

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

## November is a really big month in 2012

### Presidential election: November 6

This is the year that we have one of the most hotly-contested presidential elections in memory.

Whether you cast your vote for Barack Obama or Mitt Romney, take advantage of your right, privilege and responsibility:

**VOTE!**

Make your voice heard, and you'll help to determine the direction in which our country will be moving during the next four years.

### Veterans Day: November 11

On this day, you have the opportunity to thank everyone who has ever served in the military. A simple, "Thank you for serving," will be appreciated.

Veterans of the wars in Iraq and Afghanistan are in the spotlight now. Many are still recovering from the physical and mental effects of their service.

Show your appreciation by supporting them in every way you can. Help others to do the same.

### Thanksgiving Day: November 22

One of the most-celebrated holidays of the year, the holiday feast often takes center stage.

The real focus of the day will be achieved as you recognize and give thanks for your family, your country and the many blessings, large and small, that fill your life.

This holiday includes more travel than any other, including Christmas. That means, as you drive, fly, or travel by train, you should put safety first.

Remember not to rush or drive fast. By staying in your travel mode, which means you can patiently handle any travel situation that comes up, you will reach your destination safely. You'll have time to eat, give thanks, visit and cheer for your favorite football team.

## NOVEMBER EVENTS

DAYLIGHT SAVINGS	NOVEMBER 4
ELECTION DAY	NOVEMBER 6
VETERAN'S DAY	NOVEMBER 11
THANKSGIVING	NOVEMBER 22

# NOVEMBER

## 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 Meghan 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.



## Veterans Day: A time for appreciation

We all recognize the solemn moment of "the 11th hour of the 11th day of the 11th month." We bow our heads in recognition of the end of World Wars I and II. Most of all, on Veterans Day, we remember and honor the veterans of all American wars and conflicts. We show our gratitude in many ways.

Some of us will attend parades, ceremonies or prayer services. Others will take time to remember family members and friends who served in past and present conflicts. Many of us will just clap a veteran on the back and say, "Hey, thanks veteran!" Young and old alike, you can clasp their hands and say, "Thank you for serving."

You won't have a hard time finding a veteran. According to the National Center for Veterans Analysis and Statistics, there are about 2,600,000 living United States military veterans. About 1,824,000, 8 percent, are women.

Veterans themselves usually take a joyful view of the event. They may gather to celebrate with their buddies, sometimes having a party with fellow unit members who have come from some distance away for the gathering. It's a popular time for reunions.

Veterans Day celebrations at the VFW (Veterans of Foreign Wars) and the American Legion clubs include music, dancing, dining and more, often arranged by the women's auxiliaries.

The revelry, however, comes to an abrupt silence for a few moments in recognition of "The 11th Hour."



**David N. Rechenberg just settled a worker's compensation case for \$185,000.00!**

**If you, a loved one or a friend are injured at work, call today to get**

**David Rechenberg working on your case!**

**(847) 854-7700.**

**Truck drivers urged to order healthy fare at truck stops, use the exercise rooms**

The nation's 3.5 million truck drivers need to improve their health. A recent Gallup-Healthways Well-Being Index found that transportation workers have the highest obesity rate of any industry, 37.8 percent. A far higher percentage of drivers are overweight.

On average, they have higher blood pressure. They smoke more than others and many have sleep apnea, which can cause drowsiness the next day.

Because of parking restrictions, truck stops are the main source of food for many. They eat fried foods, hamburgers, lots of rich gravy, and often drink large quantities of soft drinks, none of which are healthy.

The industry is taking steps to help. For example, Con-way Freight of Ann Arbor, Mich., saw 2,500 of its employees, mostly truckers, lose an average of 13.5 pounds in its wellness program last year; even more reduced their blood pressure and started exercising.

The Federal Motor Carrier Safety Administration wants a rule that requires any driver with a BMI over 35 to be evaluated for sleep apnea, which leaves sufferers fatigued during the day.

At TravelCenters of America/Petro's, 240 truck stops in 41 states now offer 14-16 healthy menu items and fresh fruit. Some health-conscious drivers carry their own lunches and snacks.

Free exercise rooms, like those at many hotels, are available at 41 of Petro's locations. At 120 locations, they have walking or jogging trails.

Many drivers now carry bicycles with them and go riding in the evening.

Getting healthier can save owner operators more than \$100 a month in health insurance costs.

Overweight drivers shouldn't be discouraged. Even little by little, they can develop a taste for healthy foods and go for a walk in the evening.



**Everyone wants to be a movie star!**

**How would you like to be featured on our website?**

We invite our clients to make a video testimonial to be used on our website. This is your chance to be famous, or at least use up one or two minutes of your fifteen minutes of fame. It is your chance to ham it up in front of the camera, if you like. It will only take a few minutes of your time. Call the office to schedule a convenient time to shoot your video, and be a star!

**Moneywise**

**Layaway purchases get popular again**

**At Walmart stores, Christmas shopping started in August. Though the company charges a \$5 open account fee and requires either \$10 or a payment of 10 percent of the \$50 or more purchase, customers will get \$5 back in the form of a Walmart gift card after making the final payment and pickup by Dec. 14.**

**Customers have told Walmart they need two extra paychecks to buy what they want for Christmas and starting the service in August helped them buy what they wanted**

**Layaway programs have become popular since the economic downturn in 2008. Customers want to make choices early, but don't want to charge to their credit cards.**

**Kmart, Sears and Toys R Us have abolished all fees for layaway purchases.**

**Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David Franks at (847) 854-7700 NOW!**

**[www.McHenryCountyDUILawyer.com](http://www.McHenryCountyDUILawyer.com)**

**Breaking the Gender barrier**  
**First women members**  
**admitted to Augusta National**

For the first time in its 79-year history, Augusta National Golf Club has fallen to public pressure and admitted two women as members.

The club was originally formed as a gathering place for the male elite of the South. In recent years, pressure has continually mounted for the club to admit women, especially since Virginia M. Rometty was named by IBM as its chief executive. Augusta National has previously invited the past four CEOs to become members.

Condoleezza Rice, presently an assistant professor at Stanford University, declined to comment. She began playing golf seven years ago at the Greenbrier Resort in West Virginia. At the time, she was President George W. Bush's secretary of state.

Quoted in *The Wall Street Journal*, she previously said, "I enjoy walking from shot to shot and deciding how I'm going to get out of this or that trouble. I enjoy the strategy of it."

Darla Moore is a banker and vice president of Rainwater, Inc., an investment bank founded by her husband, Richard Rainwater.

Moore is a friend of former Augusta National chairman William "Hootie" Johnson, one of the club's well known members. Moore and Johnson worked together on a \$300 million capital campaign for the University of South Carolina. Her name is on the university's business school.

The list of those invited to join is highly selective. Admission affords a level of exclusivity highly sought after by those who are already in the elite.



**Driven to Defend Those Accused of DUI**

Franks & Rechenberg, P.C.  
Attorneys at Law  
1301 Pyott Road, Suite 200  
Lake in the Hills, IL 60156  
Phone: 847.854.7700

[www.McHenryCountyDUILawyer.com](http://www.McHenryCountyDUILawyer.com)  
Experience Counts. Results Matter.

**Apple hits a record in market value**



At the close of stock market trading on August 20, Apple's stock valuation was greater than Microsoft's closing high of \$616.34 billion. Apple's closing high was \$623.52 billion, a 64 percent rally in its stock this year.

It was higher than some of the most powerful companies in the United States, such as General Motors and IBM. It was \$200 billion higher than ExxonMobil. The valuations were in market terms, though not in inflation-adjusted terms.

Given its sheer size, Apple now accounts for roughly 4.7 percent of the Standard & Poor's 500 index and 23 percent of the value of all the tech companies in the S&P 500.

Everyone seems to think Apple stock is going higher. Of the 40 Wall Street analysts who cover it, 39 rate it either a "strong buy" or "buy." There was not a single "sell" rating in the survey.

Still, companies often struggle to remain on top. Of the 10 most valuable companies as of the end of 1999, only two, ExxonMobil and IBM, are worth more than they were then or they have merged into a larger company.

Because new technologies can quickly render products and business models obsolete, tech companies often rise and fall in a 10- to 15-year cycle.

Apple faces challenges as well. Its smart-phone segment, where Apple makes much of its money, is becoming a replacement business. In the tablet market, where Apple holds a commanding market share, competition is heating up.

**Do you have a friend who was injured in a car crash, hurt at a construction site, or injured as a result of a defective product? Are they 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 or one to hand out to family and friends.**

## Garage door safety



A garage door is one of the largest moving objects in your home. It's used every day, giving you good reason to keep it in safe working order. Overhead Door Company gives this advice:

- \* Mount the garage door opener control out of the reach of small children, at least five feet from the floor.

- \* Test the garage door opener's reversing mechanism by placing an object in the door's path. If the door does not reverse after contacting the object, call for repairs immediately.

- \* Know how to use your garage door opener's emergency release feature. Your owner's manual provides instructions.



"That's an interesting offer. Do you mind if I find a sunny spot and sleep on it?"



## Game-playing Earnhardt featured on cover of the new NASCAR video game

EA Sports will release its new NASCAR The Game: Inside Line in November. Dale Earnhardt, Jr. is featured on the cover. An online poll drew more than 750,000 votes, and he won.

Steve Phelps, NASCAR's chief marketing officer says, "Earnhardt is a gamer and our most popular driver. To have the real credibility and relevance that he provides is great for our fan base and for gamers."

The video game is part of a strategy of appealing to Millennials who are obsessed with content via iPads and smartphones.

### How to solve sudoku puzzles

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.

The difficulty rating on this puzzle is easy.

### Halftime Sudoku

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

**INJURED ON THE JOB?** Need to get your bills PAID? Wondering how the new Worker's Compensation Law will affect your case? 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!

## How officers (and you) can spot a texting driver

Texting while driving is illegal in 39 states and the District of Columbia.

In most of those states, it's a primary enforcement violation, meaning the officer can stop a motorist solely for texting while driving, says the Governors Highway Safety Association.

The laws are having an unintended consequence. Instead of holding the phone up by their face, violators are putting it down in their laps. They think officers, cops and troopers won't be able to see it, says the National Troopers Coalitions, which has 45,000 members.

The troopers say these texters are more dangerous because their eyes are off the road for a longer time, but they are just as easy to spot.

Generally, they act like drunk drivers, going too fast or too slow for the traffic, weaving or not paying attention when the light turns red or green. Sometimes their heads are down and only one hand is on the wheel.

Officers advise motorists to give plenty of space to a texter, because he's an accident waiting to happen. Texters are 23 times more likely to be involved in an accident than non-texting drivers.

If you spot a very dangerous driver, call 911. Police say you should never confront the individual. That's where road rage could begin.

A 2009 study showed that sending a text or email takes a driver's eyes off the road for an average of 4.6 seconds. That's about how long it takes a vehicle going 55 mph to cover the length of a football field.



**Franks & Rechenberg, P.C.**  
www.IllinoisWorkInjuryLawyer.com  
**847 854-7700**  
Call for your free work injury special report! **800 968-0568**  
1301 Pyott Road, Suite 200  
Lake in the Hills, Illinois 60156

## New silk scaffolds aid in repair of bone fractures



By bonding silk protein microfibers to a silk protein scaffold, biomedical engineers at Tufts University School of Engineering have developed a composite that has high strength and bone formation-friendly cell response.

The composite mimics the mechanical properties of natural bone. The scaffold works as a temporary, biodegradable support while new bone grows.

An estimated 1.3 million people in the United States have bone graft surgery every year, researchers say.

The findings were published in the Proceedings of the National Academy of Sciences online during the week of April 30, 2012.

### **Warning Were You in a Car Accident?**

Lake In the Hills, IL – Free Special Report published by attorney David N. Rechenberg exposes inside secrets powerful insurance companies don't want you to know. If you or someone you know was recently injured in a car accident, don't speak to anyone or sign anything until you order the Free Special Report. **To order your free copy of this Special Report, call (800) 968-0569 for a FREE 24 hour Recorded Message.** [www.FnRlaw.com](http://www.FnRlaw.com)



**FRANKS & RECHENBERG, P.C.**  
ATTORNEYS AT LAW

**ARRESTED FOR A CRIME? Don't know where to turn?  
Help is just a phone call away ! Call David B. Franks at 847.854.7700!**

## Staying Well Smaller pieces of food aid weight control

An interesting finding was presented at the annual meeting of the Society for the Study of Ingestive Behavior: both animals and humans find small pieces of food are more rewarding and filling than one large piece.

In a study of 301 people, participants were served a three-ounce bagel that was either whole or cut into several pieces.

A meal was served 20 minutes later, and subjects were told to eat as much as they wanted.

Those who ate the whole bagel ate more calories both from the bagel and the meal than those who ate bagel pieces.

The researchers found that smaller, multiple pieces are perceived as being a larger quantity. They were more rewarding and provided recipients with greater satisfaction.



### News From Home

Restaurants: Boston Market reigns in the salt shakers



The chain known for its rotisserie chicken and tasty but often salty side dishes, is removing salt shakers from tables at all of its 476 locations.

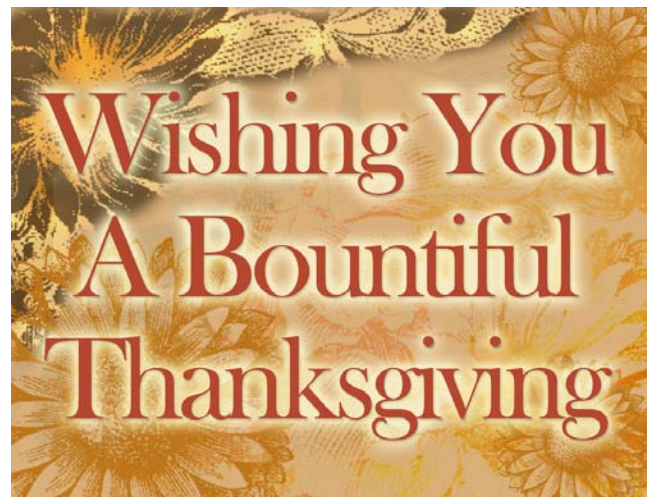
At the same time, the chain is unveiling plans to reduce sodium levels in its three signature items, chicken, macaroni and cheese and mashed potatoes, by 20 percent within months.

Pepper shakers will stay on the tables, along with a note that salt is available at beverage stations.

Pushed by health groups, many food chains have recently announced plans to reduce sodium in their offerings.

The Center for Science in the Public Interest applauds Boston Market's move. They say if Americans cut their intake of sodium by about 50 percent, it would save up to 100,000 lives per year.

To boost flavors, Boston Market is adding herbs and garlic. They want to be known as a tasty food chain, not as the healthy one.



**Franks & Rechenberg, P.C.**  
Attorneys at Law  
**847 854-7700**  
[www.TheIllinoisPersonalInjuryLawyer.com](http://www.TheIllinoisPersonalInjuryLawyer.com)  
Call for your free personal injury special report  
**800 968-0569**  
1301 Pyott Road, Suite 200  
Lake in the Hills, Illinois 60156

**SPEEDING TICKETS OR OTHER MOVING VIOLATIONS?  
YOU NEED DAVID B. FRANKS ON YOUR SIDE!**

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

## THE COOKIN' CORNER... for November

### Roast Venison Tenderloin with Wild-Mushroom Sauce

A 2-pound venison tenderloin  
3/4 teaspoon salt, divided  
1/4 teaspoon black pepper, divided,  
cooking spray  
2 small packages fresh  
shiitake mushrooms  
1/4 cup minced shallots  
3/4 cup port wine  
1 cup beef broth  
2 1/4 teaspoon cornstarch

Venison: Preheat oven to 500 degrees. Sprinkle with 1/2 teaspoon salt and 1/8 teaspoon pepper. Place on a broiler rack coated with cooking spray; put a meat thermometer into the thickest part.

Bake for 20 minutes or until thermometer reaches 145 degrees (medium-rare) to 160 degrees (medium). Cover with foil; let stand 10 minutes.

Sauce: Remove and discard stems from mushrooms; slice caps. Coat a nonstick pan with cooking spray (or 1 tablespoon margarine or butter) and heat until hot. Add shallots and mushrooms; saute until tender (about 4 minutes). Add 1/4 teaspoon salt, 1/8 teaspoon pepper and port wine; cook 2 minutes. Whisk cornstarch with broth in a small bowl; add to skillet and bring to a boil; stir 1 minute until thick.

Place venison on serving platter; dribble with mushroom sauce. Serves 8. Recipe can be doubled.



## 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 **Dwayne Arneson**. We're treating **Dwayne** and a friend to popcorn and the movies!



**Don't Forget to Vote!**

### TESTIMONIAL

David N. Rechenberg represented me in my worker's compensation case when no other attorney would.

I would recommend David N. Rechenberg to my family and friends because he took the time to listen to me and he got me more money than I thought he would. He promptly returned my telephone calls, he kept me informed of the status of my case, he answered all my questions and obtained a favorable settlement for me.

David N. Rechenberg is honest, he tells you what he thinks, not what he thinks you want to hear. He moved my case through the system in a prompt efficient manner.

I have used Franks & Rechenberg, P.C. only one time, and I would definitely use them again.

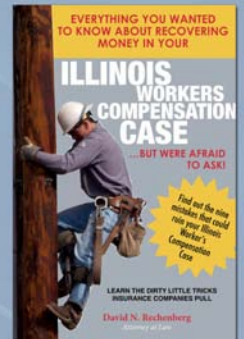
One specific experience I had with David N. Rechenberg was the first time I walked into his office, he noticed how hunched over my back was and how it was affecting how I walked and affecting my overall well-being.

One benefit I had from using Franks & Rechenberg, P.C. is that I learned that it is best to get a second opinion because the doctors are not always correct with their diagnosis and that you need to get a lawyer right away when you get hurt.

Another benefit of using Franks & Rechenberg is because the staff is always professional, pleasant, courteous and diligent. They were very easy to talk to and answered all my questions that they could.

I would recommend David N. Rechenberg to my family and friends if they had a workers' compensation case.

James R., Harvard, IL



## 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.

**www.FnRLaw.com**

**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 (847) 854-7700 to get your free CD today.**

**FRANKS & RECHENBERG, P.C.**  
**1301 Pyott Road, Suite 200**  
**Lake in the Hills, Illinois 60156**

*TidBits for Today...!*

Is a FREE monthly newsletter from your friends at  
**FRANKS & RECHENBERG, P.C.**  
**Attorneys at Law**  
**1301 Pyott Road, Suite 200**  
**Lake in the Hills, Illinois 60156**  
**(847) 854- 7700**

[www.FnRlaw.com](http://www.FnRlaw.com),  
[www.TheIllinoisPersonalInjuryLawyer.com](http://www.TheIllinoisPersonalInjuryLawyer.com)  
[www.McHenryCountyDUILawyer.com](http://www.McHenryCountyDUILawyer.com)

Do you have a  
smart phone? Add  
Franks &  
Rechenberg, P.C. to  
your contacts using  
your bar code  
scanner application!



**What's Inside?**

- 1. Veteran's Day.....(Pg 1)
- 2. Halftime Sudoku.....(Pg 2)
- 3. Women at Augusta National.....(Pg 3)
- 4. Garage Door Safety.....(Pg 4)
- 5. Texting and Driving.....(Pg 5)
- 6. Staying Well.....(Pg 6)
- 7. Roast Venison Recipe.....(Pg 7)
- 8. Client of the Month! .....(Pg 7)

The Answers To These And Many Other  
Questions Are Inside The October **2012** Issue!

