

A FREE Monthly Newsletter From Your Friends At FRANKS & RECHENBERG, P.C.

FIRE PREVENTION WEEK IS OCTOBER 9-15, 2011

A great, crackling campfire is just what you need for your fun time out in the woods. But it is also a serious responsibility. Protect the woods you love by completely extinguishing your fire.

Maintaining Your Campfire

As you're enjoying your campfire, remember these safety tips:

- * Once you have a strong fire going, add larger pieces of dry wood to keep it burning steadily.
- * Keep your fire to a manageable size
- * Make sure children and pets are supervised when near the fire
- * Never leave your campfire unattended
- * Never cut live trees or branches from live trees

Extinguishing Your Campfire

Here is how to make sure your fire is dead out:

- Allow the wood to burn completely to ash, if possible.
- Pour lots of water on the fire, drown ALL embers, not just the red ones. Pour until hissing sound stops. Stir the campfire ashes and embers with a shovel.

(CONTINUED ...) →

OCTOBER EVENTS

October is Breast Cancer Awareness Month

Yom Kippur	October 8
Columbus Day	October 10
Sweetest Day	October 15
National Boss Day	October 16
Halloween	October 31

Tell a Friend about "TidBits for Today"

We sincerely love sharing our monthly publication with all our good friends and clients who tell us how much they enjoy receiving our newsletter. Now you can give a FREE subscription to a close friend, family member, or co-worker simply by calling our office at **(847) 854-7700** and giving Marlo or Tammie the person's name and mailing address.

We will send them a welcome letter along with the first issue letting them know that you gave them a free subscription to our monthly "**Tidbits for Today**" publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life.



- Make sure everything is wet and embers are cold to the touch. If you do not have water, use dirt. Mix dirt or sand with the embers until they are cool to the touch. DO NOT merely bury the fire. It will continue to smolder, could catch roots on fire and eventually start a wildfire.
- REMEMBER: If it's too hot to touch, it's too hot to leave!
- Don't burn dangerous things
- Never burn aerosol cans or pressurized containers. They may explode. And never put glass in the fire pit. Glass does not melt away, it only heats and shatters.
- Aluminum cans do not burn. They only break down into smaller pieces. Inhaling aluminum dust can be harmful.
- Pack it in, Pack it out
- Be sure to pack out your trash. Pack out everything that you packed in.

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Conjure up clever HALLOWEEN decorating on a shoestring budget

You can make memories as well as decorations this Halloween season, without breaking your budget.

Halloween comes in right behind Christmas as the most popular holiday for yard decorations.

A recent survey found that over 73 percent of Americans celebrate, spending a whopping \$1.6 billion on decorations, \$2.12 billion on costumes, \$35 million on greeting cards and nearly \$2 billion on Halloween candy. The average adult spends \$44 on candy alone.

To create your spooktacular display, first choose a theme. Ghost party, graveyard, haunted house are some easy, eerie themes.

Ghost parties are particularly charming and inexpensive. You can create ghosts with simple sheets for the bodies and stuffing for the heads. Mount them on garden tools at different heights: tallest on the shovel; shortest on the a garden fork. Then think of a story line to enlarge on: ghosts at tea, ghosts at a grave, ghosts carving pumpkins.

Graveyards headstones can be more difficult to make, but search your house for items that might make a headstone. How about a Christmas wreath box turned upside down? Or lay out sheets or plastic in the shape of rectangles on the ground, then use old wood to make spooky crosses. Add carved pumpkins for light and extra spookiness. Don't forget to check out the Internet for fantastic (and free) pumpkin carving patterns.

For a hauntingly fantastic front porch, use your garden fall foliage intermixed with pumpkins, gourds, fall flowers and a few spooky props, such as a scarecrow, spider webs, and bats.

Bats are easy if you look up patterns on the Web. A scissors and some heavy paper is all you need. Use cotton batting, stuffing from an old pet bed or pillow to stretch for cobwebs.

Construct a few weathered signs from old wood in your garage with Warning! or Wanted, Dead or Alive! or Open at Midnight! with the words written in "dripping" black or red paint.

Use those rusted chains from your garage to drape over porch railings, and create a faceless monster to sit on the porch swing.

FIGHT BACTERIA IN THE KITCHEN

New and old advice from the University of California, Davis:

* Don't rinse chicken in the kitchen sink, recommends the USDA. A chicken may have salmonella or other harmful bacteria on it. The bacteria could remain in the sink or splash onto other food or the counter and utensils.

* Use a paper towel to wipe up food and juice spills, then throw the paper towel away. This avoids contact with a bacteria-infected sponge or dishcloth. The bacteria will feed on the food or drink, making the sponge dangerous.

* Cold water is OK for washing hands. There is no evidence that hot water works better.

* Microwave your kitchen sponge for one minute on high to sterilize it.

Decorate your plate and nourish your body

If you regularly eat colorful fruits, vegetables and whole grains, you've taken a big step toward good health.

Here are a few recommendations by the Mayo Clinic.

Meat: It's nutritious, but plant proteins, such as beans, split peas and lentils, also have protein and cost less. It's best to keep meat consumption to about 6 ounces a day. Choose low-fat cuts like round steak and skinless chicken.

Substituting two servings of fish a week is recommended, but bake or broil it instead of frying.

Fiber: Foods like whole grain cereal and bread, fruits and vegetables require more chewing time, making it less likely you'll overeat. And you'll feel full.

Fiber also aids bowel function, lowers cholesterol levels and regulates blood sugar levels.

Potassium: Increasing your intake may reduce your risk of high blood pressure and kidney stones. It's found in white potatoes, bananas, dried beans, fish and low-fat dairy products.

Good fats: Unsaturated fats provide energy and help your body absorb vitamins. They are found in natural oils, such as olive, safflower, canola and flaxseed. Avocados, walnuts and almonds are great sources.

Fatty fish, such as salmon or trout, supply omega-3 fatty acids. Omega 3s reduce your risk of abnormal heartbeat decrease triglyceride levels, and slow growth of artery-clogging plaques.

Online trading for moms

By a child's 17th birthday, a parent has spent about \$14,300 on clothes, of which 1,300 items were outgrown.

ThredUP (thredup.com) launched as a kid-to-kid service in the secondhand market. Members bundle about 15 "new to you" items in a box. Other thredders can then buy the box for \$5 plus the cost of shipping, and must eventually contribute boxes of their own, says Bloomberg Businessweek.

For \$30 a year, members can become premium members with advanced access to newly posted boxes.

Prepaid credit card use increases

People who want to stay out of debt may not want to have a credit card at all. They would rather pay with cash or a debit card that takes the money out of their checking account.

In many cases, a credit card is more convenient to use, such as when checking into a hotel, renting a car or making purchases over the Internet.

Prepaid credit cards are the answer not only for people without bank accounts but, increasingly, for higher income consumers who also want to avoid going into debt.

They are also handy for giving to a child who is traveling or going away to school. The child will know exactly how much money is available, and it's safer than carrying a lot of cash.

In the past, fees on prepaid cards were charged for a variety of activities. If initiating a card, check how much the fees are and how often they are charged.

Some banks are offering attractive deals on prepaid card fees.

American Express says it has the best prepaid card. It doesn't charge for purchase, activation, maintenance and reloading fees that traditionally characterize prepaid cards.

Most have a fee for ATM withdrawals after the first one each month.

Cardholders can reload at no charge via their checking account transfers or direct deposit.

STAYING WELL

The percentage by which women's "bad" cholesterol dropped after a year of eating two apples per day, according to the Experimental Biology 2011 meeting and WebMD.

Healthier meat choices

Lean protein is an important part of your diet for two reasons. First, it has a high nutritional value, and second, it makes you feel satisfied longer.

Fish, chicken and turkey are good options. When it comes to beef, the cut is a good indication of fat content.

Researchers at Weill Cornell Medical College recommend: Eat sirloin steak instead of ribeye. Order filet mignon instead of prime rib. Eat T-bone steak instead of Porterhouse. Order London broil flank steak instead of ribs.

At home, trim the fat from the meat and broil, bake or grill.

Binge drinking

Data released recently by the Substance Abuse and Mental Health Services Administration suggests that nearly a quarter of all Americans have participated in binge drinking, and 8.8 percent of Americans age 12 and older reported binge drinking in the past month.

North Dakota ranked highest with 29.8 percent saying they have participated in binge drinking (five drinks or more on one occasion). Utah ranked lowest at 14.1 percent.

Exercise fights winter colds

People who exercise frequently, as well as those who rate themselves as physically fit, are less susceptible to upper-respiratory infections. A study by Appalachian State University suggests those who work out five days a week suffered 43 percent fewer days with respiratory infections than those who exercise just one day a week.

Even when fit people got sick, their symptoms were less severe than those of non exercisers.

Your best defense against a cold or flu might be found in the gym.

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.

WHO SHOULD GET A FLU SHOT IN 2011?

Everyone!

In case you wondered, these are the three viruses the 2011 seasonal flu shot protects against:

The A/California/7/2009 (H1N1)-like virus; an A/Perth/16/2009 (H3N2)-like virus; and a B/Brisbane/60/2008-like virus. The H1N1 is the same vaccine used in previous years.

Who should get vaccinated?

Everyone six months and older should get a flu vaccination each year. This recommendation has been in place since February 24, 2010. The CDC's Advisory Committee on Immunization Practices (ACIP) has voted for the "universal" flu vaccination in the United States. Universal vaccination will expand protection against the flu to more people.

While everyone should get flu vaccine for each season, it's especially important that certain people get vaccinated, either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk.

High-risk people include pregnant women, people age 50 and over, those with chronic medical conditions, and health care workers.

Those who live or work with people at high risk for complications from the flu should be sure to get a flu shot, as should caregivers of children less than six months old, who are too young to be vaccinated.



New Halloween costumes for adults in 2011

If you're greeting customers at the checkout, roaming the aisles of a department store or just want to have a colorful day at the office, you'll probably dress up for Halloween.

Costume vendors are ready to provide an outfit that suits your mood, whether you want to be scary, funny, or look like you're from outer space.

Licensed costumes are versions of a character, brand, TV show or movie. With most, you will see similarities to what the actors used in the movie. Although the costumes may not be an exact match, they are inspired by the movie and draw attention.

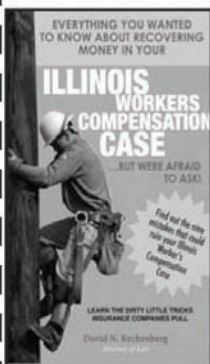
By searching for costumes on the Internet, you can find virtually any costume from a movie or television show.

Costume designers are offering characters from movies such as Harry Potter and the Half-Blood Prince, Hellraiser, Clash of the Titans, Iron Man 2 and Avatar. Women might be partial to a pirate outfit with a short skirt. Halloweenexpress.com has Angry Birds outfits.

You could also dress up as your favorite candy bar and other things you enjoy in your life.

At frightcatalog.com guys have the choice of looking like Zorro or a vodka bottle. Girls might choose the Midnight Princess outfit.

Some vendors offer coordinated costumes for a group of people. If you are going to a party with your kids, every member of the family could wear a crayon suit. For you and a couple of pals, including a girl, you could all have costumes and be characters from Batman or the latest pirate movie.



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Written by Attorney David N. Rechenberg, or

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Free yourself: Let go of the grudge

OK, so you were grossly offended by a "friend," family member or co-worker. It could have been last month, last year or too many years ago to count.

Every time you think of it, you are angry and stressed all over again.

It's not easy to let go of hurts and offenses. It's not easy to forgive, but according to the Institute for Behavior Therapy in New York, here are some of the reasons you should.

Your health. There's a connection between anger and stomach upset, heart problems and skin conditions, to name a few associated health conditions.

Overcome your false beliefs. You think that when you forgive, you will have to trust that the other person will not hurt you again. But forgiving frees you from an uncomfortable situation. As far as trust goes, the other person will have to earn it.

Forgiving is not a sign of weakness but a sign of strength. It's a sign of character that most people respect.

You may think forgiving is letting the other person get away with it. By this time, he or she knows that behavior will not be tolerated.

What if you don't really feel like forgiving? Do it anyway and let your emotions catch up with your actions. You have to give up the belief that people will act the way you want them to.

You don't have to forget the injury in order to forgive. You'll forget a wrong faster if you forgive it first.

Forgetting is often the result of forgiving, say experts.

Lead up to forgiveness. If you aren't quite ready to forgive, write a letter to the offender. Make it real and honest. But don't send it.

Bury the grudge. Write out the thing you are so angry about on a piece of paper and bury it in a pot of soil. Decide that for three months you will act as if you have forgiven the other person.

It's therapeutic and it works.

Breast cancer treatment advances

Here's the good news for tens of thousands of breast cancer patients: Many can safely skip lymph node removal.

Lymph nodes are small glands that filter a clear fluid that removes liquids and organisms, such as bacteria.

When breast cancer spreads, the first place affected is usually the lymph nodes. Surgeons used to routinely remove all of these nodes in an effort to halt the spread of breast cancer.

New research reported in the Journal of the American Medical Association shows that, for many women with one or two positive node biopsies, additional lymph node removal made no difference in life expectancy.

It's an important finding, because extensive removal of lymph nodes can lead to serious complications, such as numbness or chronic arm swelling.

The findings do not apply to patients having a mastectomy, a lumpectomy with partial breast irradiation or no radiation, or those with large tumors.

MORE HOMEOWNERS ARE INSTALLING GLASS WALLS

Today's homeowners want more than a room with a view. Some want a view from every room.

It might not be practical in each case, but bringing the outdoors inside with a beautiful glass wall is becoming a very popular home-updating choice.

For modern and traditional homes, technology is making large windows more practical. Nearly all windows installed in new homes have invisible coatings that block heat and keep ultraviolet rays from fading furniture.

Many new windows have triple panes filled with argon or krypton gas sandwiched in them for insulation.

A titanium dioxide coating sold by Anderson Windows sheds dirt and virtually eliminates water spots.

Some windows can tint and untint with the push of a button. If you want window shades, companies such as Lutron Electronics sell shades that can be controlled with an iPhone app.

There are a few downsides. First, no window will be as energy efficient as a wall packed with insulation.

Then there is the bird problem. Anywhere from 100 million to 1 billion birds are killed in window collisions every year, according to the U.S. Fish and Wildlife service.

LIVE LONGER

Do you plan, calculate and worry some about the future? A study begun in 1921 by psychologists at the University of California, Riverside, shows that if you do, you'll probably live longer.

The researchers found that people who are detail-oriented, responsible, organized, and more satisfied with their work live longer than those who aren't. Study leaders say they have "high conscientiousness scores."

Those with low conscientiousness scores tended to be less prudent in their health habits and more likely to smoke or consume excessive amounts of alcohol. They also had less stable personal relationships and less satisfying work lives.

The study was reported in Bottom Line Personal.

FREE...FREE...FREE!!! Do You Have Questions To Certain Legal Issues That You Need Answered?

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Why do we say stuff like that?

According the phrases.org.uk, most common expressions arose from common circumstances that are sometimes no longer common.

"Here comes the bigwig."

The Bourbon kings of France, and in particular Louis XIII (1601 - 1643) were prematurely bald. It was Louis who started wearing wigs and as the king does, so his courtiers. As the custom went on, wigs became larger and larger until they sometimes required a scaffold to erect on the head of the victim. Some wigs housed birds. Eventually, the fashion became so extreme that it became unfashionable. But in England, British barristers still wear wigs, making the phrase both ancient and contemporary.

"Go to pot"

One of the earliest references was from 1682 when a writer said a man who was hanged went to pot. The idea being that it was a one-way trip for a chicken or another animal bound for the cooking pot.

"She's a straight laced woman."

In those days, ladies wore corsets laced up in the front. A proper and dignified woman wore a tightly tied lace.

"Mind your Ps and Qs."

At taverns, people drank from pint or quart containers. The bar maid's job was to remember who was drinking what. She minded her Ps and Qs.

Local opinion: "gossip."

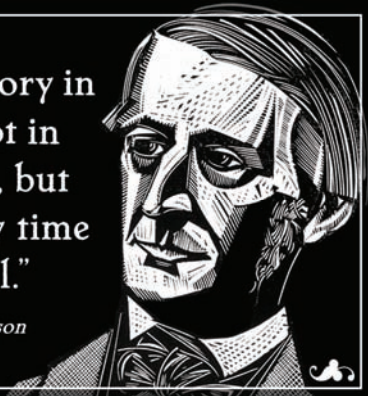
Early politicians had no radios or TVs to tell them what people thought. They sent their assistants to taverns where they were told to "go sip some ale" and listen to conversations. Eventually, the words "go and sip" morphed into gossip.

"Not playing with a full deck."

In those days, there was a tax on decks of playing cards that included the ace of spades. To avoid the tax, people would buy only 51 cards. They were thought to be dumb because they weren't "playing with a full deck."

"The greatest glory in living lies not in never falling, but in rising every time that we fall."

Ralph Waldo Emerson



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SUDOKU PUZZLE

To solve a sudoku, you only need logic and patience. No math is required. Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number. Each column and row of the large grid must have only one instance of the numbers 1 through 9.

4				5	6			
		6		2				8
	7		4					5
2	3				7			
	5						8	
			3				4	7
8					5		3	
9				3		6		
			2	9				1

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 **John Thornton**. We're treating John and a friend to the movies!

Be nice: Everyone is working harder

When someone smiles and says good morning, it gets your day off to a good start. As the day moves on, the common words please and thank you make it run more smoothly.

The newspapers say that at work, "There's no more Mr. Nice Guy," because people are too stressed and overworked to be civil to each other. But no one has advice for workers on what would make them feel less stressed.

There may be little you can do to control work flow, but there's a lot you can do to respond to it. When you're polite to fellow workers, it makes you feel good about yourself. You can go back to work in a more positive mood.

Courtesy and respectful behavior are contagious. By giving a good example to co-workers, you could start a trend that makes everyone's work a little more pleasant.

Anti-vaccination movement endangers people, docs say

A new movement against vaccinations has been aided by both misinformation and even the success of vaccinations, so say immunology experts.

The main problem is that parents, most of whom have never seen a case of measles or mumps, are not afraid of the diseases. Measles is not merely a benign childhood disease. It can and does kill its victims. It infects the people who come in contact with the victims: babies and people with suppressed immune systems.

In fact, before widespread vaccinations measles killed 3,000 to 5,000 people each year.

Now doctors who have never seen a case of measles are being confronted by the virus. In the first six months of 2011, there were 152 children sick with measles. Many were hospitalized. Compare that to 2008, when there were 140 cases in the entire year.

A common myth is that vaccines cause autism has been completely disproved, according to the Centers for Disease Control's Gregory Wallace.

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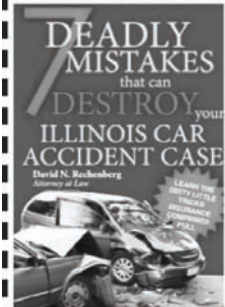
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What's Inside?

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**The Answers To These And Many Other
Questions Are Inside The October 2011 Issue!**

