

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

PINBALL WIZARD



Before there were video games, and all the kids were “gamers”, there was pinball.

Those who dropped their quarters in the machine and played pinball instantly knew its allure.

David N. Rechenberg was hooked as a young boy the first time he deposited a dime (yes in the 70’s pinball only cost a dime) into the Fun Park pinball machine to get his turn to play the silver ball in Clam Lake, Wisconsin.



He was able to find and buy a Fun Park machine from a collector in Chicago. He found Drop a Card in St. Louis, Missouri, the machine that replaced Fun Park in the tiny vacation town of Clam Lake.

Since then, his pinball collection has continued to grow. Not only does he enjoy playing pinball, he likes to tinker with the machines also. If you think you can beat his high score, make sure to call him out!



The Silver Ball Rules!!

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.

QUICK FACTS.....

According to the National Association of Insurance Commissioners, the total amount of money spent defending claims and compensating victims of medical negligence in 2010 was \$5.8 billion, or just 0.3 percent of the \$2.6 trillion spent on health care in the U.S. that same year.

According to a new study published in the *Journal of Patient Safety*, as many as 440,000 people a year die from preventable medical errors. This number is nearly four times the estimate from a 1999 analysis called “To Err is Human” by the Institute of Medicine.

DECEMBER EVENTS

| | |
|---------------------|-------------|
| PEARL HARBOR | DECEMBER 7 |
| FIRST DAY OF WINTER | DECEMBER 21 |
| CHRISTMAS DAY | DECEMBER 25 |
| NEW YEAR’S EVE | DECEMBER 31 |



David N. Rechenberg settled a worker’s compensation case for **\$200,000.00** this month!
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.

What Employees Want More Than Money

Here is what the top workplace consultants say employees want more than money:

Geoffrey James, author of *Business Without the Bullsh*t* (to be published in 2014), writes that employees:

* Want to respect the boss. They want it from the boss, but they also need to believe their boss is a leader who deserves their own respect.

* Need some degree of security and know they aren't wasting their time while doing their best.

Jeff Gunther, author of *Why Work Sucks and How to Fix It*, decided employees needed trust and autonomy. He instituted the Results Only Work Environment. Employees can work their own shifts, in any location they choose but they have to produce results.

Gunther found employees were more productive and loyal.

Tim Gould, writing for HRmorning.com, says that perks are still big with employees. Sport tickets, gift certificates, free lunches, car washes -- all of these little rewards give people a lift and bragging rights.

Leonard Glick of Northeastern University says in *Forbes* that employees should "feel that they own the place." They should feel responsible to the customer and a valued member of the team.

And one more thing: James says employees want to be on the winning team and they want to know what it takes to get there.



The flu on your fingertips

The influenza virus can live on a person's fingers for half an hour or more, depending on the size of the droplet, according to a new Swiss study.

Experts assume most flu is transmitted by air -- tiny droplets spreading out on the air currents as the infected person coughs or talks.

But this finding also suggests that flu can be transmitted by touch.

The study should encourage people to wash their hands with soap and water and keep hands away from the face.

In public places, where you don't know the health status of the people around you be sure to keep your hands away from your eyes, nose and mouth.

Doctors recommend that, if you have the flu, don't go to work and share the disease with others: Stay home.

Get the flu shot to give yourself the best chance of staying healthy.

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

New Car Safety Systems Reduce Crashes

When shopping for a car, it's best to look for one that score's well on safety tests from both the National Highways Traffic Safety Administration (NHTSA) and the Insurance Institute for Highway Safety (IIHS)

Both groups conduct crash tests, but they do them differently.

Visibility. There is currently no requirement for new cars to have backup cameras, but NHTSA says it recommends them. The rearview cameras are offered now on luxury cars, but they are standard equipment on Honda's Accord, Civic and CR-V, according to Kiplinger's Personal Finance.

Studies by IIHS show that among newer technologies, these systems help reduce crashes the most:

Forward-collision warning systems

The feature is now available on Chevrolet Malibu (\$395 with lane departure warning), Honda Accord (standard on EX-L and higher trims), and on Ford Fusion (\$995 in a package with adaptive cruise control and automatic braking).

Adaptive front lighting systems

They adjust the headlight beams as you steer, giving you a better view in the dark. It's standard on expensive cars, but is an option on others.



More people are eating lunch at their desks or even skipping it completely. Is that a good idea?

Chris Cunningham, a professor at the University of Tennessee, Chattanooga, says it is not. People get drained after a morning of concentration and effort and they need a break.

Cunningham cites psychologist William James's 19th century concept which suggests people can refill their energy and focus with 'passive attention.' That means focusing on something that grabs and holds their attention effortlessly.

Cunningham recommends nature for easy refreshment. Change your environment for lunch and restore yourself.

Connecting with colleagues can be energizing. He's a fan of going out to lunch frequently with co-workers, and not talking about work.

Simply enjoying eating during working hours is beneficial and valuable, says Cunningham a professor of Industrial-Organizational and Occupational Health Psychology. "Give yourself a chance to be fascinated with the world around you," he says.

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.

The adventurer and

The Christmas Flower

Born to wealth in South Carolina, Joel Roberts Poinsett traveled the world. In 1806 in Baku, Azerbaijan, Poinsett speculated that pools of petroleum might be used for fuel. In Russia, he told the empress that her country could not industrialize so long as serfs worked for free. In Persia, he told a great Khan about Thomas Jefferson. Then in 1825, Roberts, an avid botanist visited Taxco del Alarcon, south of Mexico City. There he saw for the first time the lovely, winter-blooming Flor de Noche Buena or Christmas flower. He sent samples back to the States where the flower immediately became popular. By 1836, the plant the Aztecs called cuetlaxochitl had another name: Poinsettia.



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Lake in the Hills, Illinois 60156

Fun by the fireplace

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.

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



**"You're in luck. It comes in Large,
Extra Large and Bowl Full Of Jelly."**

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!

www.IllinoisWorkInjuryLawyer.com

Quotes

“To strengthen the muscles of your heart, the best exercise is lifting someone else’s spirit whenever you can”.

Dodinsky, author

“The only person you are destined to become is the person you decide to be”.

Ralph Waldo Emerson: American essayist, lecturer, and poet

“My biggest motivation? Just to keep challenging myself. I see life almost like one long University education that I never had. Everyday I’m learning something new”.

Richard Branson, English business magnate and investor

“The best revenge is massive success”.

Frank Sinatra: singer and film actor

“There are no limits. There are only plateaus, and you must not stay there, you must go beyond them”.

Bruce Lee martial artist and filmmaker

“If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them”.

Henry David Thoreau: American author and philosopher

“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong, because someday in your life, you will have been all of these”.

George Washington Carver, African-American scientist and inventor

“Faith is daring to put your dream to the test. It is better to try to do something and fail than to try to do nothing and succeed”.

Robert H. Schuller, American pastor, and author

“The beautiful thing about learning is that no one can take it away from you”.

B.B. King, great musician, guitarist.



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RECHENBERGS' CELEBRATE THEIR

24TH WEDDING ANNIVERSARY



Dave and Deb Rechenberg celebrated their 24th anniversary on October 28, 2013. This is a wedding picture when they both were many years younger and quite a few pounds lighter!

They have been blessed with four wonderful children and 24 years of marital bliss.



FR
Driven to Defend Those Accused of DUI
Franks & Rechenberg, P.C.
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Experience Counts. Results Matter.

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!

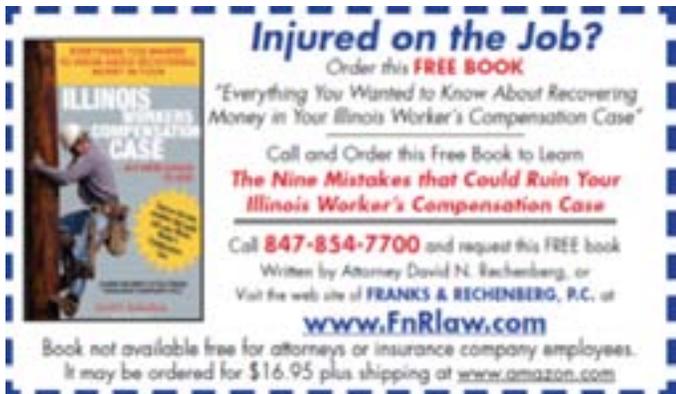
Study: Avoid yelling at the teenagers

Some 45 percent of mothers and 42 percent of fathers interviewed for a recent study said they had used harsh verbal language with their early-teen child during the past year.

The kids whose parents used harsh verbal discipline on them when they were age 13 had increases in behavior problems the next year, including fighting with peers, trouble in school and lying to parents, as well as symptoms of depression.

A good relationship with parents doesn't protect teens from the negative effects of parents' yelling, cursing or lobbing insults, such as calling teens "lazy" or "stupid." The study was conducted at the University of Pittsburgh and the University of Michigan and published recently on the journal Child Development's website. Shouting can't correct problem behavior.

According to the Child Medical Center of NYU Langone Medical Center in New York, a professor who wasn't involved in the study says, "Parents can effectively discipline adolescents by taking away privileges, such as screen time or the car keys. Do it without using critical or insulting language."



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Book not available free for attorneys or insurance company employees.
It may be ordered for \$16.95 plus shipping at www.amazon.com

Involve your children in holiday preparations What kids want: just to be with you

So-called quality time is nice, like taking your child to the zoo, but the truth is that kids don't really want quality time, they just want time, your time and lots of it.

A report by A.C. Nielson Co. shows parents spend 38.1 minutes a week in meaningful conversation with their children. For working parents, those minutes can be hard to find.

Christmastime offers some great opportunities to interact with kids, who are enchanted by the celebration. Shopping, tree decorating, baking and table decorating, all offer time to interact with children.

Clifton Chadwick, a university education professor, says housework and car-pooling are important times to talk with kids. Parents can also establish a family meal and involve kids in food preparation and conversation.

Dads can make time, for instance, involving kids in any routine household activities such as washing the car or making repairs.

As children grow and have homework, sports, friends and activities, established family activities can keep relationships warm.



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THE COOKIN' CORNER. . .

Holiday Cream Pesto Pasta

When you're involved in holiday preparations, menu ideas for a family dinner are far down your list, but any recipe with pasta in the title signifies easy, time-saving and satisfying.

Pesto is Italian green sauce that gets its name from the process of crushing basil, garlic and pine nuts in olive oil with a mortar and pestle.

1-16-oz of your favorite pasta, or 2-9-oz packages of refrigerated fresh fettuccine.

1 container (7 oz) refrigerated pesto with basil

A few fresh basil leaves

10 baby spinach leaves

1/2 pint cherry or grape tomatoes, halved

1/4 cup pine nuts (or walnuts), toasted

1/4 cup freshly shredded Romano or Parmesan cheese

2 tablespoons butter

1/2 cup heavy cream

(serves 4-6)

While waiting for pasta water to boil, wash and halve tomatoes and toast the nuts in a small skillet over high heat until browned. Then stack a few basil leaves, roll up like a cigar and slice diagonally into thin strips. Do the same for the spinach leaves.

Cook the pasta, and drain, saving 1/4 cup of the cooking water for thinning the pesto, if necessary.

Add the tomatoes to the hot pasta and stir a couple minutes to slightly soften them.

Heat cream and butter over low heat and stir into pesto.

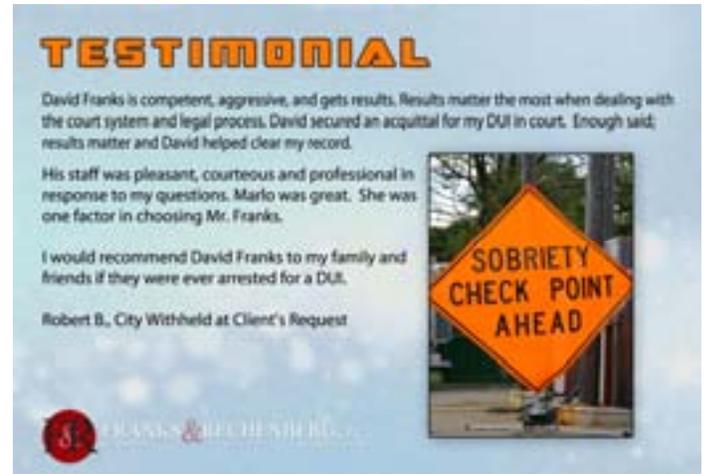
When your guests are seated at the table, fold in the cream pesto and swirl until the pasta is evenly coated. Toss in the shredded fresh basil and spinach, leaving a few of each for garnish. Serve immediately on a heated platter and top your masterpiece with the nuts and shaved cheese (you could also add plump, ready-cooked shrimp).



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 **Kevin Langan**. We're treating **Kevin** and a friend to pop-corn and the movies! Enjoy the show.



Mission Statement

It is 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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The *Answers* To These And Many Other
Questions Are Inside The December **2013** Issue!

