

TidBits for Today

Great Ideas For A Fun Halloween For You And Your Kids...

Scary creatures like zombies, ghosts, and goblins are just a few of the frightening monsters you'll be seeing later on this month. These creatures have inspired many Halloween costumes that can be made simply with scissors and an old white bed sheet.

Your imagination is the only limit to creating a great costume, and I'd like to offer you some tips for you and your kids for Halloween.

Here are some ideas for you, how about an elegant looking tuxedo with blood-tipped fangs of Count Dracula, or a female vampire's costume. You can easily get some great ideas from old Halloween horror films.

I've got a lot more scary tips on the next page for you and your kids so turn to page 2 ...

(Continues on page 2)

Thank You So V-E-R-Y Much For Telling Your Family And Friends About Us!

The highest compliment you could give our law firm is the referral of your 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.

In Pursuit of True Love and Lifelong Happiness...

Finding your true love is like finding a hidden treasure in a haystack. But, then discovering most treasure calls for a treasure hunt.

And treasure is not easy to find. Here are five steps to keep your heart and your eyes open to the coincidences that lead you to your perfect love match.

1. Set A Positive Attitude: Look around you. When you see a couple that looks truly happy together, don't they generally look perfectly casted for one another?

Don't they usually appear to have comparative looks and compatible ways of thinking? Nature loves symmetry. Like the happy couples you see, somewhere there is a perfect mate for you too.

2. Start By Loving Yourself First: Before you can fall in love with someone else or expect them to fall in love with you, you've got to fall in love with yourself first.

You should make an inventory of the wonderful things about you. Now focus your attention on those things, setting aside things you don't like about yourself.

(Continues on page 3)

FREE...FREE...FREE! We Now Have FREE SPECIAL REPORTS Available 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, Dog Bites, Construction Injuries, DUI Defense or Criminal Defense** 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 a friend our Special Report for FREE!

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Great Ideas For A Fun Halloween...

(Continued)

The Adam's Family was also full of great related ideas. You can get some neck bolts and become Frankenstein, a hairy werewolf, a zombie, or any other monster that suits you.

Any great fairy tale is filled with inspirational ideas for costumes. From the world of fairy tales goblins, wizards, and witches has been the inspirational source for many a costume. The Wicked Queen in Snow White and the Seven Dwarfs is an example of one of many Disney film characters that have become popular costumes during Halloween.

In recent years, many popular films whose story lines are tied to magic have provided a whole new list of costume possibilities. From the Pirates of the Caribbean, The Lord of the Rings, Harry Potter, and even Spider-Man are filled with great ideas.

For younger children who have grown up watching such movies, costumes related to them are instantly recognizable. It's truly exciting to see the film come to life. This is possible because the Halloween costumes for such characters are basically a copy of the original studio costume used during the filming of the movie.

Every year, more and more people are choosing to dress up in an effort to make other people laugh, not scream. In the past Halloween costumes have been related to monsters from the underworld, but they don't have to be.

Characters from television shows, movies, and books, like Superman for example, have become popular Halloween disguises. You could choose a stereotypical person, like a geeky nerd, or even an inanimate object, like a soda can. The possibilities are truly endless.

The most important thing to remember about creating a spectacular Halloween costume is that it should be clever and stand out from the crowd. While trick-or-treaters may still be working hard to scare the candy out of you, older kids and adults will surely want to wow their friends with an amazing costume at this year's Halloween party. I hope you enjoyed this article and please remember to be safe! - **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.

Five Great Ways to Stay Positive During Extremely Tough Times...

Best selling author Robert H. Schuller said it best in his classic book, "Tough Times Never Last, But Tough People Do." Obviously we all know the situation with today's economy.

Hearing stories of people losing their jobs, homes, marriages, and life savings that have all gone up in smoke. We're bombarded daily by the situation whenever we turn on the television. All this bad news is everywhere.

So how do we stay up-beat and positive with regards to our health, business, job, family or life in general? Here are a few things we can all do to combat the overwhelming negative news:

1. **Laugh ... a lot!** I believe that laughter really is the best medicine, and I try to practice it every day. I look for the humor in every situation. It helps to keep me grounded, and to realize that life doesn't always need to be taken so seriously. I'd like for you to try it!
2. **Count your blessings.** You have a job or business, your health, your loved ones, and a roof over your head. You are not starving. Add to this list the things that you are most grateful for in your life.
3. **Live day by day.** Thinking about what lies ahead is all right to a certain extent, but can lead to depression and overwhelm if you let it take hold of you in a negative way. If you start to over-think a negative situation you'll become paralyzed with fear. Focusing on what you can do today can get your mind off the negative situation. So, start living in the moment. *(Continues on page 4)*

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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 Fun Trivia

Prior to his death in 1999, John F. Kennedy, Jr. founded what politically-themed magazine? **A: George.**

What problem did Leonardo da Vinci, Winston Churchill, Albert Einstein, Thomas Edison and General George Patton have in common? **A: All were dyslexic.**

What would the Barbie Doll's measurements be if she were life-size? **A: 39-21-33.**

Before the introduction of the hair dryer in 1920, what common household appliance was promoted for its hair-drying ability? **A: The vacuum cleaner--which could be converted into a hair dryer by attaching a hose to the exhaust.**

How much hay was eaten daily by Jumbo, showman P.T. Barnum's famous 6-1/2 ton elephant? **A: Two hundred pounds.**

Who went to New York City to launch her modeling career in 1966, after winning the Miss Rocket Tower beauty contest in California? **A: Cheryl Tiegs.**

- The End

In Pursuit of True Love And Lifelong Happiness... (Continued)

Choose activities that highlight your personal strengths. Adopt a positive impression of who you really are, and decide right now that you are a perfect catch for someone special.

3. Have A Little Faith: There's no value in being desperate to find your soul mate. Yes, you do need to take action, but measured, confident steps, not a frenzied, obsessed search.

Believe with all your heart that there will be coincidences along the way to follow, but realize that they might not appear on your timetable.

4. Get Going: Start heading in the direction that you believe to be your destiny. You can't get there by sitting by the sidelines waiting for someone to stop.

You can't get there by hiding behind your fears that you are not good enough or that no one is there for you. You need to assert yourself. And when you do, you will begin to see lots of coincidences along the way.

5. Stay Alert For The Signs To Your Perfect Mate: Choose to see coincidences and happenings as meaningful signs that you are on the right track. This occurrence is meant to reassure you.

Let them buoy you up so that your best face shines. Even when you haven't yet found your perfect match, just remember you are never alone!

Always remember, that people are drawn to the light. When you know your strengths and place yourself in situations where you shine brightest, you'll be amazed at who notices, how many signs and coincides of encouragement you see along the way.

Please feel free to pass along this newsletter to someone who is looking for the ideal person. Relationships are important and give life meaning and purpose. All the BEST! *- 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

Franks & Rechenberg's

Eat Healthy Tonight "Quick-n-Easy"
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Basil Lemon Shrimp over Pasta

A zesty one-pot pasta dish is complete after tossing with capers, basil, olive oil, and lemon juice. Serve with focaccia or crusty baguette.

Yield: 4 servings

Ingredients:

3 quarts water
8 ounces uncooked spaghetti
1 pound peeled and deveined large shrimp
1/4 cup chopped fresh basil
3 tablespoons drained capers
2 tablespoons extra virgin olive oil
2 tablespoons fresh lemon juice
1/2 teaspoon salt
2 cups baby spinach

Preparation:

Bring 3 quarts water to a boil in a Dutch oven. Add pasta; cook 8 minutes. Add shrimp to pan; cook 3 minutes or until shrimp are done and pasta is al dente. Drain. Place pasta mixture in a large bowl. Stir in basil and next 4 ingredients (through salt). Place 1/2 cup spinach on each of 4 plates; top each serving with 1 1/2 cups pasta mixture.

Nutritional Information:

Calories: 397 (22% from fat)
Fat: 9.6g (sat 1.5g, mono 5.3g, poly 1.8g)
Protein: 31g
Carbohydrate: 44.9g
Fiber: 2.4g
Cholesterol: 172mg
Iron: 5.4mg
Sodium: 600mg
Calcium: 88mg

- *The End*

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

" A man who views the world the same at fifty as he did at twenty has wasted thirty years of his life."

~ **Muhammad Ali**

"You have to sow before you can reap. You have to give before you can get."

~ **Robert Collier**

" The wise man puts all his eggs in one basket and watches the basket."

~ **Andrew Carnegie**

Five Great Ways to Stay Positive During Extremely Tough Times... (Continued)

4. **Stop watching the news.** Yes, you heard me right! It can be downright depressing to watch the news these days. From the massive BP oil disaster in the Gulf of Mexico, to the bad economy. At least you'll be catching up on news that's important to you, at your own pace, and you won't have to listen to all the reporters' hype. You can also pick and choose what you want to read about.

5. **Plan fun activities with family and friends.** Get out of the house and have some fun! You don't have to go far or spend a lot of money either. Just getting outside for a picnic lunch can do wonders for your soul. Pick some apples, go see a movie you really want to see, watch a comedy show. The point is, adding some fun to your life will help in ways you cannot imagine. How about singing at a karaoke bar for some kicks?

These are, of course just a handful of great ideas to help you stay feeling good, and not just during tough times, but in general. Please give this list to others you might know who are having tough times. You should reference this list whenever you feel a little under the weather.

You'll most likely start to feel better, and maybe even adopt a permanent proactive attitude about life. Hey, I want you to know that your friends here at Franks & Rechenberg, P.C. truly care about YOU! - *The End*

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How Lowering Your Blood Sugar Naturally (Can Save Your Life)...

If you or someone you know has diabetes then please read this article carefully. As a diabetic, controlling blood sugar is a critical component to staying healthy. Here are a few key tips to help you lower blood sugar levels “naturally,” and what kind of foods can help you do just that.

Nuts - Although nuts tend to be high in fat, it is the good kind of fats, which can actually lower insulin resistance. Which means your cells will be more sensitive to the insulin your body produces which will more effectively lower your blood sugar. Nuts help control blood sugar by preventing you from becoming hungry between meals, and thus you avoid the sugary snacks that tend to raise blood sugar.

Examples of healthy nuts are:

1. Peanuts
2. Walnuts
3. Almonds
4. Cashews
5. Pecans
6. Brazil Nuts
7. Macadamia Nuts

This of course is dependant on whether you have food sensitivities or allergies to certain nuts. If so, do not eat them. However, if you do not have any allergies to nuts, make them a regular part of your daily diet.

Avocado: This is actually a fruit and contains the healthy fats that raise your insulin sensitivity and is thus another food that lowers blood sugar. It can be used in dips, sauces, and spreads, or as a garnish.

Avocados contain fiber to help slow down blood sugar increases when added to a meal. It's a convenient, tasty, and healthy food that will help lower high blood sugar.

Sweet Potatoes: These are much lower on the glycemic index than regular potatoes due to their higher fiber content.

(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!**

Three Simple Tips To Help You Instantly Remember Any Persons Name

Have you ever been embarrassed by forgetting a persons name you just met? Have you heard the saying, "The most beautiful word to an individual is to hear his or her own name?"

All of us feel special when someone we just met remembers our name. Imagine how special you can make another person feel simply by remembering his or her name from your earlier meeting.

Unfortunately, some people have trouble remembering faces and names, which can become really embarrassing if the other person realizes that we didn't remember their name.

It can spoil a potential relationship with people. So realize the importance of paying close attention to people's names. This is especially important for business people while meeting customers or new prospects. You can either win the loyalty of your customers or lose them forever due to this.

(Continues on page 6)

**ARRESTED FOR A CRIME? Worried about what will happen?
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Three Simple Tips To Help You Instantly Remember Any Person's Name ... (Continued)

If someone approaches you and calls you by your first name, wouldn't it be embarrassing if you don't reciprocate by saying his or her name back to them?

Difficulty in remembering names and faces is mainly caused by the fact that names and faces are uninteresting in themselves, hence we tend to forget them or don't pay attention to them in the first place.

How do you overcome this problem? Here are a few suggestions to help you remember people's names and faces easily:

1. When you meet someone for the first time and hear their name, say it back to them right away. Then repeatedly say it in your mind many times so that it registers firmly.

(Continues on page 7)

How To Lower Your Blood Sugar Naturally (While Saving Your Life) ... (Continued)

They contain powerful antioxidants and are thought to have a positive effect on insulin, and combats insulin resistance. Don't negate their value by using sugary sauces or toppings on them.

Cinnamon: This is a commonly used spice that contains natural compounds that mimic the effect of insulin, as well as reducing LDL cholesterol in people with diabetes. It is a rich source of magnesium, which also helps control blood sugar.

Onions: When 2 ounces per day are consumed by diabetics it has caused a significant reduction in blood sugar level. Onions also raise HDL and are thought to help prevent cancer as well due to their high antioxidant levels.

Garlic: This beneficial herb is another of the foods that lower blood sugar. Garlic can raise insulin production and increase insulin sensitivity.

Raw garlic has potent antioxidant properties and promotes a healthy cholesterol profile as well as protecting against certain types of cancer.

Flaxseed: Ground flaxseeds are rich in magnesium, which helps lower blood sugar. It is also a potent source of omega-three fatty acids, which also help in controlling blood sugar.

An added bonus is that flaxseed can also block some of the negative effects of natural estrogen and help prevent estrogen related cancers.

Barley: Is a fiber packed and healthier alternative to rice for people trying to reduce a high blood sugar level. Barley has the same cholesterol lowering fiber found in oats and helps to significantly reduce the glycemic index of a meal it is added to.

It will also tend to make you feel fuller while eating fewer calories.

(Continues on page 7)

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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 **Eric Gerleve**. We're treating Eric and his lovely wife to popcorn and the movies!

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How To Lower Your Blood Sugar Naturally (While Saving Your Life) ... (Continued)

Cherries: Are a great choice among foods that lower blood sugar as they contain red-pigmented antioxidants, which can help raise your body's insulin output.

Cherries are high in soluble fiber and low in calories, and their antioxidant levels help protect against cancer and heart disease as well as diabetes.

Lemons: Contain potent health promoting compounds like rutin, which are rich in vitamin-c, and their acidity can significantly lower the glycemic index of a meal. They have cholesterol lowering and anti-cancer properties as well.

One thing you may have noticed about these foods that lower blood sugar is that they also provide a lot of additional health benefits as well such as protecting against cancer and heart disease.

One of the reasons is that reducing high blood sugar levels also reduces insulin levels, which correlate with living longer and healthier.

In addition, the alkalizing effects of many of these foods also promote an environment in your body's cells, which is unfavorable to the development of cancers.

Fresh, whole, raw, natural foods are nature's way of controlling blood sugar is but one of the many benefits these foods provide. **- The End**

Three Simple Tips To Help You Instantly Remember Any Person's Name ... (Continued)

And if possible, use their name as often in the conversation as possible without looking too obvious.

2. If you met someone important who can be a prospective client for you later on, then make special effort in this case to remember his/her name. After your meeting with them, as soon as it's possible for you, write down their name several times. This way you are acquiring the benefit of a double sense impression (by adding eye impression to ear impression).

3. You can also visualize the person's name as an object in your mind. See the letters of the name in your imagination, as an image or picture. For example, you might imagine the name "Nowitzki" as a big hairy object with 3 eyes and spikes all over.

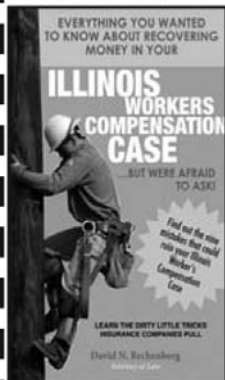
Or you may visualize Mr. Nowitzki himself lifting this giant word "Nowitzki" over his head, much like a weightlifter.

The more funny and exaggerated your image is, the better chances that it will stick in your mind.

The above techniques all do one thing. They force you to pay close attention to the name of the other person you are speaking with.

When you are visualizing funny images, or writing down or repeating a person's name, you are forcing your mind to concentrate on the name so that it registers firmly. I know these simple techniques will make a big difference in your life.

- The End



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is a FREE monthly newsletter from your friends at :

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*Happy
Halloween!*

Read All About It...

“Make This Year’s Halloween Special”

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Plus Amazing Tips That Can Save Your Life...