

# TidBits for Today

## The First Thanksgiving Away From Home For Your College Student...

If your son or daughter is going to be away for the first time for Thanksgiving because of college it can be a rough time emotionally for the entire family. Especially if you are used to having a traditional gathering like the one we've all seen on a Norman Rockwell painting.

Here are some great ideas to help your kids enjoy some of the best Thanksgiving traditions away from your home. Even if traveling to be with them isn't possible.

One of the biggest benefits of Thanksgiving is the excuse to stuff your face with large amounts of homemade turkey.

But when the kids are away from home, what do they do? Well, there are a couple of options.

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## 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.

## Survival Tips For Your Family's Holiday Vacation With Small Children...

Traveling with small children can indeed be a great blessing or a total nightmare, depending on your approach. Many families are terrified by the idea of traveling with small children.

Many of them believe that it's impossible and simply stay at home, or take the usual day trips around the area.

But holidays with small children don't necessarily have to be a stressful experience. The success of traveling with children most of all comes down to your point of view. Being prepared is the key to a positive family experience.

Traveling with children can be a very valuable experience to both children and parents. So it is not necessary to cancel the family holiday trip just because a new baby or small children have entered your family.

We have probably all been on an airplane where restless children have been running up and down the aisle unable to settle anywhere.

The worst thing to do in this situation, which unfortunately is a mistake we all can make, is to distract the child with candy.

*(Continues on page 3)*

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## The First Thanksgiving Away From Home ... (Continued)

They can go out to dinner. You want to make sure to tell them that many restaurants that serve traditional style cuisine might be closed, and the few that remain open will often be packed. So their best bet is to go with a buffet style restaurant.

Another dinner option available if they're away from home and have roommates who are also in the same situation is to have their own dinner. Making their own Thanksgiving dinner can be a rewarding experience that can be a great bonding experience for all of them.

As important as the Thanksgiving meal is, it usually won't take up the entire day. To ease some of the homesickness and loneliness that they could be experiencing, it's best to try to plan some activities to keep them occupied. They can go out to the movies even have their own movie marathon in their dorm which can be a fun diversion.

If they happen to go to college where it's warm all year they can go to a park or beach and not have to worry about dealing with large crowds. If they're feeling a little blue there are two things to keep in mind.

The first is to tell them not to drink if they're alone. It's never a good idea and an even worse if they're feeling the least bit homesick. The second thing to do is for them to keep their focus on the positive.

Holidays can mean a lot of stress, however they've been given the golden ticket from all that stress and can enjoy the holiday on their own terms. They can spend the entire day watching football without worrying about someone yelling at them that it's time for dinner or needing to be presentable for anyone. After they call home and catch up with everyone they can go back to enjoying their first Thanksgiving away from home any way they see fit.

No matter how they decide to spend their first Thanksgiving away from home, it can be tough. Just make sure that you tell them to spend a little time planning ahead and they'll find that it can be a much more enjoyable experience than sitting in their dorm room alone in the dark with a cold TV dinner.

- The End

## *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.

## Seven Incredible Foods That Burn Fat Fast ...

Give me three minutes and I'll show you seven amazing foods that burn fat fast. Yes, I know Thanksgiving is right around the corner but I want to help you to stay healthy so you can enjoy many more holidays with your family.

Now let me ask you something. Do you really think certain foods can actually help you burn fat?

You already know if you eat more calories than your body burns you're going to pack on the pounds. Obviously certain foods can boost your metabolism but only if you eat them as a part of an effective diet and exercise program. Here's my list of seven powerful fat burning foods:

**1) Apples:** Do you remember the old saying "An apple a day keeps the doctor away"? Well not only a doctor but also the extra pounds as well. Apples contain the highest percentage of pectin, which is a great fiber.

There was an interesting study in Brazil about weight loss and apples, two groups of dieters were getting exactly the same amount of calories but with one exception. One group was getting an apple before each meal. This group lost 33% more weight.

**2) Garlic:** Garlic is one of the most effective fat burning foods on the planet. It contains the compound allicin which has anti bacterial effects that helps reduce cholesterol and unhealthy fats.

*(Continues on page 4)*

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!

### Miscellaneous Food Trivia

In wine making, what is the must?

**A: The juice drawn from the grapes but not yet fermented into wine.**

On what vegetable did an ancient Egyptian place his right hand when taking an oath?

**A: The onion. Its round shape symbolized eternity.**

What American city produces most of the egg rolls sold in grocery stores in the United States? **A: Houston Texas.**

Italy leads the world in pasta consumption with 61.7 pounds eaten per person per year. What country is second? **A: Venezuela, where the annual pasta consumption is 27.9 pounds.**

When Birdseye introduced the first frozen food in 1930, what did the company call it?

**A: Frosted food.**

Under what name did Domino's Pizza chain get its start? **A: DomiNick's.**

*- The End*

## The Family's First Holiday Vacation With Small Children ... *(Continued)*

Of course, the child will sit still for the time of unwrapping and eating the candy, but for sure the excitement will be even greater afterward.

It is a good idea to prepare for the flight in advance, and to bring "healthy" low sugar snacks such as nuts, dried fruits and raisins. A great idea is to buy some small toys and wrap them in wrapping paper as a small gift for good behavior.

These will surely keep the child entertained for a while. Perhaps collect them in a small backpack together with some of the favorite toys from home, so the child also feels some familiarities.

You also want to make sure to consider your child's comfort. If traveling at night, make sure to bring soft pajamas, blankets and pillows so the child can cuddle up and feel warm and cozy.

You will also want to bring their favorite teddy bear too. If traveling with a small baby, you can book seats with space to put a cot that will be attached to the wall.

Traveling with small children can be such a great experience for the entire family and will surely be a topic of discussion and a great memory to share for many years.

Experiencing the culture of a foreign country during the holidays can also be an exciting time for all members of the family, and might even bring the family closer together.

The best advice I can offer you is to remain flexible and let loose of habits and routines. Enjoy the holidays and enjoy the time of feeling free together as a family.

This will enable your family to return home with renewed energy and cherished memories to remember and discuss for a long time.

*- The End*

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.**

**For The Ones You Love The Most Who Have Diabetes:**

“Wild Rice, Sausage, and Apple Stuffing”

**Ingredients:**

- 1 cup wild rice
- 3 cups water
- 1 1/2 teaspoons kosher salt
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 1 cooking apple (such as a Golden Delicious, Gravenstein, or Rome, peeled, cored, and chopped)
- 2 ribs celery with leaves, chopped
- 2 cloves garlic, chopped
- 1 tablespoon minced fresh thyme leaves
- Pinch ground mace or nutmeg
- Freshly ground black pepper
- 1/2 pound fresh Italian-style turkey sausage, casings removed
- 1/2 cup pecan pieces, toasted (see note)
- 1/4 cup chopped fresh flat-leaf parsley

**Preparation:**

Combine the wild rice, water, and 1/2 teaspoon of the salt in a medium saucepan and bring to a boil. Reduce heat to low, cover, and simmer until the rice is tender and just bursting, about 30 minutes. (Times may vary depending on the brand of rice used.)

Drain and set aside. Adjust an oven rack to lowest position and remove other racks. Preheat to 325 degrees F.

Melt the butter in a large skillet over medium-high heat. Add the onion, apple, celery, garlic, thyme, mace, remaining 1 teaspoon salt and pepper, to taste.

Cook until the vegetables soften, about 5 minutes. Stir in sausage, breaking it up with a wooden spoon and cook until it loses most of its rosy color, but not so much that it's dry, about 5 minutes more. Stir in the cooked wild rice, pecans, and parsley into the vegetable mixture. (This can be made the day before.) **- The End**

**“Positive Thoughts That Lead To Success (Just Try Them)!”**

"I long to accomplish a great and noble tasks, but it is my chief duty to accomplish humble tasks as though they were great and noble."

~**Helen Keller**

"Service to others is the rent you pay for your room here on earth."

~**Muhammad Ali**

"Try, try, try, and keep on trying is the rule that must be followed to become an expert in anything."

~**W. Clement Stone**

**Seven Incredible Foods That Burn Fat Fast** ..... (Continued)

**3) Tomatoes:** Tomatoes are very effective to add into your diet. Not only are they good in your battle against the bulge but they are also an excellent prevention against cancers and high blood pressure.

**4) Carrots:** Adding a carrot to the beginning of every meal is a very effective way to lose weight, that's because carrots leave no room in your stomach for dessert. When using this trick you should be able to lose about a pound in one week.

**5) Oranges:** Oranges are rich in Vitamin C which has fat burning properties. Compared with exercise they are an effective way to lose fat.

**6) Mangos:** Mangos are packed full of fiber and are low in calories.

**7) Spinach:** Popeye gets his strength by eating a can of spinach and yes it's very healthy for you too. Spinach contains a lot of iron; it is an exceptional nutritious food and is a good preventive against cancer.

I hope you've enjoyed my list of seven amazing fat burning foods. A good way to lose weight is to eat foods that are rich in fiber, and low in calories that give your stomach the sensation of being full.

**- The End**

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## How To Stop The Holiday Blues Once And For All...

Experiencing the "holiday blues" year after year is no laughing matter. That's why I want to help you prepare in advance which will make a huge difference. Like they say, "An ounce of prevention is worth a pound of cure." So, here's my list of helpful do's to help you get over the holiday blues:

### **DO...Follow the three basic rules of good physical and emotional health:**

1) **Eat Right** - Proper nutrition can make a huge difference in how you feel emotionally. Eating right also involves taking your time as you enjoy the food you are eating. Your body and brain need to take in the aroma, color, texture and taste of food to experience satisfaction and fullness.

2) **Get Enough Rest** - Neither your body nor your mind will be able to perform if you don't get eight to nine hours of quality sleep at night.

3) **Exercise** - Regular exercise is needed to reduce and release stress, manage your weight, and release serotonin in the brain. Exposure to the sun for 15-20 minutes per day during exercise is also helpful.

### **DO...Set realistic goals and expectations for yourself and your family:**

1) **Organize and manage your time** - Planning ahead and prioritizing is essential to keeping your stress level down. It also helps in creating feelings of self efficiency and beings control to your life. Additionally, you can save money in gas, and unnecessary expenditures.

2) **Be selective regarding holiday activities** - Not all good activities are best. People can enjoy fewer activities that are meaningful and important. This holds true for small children and adolescents as well. Focusing on one special event or meal can provide the right focus for everyone involved.

3) **Budget your money to avoid getting into debt** - Your spending during the holidays needs to be purposeful and you need to determine how much you can spend on gifts, activities, etc.

*(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!**

## Non-Traditional Thanksgiving Dinner Ideas...

If you're planning on hosting Thanksgiving dinner this year, whether it's with your friends, family, neighbors, or all of the above, you might be a little overwhelmed with what to do for dinner.

While the food isn't the only thing about Thanksgiving, it certainly is a big part of it. After all, for many people, the term "Thanksgiving" conjures up images of juicy turkey with stuffing, fresh cranberry sauce, and melt-in-your-mouth pumpkin pie.

One thing you can easily do to start everything off right is to serve drinks and appetizers. This is generally not considered a Thanksgiving tradition for many families, but who says you can't start one with your own group?

You could try crackers and cheese with a cheese ball decorated like a live turkey and serve hot apple cinnamon cider, wine, and deep red or orange-colored fruit punch for the kids.

*(Continues on page 6)*

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## Non-Traditional Thanksgiving Dinner Ideas.....(Continued)

You can stick with turkey as the main dish for the meal; but if you do, crank it up a notch or two with special spices, orange and lemon juices and flavors, liqueur, cranberries and walnuts, or anything else you can think of that would complement your turkey. Great turkey alternatives include roasted herb chicken, a ham roast with pineapple, or a succulent roast beef with gravy.

Turn regular cranberry sauce into a mixture of fruit by adding berries (like raspberries) or other complementary fruits. For the "starch" of Thanksgiving dinners, you can try regular mashed potatoes mixed with the peel, herbs, spices, onions, bacon bits, and cheese with turkey gravy; baked stuffed potatoes; or sweet potatoes baked with mini marshmallows topped with brown sugar and walnuts.

You don't have to bake a pumpkin pie for dessert, although you certainly can. Spiced cinnamon apple pie is a great alternative, as is rhubarb pie (or rhubarb and strawberry pie), plain cheesecake with warm caramel and walnuts drizzled on top, pumpkin cheesecake, spiced carrot cake with cream cheese, or carrot muffins. By adding a little bit of variety, you can turn favorite dishes into extraordinary delights for all your Thanksgiving dinners to come. *- The End*

## Stopping The Holiday Blues ... (Continued)

Don't wait until you are at the mall to decide on this. Making a realistic budget in advance will help you not spend money you don't have. The number one reason for marital problems that lead to divorce is money.

4) Try to maintain your routine as much as possible - Meeting your basic needs on a regular basis will help you keep your stress level manageable. This may mean having to decline some invitations or limiting the time you spend with others. This is particularly important for children.

### DO...Let go of the past by creating new traditions:

People who have experienced loss need to allow themselves time to heal. Whether you lost a loved one, a job, your home, or marriage you are going to need time to grieve these losses. These feelings are normal.

Just because you see commercials everywhere about the holidays being "the magical time of the year" doesn't mean that you have to feel that way regardless of what you've just been through. It's important that you tell yourself that your feelings are just temporary and look toward a brighter future that is filled with hope.

I want you to forgive and decide to let go of old grudges. Holding on to past hurts only harms you more than the other person. So start being good to yourself and release what you've been holding on to.

You can help those who are less fortunate than you or someone who is in need. This may sound a little corny or like an oxymoron, but the reality is that quite possibly there is someone worse off than you.

Don't underestimate how valuable your contribution can be to others who are in need. Giving and being generous goes far beyond the material. You can give of yourself to others, and that's the best gift you can ever give.

You can create new traditions! Perhaps you don't have the means to carry on with old traditions, create meaning in activities that...

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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 **Robert Racila**. We're treating Robert and his lovely wife to popcorn and the movies!

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

### Stopping The Holiday Blues ... (Continued)

involve your family members and you might just discover how creative this process can be. An additional benefit is that the connection with family members, neighbors and friends can become stronger.

Just pick up the phone or look up that special person you lost touch with on Facebook. Renewing relationships with others can be re-energizing and give meaning to your life and theirs.

Focus on enjoying your relationships rather than impressing everyone with your giving, cooking, or home decor.

While it's important to provide a comfortable environment for your guests, it's even more important for you to have the time to have a presence that nurtures relationships with others.

Give others the opportunity to help you if you are going through a tough time. Tell them what you need and allow them to love you and care for you.

Limit the time you spend with difficult people in your life who could be toxic. Unfortunately, high maintenance relationships need to be taken in small doses. It's better to have a short and courteous visit with them than an extended one filled with tension, stress and strife.

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If you've recently experienced the loss of a loved one this year you may want to plan a celebration in their honor as a ritual of remembrance during a special meal or gathering.

Make sure you are emotionally ready for this, as people need sufficient time to grieve first. Examples of this may include showing photographs, lighting a candle, talking about good times with the person, a silent prayer, or telling fun stories about them.

The timeless principles that will help you during the holiday season can be found inside St. Augustine's Serenity Prayer –

***"Lord, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."***

Finally, if you feel overwhelmed be sure and seek help from a professional counselor if the sadness persists or gets worse. You can always give our office a call at (847) 854-7700 to see who we can refer you to.

I want you to know that you mean a lot to me and my staff at Franks & Rechenberg, P.C. and we truly care about YOU! Please pass along this newsletter to someone you know who could be going through a tough time during the holidays.

Again, you are a part of my extended family and I care about YOU! All the BEST for a wonderful Thanksgiving to you and your family!

*- The End*

**Insurance Companies HATE THIS BOOK!**

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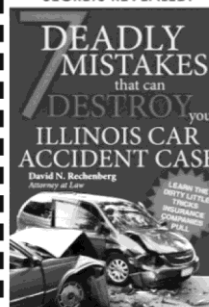
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*Read All About It...*

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*Happy  
Thanksgiving*