

TidBits for Today

How To Avoid Gaining 10 Extra Pounds Over The Holidays...

Yes, it's that time of the year, again! Summer has been over for months, and winter is just around the corner, and you know what that means!

That's the time that most people pack on an extra ten to twenty pounds. We're constantly bombarded by our friends and family with their never-ending requests to eat, eat, and eat some more!

What's a health conscious person to do with all the external pressures to over eat and munch on whatever is placed in front of you during the holidays?

I'm going to get you geared up with some great tips that you will need to win the war on holiday weight gain.

(Continues on page 2)

We Now Have FREE Special Reports Available To Answer Most 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 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 friends and loved ones. 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 advanced for all your support and the trust you place in our firm.

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

The Best Classic Christmas Movies You've Got To Watch...

Taking the kids to the movies during the Christmas holiday has been a family tradition of many Americans over the years.

Every year there are a lot of new Christmas movies released. Yet there are some great classics that have stood the test of time that you've got to watch.

Below is a list of some of my all time favorite Christmas movies. The list is filled with a variety of movies; some you will laugh so hard you cry while others allow you to reflect on the blessings of the past year. Whatever mood your family is in you'll all be in for a real treat.

1. Miracle on 34th Street – (A movie of hope)
2. A Christmas Story – (A true classic)
3. Charlie Brown Christmas – (Love the "Peanuts" gang)
4. How the Grinch Stole Christmas – (Great for the little ones)
5. It's a Wonderful Life – (Helps put your life into perspective)
6. National Lampoons's Christmas Vacation – (Pure outrageous comedy)

(Continues on page 5)

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

Avoid Gaining 10 Pounds This Holiday Season.....(Continued)

We are now in the midst of the yearly "battle of the bulge," where we must fight not to put on those extra ten pounds.

Please don't get me wrong, I am not here to take the fun out of the holidays. Would you prefer at your next party to have your family and friends murmur, "Wow, did she put on some weight?", or comment "She looks great!"

I want to help you win the holiday battle of the bulge without gaining a pound, and maybe even slimming down a bit. This plan will allow you to meet your fitness goals, without denying you too much from your holiday cheer with your friends and family.

Working Out Is A Must: Let's be real, the holidays are surrounded with food, and tons of it. You will be forced to stuff your face whether you are hungry or not.

Therefore, you must exercise to shed all those calories that you pack on during the winter months. Some fitness gurus say that exercise is a choice, and not necessary. Well, I'm here to tell you that exercise is mandatory to sound health!

Don't think of exercise as a chore that you must squeeze in between holiday parties. Look at working-out as an "I get to!" not as an "I have to!" When you exercise, you're getting fresh oxygen to every cell of your body, while releasing endorphins.

In addition you are giving yourself the greatest gift of all, the gift of sound physical health. Your heart, lungs, and muscles will all love you for it!

You will need to treat each workout like an important business meeting that you can't be late to, call in "sick", or cancel out on. Your workouts are with the most important person in the world – YOU! You must go ahead and pre-schedule your workouts as a priority meeting that is already blocked out.

(Continues on page 3)

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.

Warning: Holiday Pet Safety Tips You Need To Know...

Did you know that the holidays can also be stressful for your cat or dog? Not only are they stressed by the endless activity that's going on in your home, but they also are filled with anticipation of what Santa is bringing them.

It might be easy to overlook your pets, when making sure your mother-in-law is happy. Keep the following pet friendly safety tips in mind for those with four legs in your home this holiday season.

Keep bones away: Turkey, chicken, even ham all have bones that your dog would love to get their teeth into. Despite these desires, meat bones can create a choking hazard for animals, a hazard that can make them sick and even be fatal.

For this reason, it's important to keep bones away from your pets. If you feed them table scraps make sure they are boneless. Make sure to keep the trash in a secure area, one that Fido can't sneak his way into.

Keep plants far from pets: Mistletoe, poinsettias, and Christmas trees all add to the holiday, but can be extremely hazardous to pets. Certain plants, particularly poinsettias and mistletoe are poisonous to animals and should be kept as far away as possible.

Eating a plant may lead your dog to think he's sampling the salad bar, but he's really eating something that is anything but nutritious.

(Continues on page 6)

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!

"The Do's and Don'ts For A Better Life Starts Here!"

Give The Gift Of Longevity...

A part of my commitment to better serving you through our newsletter **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. Call my office at **(847) 854-7700** and ask to speak with Marlo or Cheryl to give a loved one a free copy!

Fun 80's Trivia...

Who had a 1980's number one hit with "Woman in Love?" **A: Barbara Streisand**

Which 1980's US President survived an assassination attempt? **A: Ronald Reagan**

"Up Where We Belong" was the theme music to which 80's film with Richard Gere and Debra Winger?

A: An Officer and a Gentleman

Which 1982 Spielberg classic was about a little boy and his pet alien? **A: E.T.**

Who sang about his Prerogative in the 1980's? **A: Bobby Brown**

Which movie star appeared in General Hospital from 1981 to 1983?

A: Demi Moore

Which all-girl group had two 1980's number one hits "Walk Like An Egyptian" and "Eternal Flame?" **A: The Bangles**

- The End

Avoid Gaining 10 Pounds This Holiday Season.....(Continued)

Aim for at least four invigorating workouts per week, if you get more than that, then congratulations. And if you achieve six complete workouts a week, then hats off to you!

Plan Your Food In Advance: To survive this holiday season without gaining a pound, and maybe even losing some, you need to understand "food planning." You never want to say that you are on a "diet." Why? Because what are the first three letters of the word DIET? DIE! No one wants to DIE! We want to live optimally and eat wisely in order to meet our fitness goals.

That's why it's smart to plan your meals in advance while following a certain system of eating. In order to avoid eating whatever comes in front of us you'll have to plan your meals in advance. Thinking ahead per meal is one of the best healthy eating strategies anyone can accomplish and master.

To Drink or Not to Drink? That is the Question! 'Tis the season to eat, drink, and be merry!" However, here's my motto for all of those who are NOT health conscious.

Just leaving your body to the fate of all those holiday parties, you pretty much can be guaranteed that you'll be gaining a ton of unwanted weight this season.

As for those of you who are eating healthy and working out, the motto is "Eat high protein, low carbs, six to eight glasses of water per day and protein shakes, then you'll be merry!" Trust me, your body will thank you by being more efficient, burning fat faster, and having more energy to take upon this super busy season.

And now the topic of alcohol! Many of us are still confused on if alcohol is good for us or not. Here is the answer in plain English. Alcohol is empty calories, most of it sugar. It's not rocket science to figure out that when you consume alcohol, those empty calories pile on quickly. *(Continues on page 4)*

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.

<<Franks & Rechenberg, P.C.'s >>

Ultimate Chocolate Chip Cookie Recipe for Diabetics ...

We've decided to help you create a chocolate chip cookie alternative by substituting a few ingredients with one or two healthier choices that are full of goodness. We want to do something VERY special this holiday season so you can treat a loved one who has diabetes to some holiday cheer. Please let us know what you think!

Ingredients:

1 cup whole wheat (whole meal) flour
½ cup rolled oats or porridge oats
½ cup buckwheat flour
pinch of salt
¼ tsp nutmeg
¼ tsp cinnamon
½ cup softened or melted butter
½ cup soft brown sugar
¼ cup sugar replacement
1 large egg
¼ cup semi skimmed or soy milk
100g chocolate chips or chunks
optional - 1 tsp flax seed & 1 tsp wheat germ, to boost vitamins

Preparation:

Heat oven to 175°C, 350°F
Mix all ingredients together
Mix until smooth
Spoon a good teaspoonful onto a baking tray
Flatten with back of a fork
Cook for 10-12 minutes

Nutrition information per serving:

Calories 57
Total fat 3 g
Saturated fat 1 g
Cholesterol 19 mg
Sodium 45 mg
Total carbohydrate 10 g
Dietary fiber 0 g
Sugars 2 g
Protein 1 g

- The End

"Positive Thoughts That Lead To Success (Just Try Them)!"

"Goals are not only absolutely necessary to motivate us. They are essential to really keep us alive."

~Robert H. Schuller

"Arriving at one point is the starting point to another."

~John Dewey

"I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen."

~Frank Lloyd Wright

"Choosing a goal and sticking to it changes everything."

~Scott Reed

Avoid Gaining 10 Pounds This Holiday Season

.....(Continued)

In addition, when someone drinks, their appetite tends to increase, therefore the effects of drinking quantifies. Once scientific study proved that one drinks a cocktail at dinner, they consume up to 600 calories more, than if they did not have a drink.

I am not going to tell you not to loosen up with a cold one, and be a social stiff for the holidays. But drink in moderation. And if you don't want to seen unsocial, simply take a glass of wine or champagne that is offered, take part in the toast, and sip socially, only to leave most of that "sugar" in the glass!

Here's another holiday tip, instead of a fully loaded drink, opt for a wine spritzer where it's half the amount of wine that is diluted with a splash of soda water. Add a twist of lemon, and you have slashed your calories in half.

This year, you can have your best body ever, and still enjoy the holiday season with your friends and family. The key is moderation, making sure you get your workouts in, and also pre-plan your meals. You can start the New Year looking lean, mean, sleek and sexy with these fitness tips, and not look like Santa Clause himself!

- The End

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 to get your free CD today

Top 10 Tips For Reducing Your Christmas Stress And Anxiety...

It's been said that most family breakdowns happen at Christmas time. Unfortunately, some relatives simply enjoy pushing our buttons and are difficult to get along with for extended periods of time. Here is my top ten to help you keep your peace of mind during the holidays!

1. Budget: Set a budget you can afford to live with then stick to it. Don't be pressured into spending more by a persistent child or by trying to 'keep up with the Jones'. More expensive gifts will generally be no better appreciated than cheaper ones, and it can be fun finding presents on a budget.

2. Establish rules upfront: If you're visiting, make it clear when you'll arrive and how long you'll be staying. Make sure that you leave while things are still going well. If you're the host, decide your rules, and make sure to communicate them to your guests. Will smoking be acceptable in the house, will pets be permitted?...etc.

3. Ask for help: People enjoy giving a helping hand which will lighten your workload. Be creative to match your requests with your guests' strengths and interests. Since Aunt Betty loves to bake, ask her if she would like to put the icing on the cake.

If Uncle David enjoys playing video games let him keep the children entertained. Ask guests to help bring an item of food or drinks to the table. Consider serving the meal buffet style where everyone helps themselves.

4. Keep hold of the reins: Remember that this is your party and don't allow anyone to take over. If someone tries to push you around, remind them gently but firmly that you have decided what to serve, how to cook it, and how to deal with your children, etc.

If someone irritates you just count to 10 mentally before you say anything, then quickly let it go so you don't say something that will ruin Christmas.

(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 don't have an auto accident handbook, please contact our office and we'll send you a **FREE** copy! Make sure to call **TODAY!**

The All Time Best Classic Christmas Movies You've Got To Watch.....(Continued)

7. Home Alone – (Good for a few laughs)
8. The Santa Clause – (What would you do if you suddenly gained all that weight?)
9. Santa Clause 2 – (The Story continues...)
10. The Santa Clause 3 – (And continues...)
11. Frosty the Snow Man – (A must see for the entire family.)
12. Rudolph the Red Nosed Reindeer – (What is Christmas without Rudolph?)
13. Elf – (Silly but fun.)
14. The Polar Express – (Do you believe?)
15. Scrooged – (Entertaining with a good message)

This holiday season, I wish you and your family many magical memories that will last a lifetime as you celebrate together.

Please feel free to share this newsletter with a loved one so they know what movies to get when they are out shopping.

- 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

Holiday Pet Safety Tips You Need To Know.....(Continued)

Don't put chemicals into the Christmas tree water that you don't want your pets to drink: Pets can't help it: they see water, they have to drink it. This includes the water underneath the Christmas tree. Some people may leave Christmas tree water alone, but others fill it with chemicals, chemicals that can make animals sick. If you have pets around the house, it's best to leave the Christmas tree water as pure as possible.

Don't leave pets outside for long periods: It might be best when company comes over to put the pets outside and a way to keep them from jumping and getting their fur all over Aunt Shelly's black dress. Placing them in a heated garage or in a basement are better options: these alternatives will help keep your pets warm.

Don't keep candles lit in a house full of pets: The holidays are a time of the joy of lights, but when candles are involved, that joy can go up in flames. In a house full of pets, particularly cats that crawl and jump on furniture and windowsills, candles have no place. They might look nice, but they can easily be knocked over, falling to the ground and causing not only your chestnuts to be roasted on an open fire.

- The End

Reduce Your Christmas Stress and Anxiety... (Continued)

5. Recognize the good in others: Take an active interest in each family member and guest by really listening to them as they speak. Compliment others when they say or do something nice, and offer them help when they need it. Build their self-esteem and they'll be easier to get along with.

6. Learn to say "no": If people do or say something that doesn't sit well with you, then make sure to let them know. Some ways of politely saying 'no' include: "I can't right now, but I can do it later", "I can't, but ask", "I really don't enjoy that", "I've realized I must leave some time for myself".

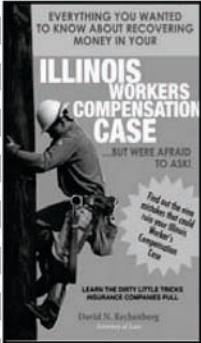
7. Prepare in advance: Prepare as much food and drink as you can the day before the main event. Bake the cookies, ready the stuffing, the main dish, and prepare the sauces for cooking. Do as many tasks in advance as possible while asking for some help from relatives who live close by.

8. Remember to take care of yourself: Get some good sleep, find some quality time for you to relax, especially if things get overwhelming. Plan to get all the jobs you can out of the way before Christmas Eve, such as wrapping and delivering presents. Find time to see some friends over the holiday period. Being with people who make you happy is a great buffer to life's ups and downs. Don't try to be superman/woman, and don't expect your Christmas to be perfect - then you won't be disappointed.

9. Maintain a 'stress free' zone: Find ways to stay calm during the festive period. Ask your guests to babysit while you go out for a walk in the fresh air. Make sure to have some fun - organize some board games, play silly party games, or even have a snowball or pillow fight! If all else fails, try pummeling your pillow to get rid of pent up aggression (instead of taking it out on your relatives!)

10. Believe in yourself! Yes, you can have a "magical" Christmas with your relatives and enjoy it. I want you to believe in your ability and you will have a great time! Christmas only comes once a year. So, smile, have fun and enjoy your loved ones.

- The End



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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.

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Congratulations To Our "Client of the Month!"

Every month, we choose a very SPECIAL client to showcase. It's our way of acknowledging our great clients and saying thanks to those who support our law firm by telling others about us.

This month's Client of the Month is **Cedric Syrdahl**. We're treating Cedric and his lovely wife to popcorn and to the movies!

Fun Christmas Activities That Won't Break The Bank ...

If Christmas shopping has burned a hole in your wallet, don't fret any longer! I've got some great activities that won't cost you an arm and a leg. With all that Christmas shopping and things to get done, we sometimes forget what Christmas is all about.

It's about spending quality time with the ones we love the most. So here's my list of ideas to help you make this holiday season a magical one to cherish for years to come.

Spend an evening driving: Go out for a long drive with the family and see all the Christmas lights. You can take a simple drive around town, cruising neighborhoods of friends and family. Many towns have areas that are more decorated, like a closed neighborhood or a downtown area. Park the car and bundle everyone up. Take a walk around; letting the kids pause at the places they love the most. Remember to bring some thermoses of hot chocolate.

Spend an afternoon sledding: If you live in a snowy winter wonderland, get outside and enjoy it! If you don't have sleds, cardboard boxes will do just fine. Build snowmen in your front yard, dig snow caves in the hills, and roll around to make snow angels. If rolling in the snow is too much for you, fill up spray bottles with water and food coloring. Take the kids outside to "paint" the snow. Snow graffiti is fun and cleans up by itself!

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Bake holiday cookies: This is a great way to have some fun with your kids celebrating the holidays. Turn on some holiday music and help your kids cut out the cookies. Let them decorate. Even little ones can put sprinkles and treats on the frosting. Baking together gives a lot of time for conversation, and it gives your kids a sense of contribution to be able to make something they love to eat. Now you can teach your kids about the spirit of giving, by putting some plates together with a few cookies on each plate. Have the kids put on their favorite Christmas dresses and go caroling with cookies for the neighbors.

Pop some popcorn: For some inexpensive family fun pop some popcorn, and watch a Christmas movie together at home. The Charlie Brown Christmas movie is a classic for younger kids, and The Christmas Story is a hit with older generations. Each year, there are new Christmas movies released and I've given you a great list to start from inside this newsletter. Whatever movie your family likes, take the time to watch it together. (See my movie favorites).

Play dress up: Another great activity is to dress up your daughter's favorite doll like Cinderella. There are a lot of 18" doll clothes out there, and there are a lot of them that will match children's Christmas dresses. Take lots of pictures of your little girl with her doll, and let her bring her matching doll with her when you go out for holiday celebrations. She will enjoy her matching companion, especially if she's spending the evening with a lot of adults!

Whatever you do, take the time to give the best present to your children, the time that it takes to make it a magical holiday.

- The End

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Book not available free for attorneys or insurance company employees.
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is a FREE monthly newsletter from your friends at :

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Read All About It...

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WITHOUT Going To The Poor House!”**

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Plus, An Amazing Chocolate Chip Cookie Recipe...



**Merry
Christmas!**