Scream

What directions did the ghost give the goblin?

**Answer:** "Make a fright turn at the corner."

Why is a ghost such a messy eater?

**Answer:** Because he's always a goblin.

What happens when a ghost gets lost in a fog?

**Answer:** He's mist

Where does a ghost refuel his Porche?

**Answer:** At the ghastly station

Where did the goblin throw the football?

**Answer:** Over the ghouline.

What do you call a goblin who gets too close to a bonfire? **Answer:** Toasty ghosty.

What do you call a ghost with a broken leg?

**Answer:** Hoblin Goblin.

What did the papa ghost say to the baby ghost?

**Answer:** Fasten your sheet belt.

How do ghosts fly from one place to another?

**Answer:** By scareplane.

What kind of street does a ghost like best?

**Answer:** A dead end.

What do you say to a ghost with three heads?

**Answer:** Hello, hello, hello.

What did the baby ghost eat for dinner?

**Answer:** A boo-loney sandwich.

Where do little ghosts learn to yell "BOO!"?

**Answer:** In noisery school.

What does a goblin shop for?

**Answer:** Grosseries.

**Please make sure to share these child safe jokes with your kids and grandkids...ENJOY!**

## 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 **Nathan Dianovsky** We're treating Nathan and a friend to Popcorn soda and the movies!

## Important Safety Tips for Halloween

### FUN ALTERNATIVES FOR HALLOWEEN:

- 1) Find a special event or start one in your own neighborhood.
- 2) Community Centers, Shopping Malls and Houses of Worship may have organized festivities.
- 3) Share the fun by arranging a visit to a Retirement Home or Senior Center.
- 4) Create an alliance with College Fraternities, Sororities or Service Clubs for children's face painting or a carnival.

*- The End*

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