

“How to Stay Positive When It Feels Like Your World Is Falling Apart”

Here are seven simple action steps you can take to right now to stay positive when it feels like your life is falling apart:

1. Be Grateful:

Even if it seems everything is going wrong, there are things that are going right. Every day, write down all the positive things you are grateful inside a notebook you will call your “Gratitude Journal.” Please be descriptive as possible of each item. Then feel the joy those things brought you. Even if it's something really small like your car started this morning. Be grateful for it. This will help you to stay focused on the positive.

2. Look for the Silver Linings:

Sometimes events that initially look bad turn out to be really good things in the end (a true blessing in disguise). I can't remember the saying but it was something like every black cloud has a silver lining. Here's an example, maybe you need to look for a new job because your company just downsized. If you look for the silver lining in that, you can see that it's making you leave a job you didn't like that much anyway. (Continued on page 2)

Joke of The Month

A substitute teacher was trying to make use of her psychology background. She began her class by saying, "Everyone who thinks you're stupid, please stand up."

Right away, Little Johnny stood up.

The teacher said, "Why do you think you're stupid, Little Johnny?"

"I don't, ma'am, but I hate to see you standing there all by yourself!"

Please Tell Your Family Members, Friends, and Loved Ones About Us!

The greatest complement you could ever give our law firm is the referral of your loved ones and friends. 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 mission is to provide outstanding legal service to everyone who comes to us in need of help. We would like to thank you in advanced for all your support and trust you place in our firm. Thank YOU – Franks & Rechenberg, P.C.

Top Thanksgiving Activities for The Entire Families That's Fun!

There's so much you can do on Thanksgiving besides eating yourself silly and watching six hours of football (although you can still do those things). Celebrate the true meaning of Thanksgiving with crafts and activities that the whole family can enjoy, recipes that kids can help make, outdoor activities, and art activities.

1. Wow your relatives with a table-top turkey centerpiece.
2. Create a talking tablecloth by writing down everything you are grateful for.
3. Strut your stuff (and have a good laugh)! Make and model these turkey hats.
4. Say thank you and decorate your living room at the same time with a Thanksgiving mural.
5. Send a friend or relative a one-of-a-kind holiday greeting.
6. Let your kids help with the cooking.
7. Take a family walk in the park, collect some pinecones, and sculpt a turnkey.
8. Get the seating arrangement straight with these turnkey place cards.
9. Break out the paint and make Thanksgiving a hands-on experience for your kids!
10. Step outside and play a game of family football!
11. One last thing, have a Thankful Thanksgiving!

INJURED ON THE JOB ? Need to get your Bills PAID? **Want to turn your injury into Cash? What is your case worth?** CALL David N. Rechenberg at (847) 854-7700 so he can answer all your questions.

Five Ways To Boost Your Memory

Have you ever imagined the benefits a good memory can bring you? Being able to remember important pieces of information - like names, faces, facts and figures, directions, procedures, quotations - can give you a powerful advantage in life. In fact, the ability to retain and retrieve information is essential to your personal and professional success.

Here are five ways to boost your memory and keep it razor sharp no matter how old you are:

1. Use Your Imagination:

An easy way to remember something is to "take a picture." For example, to remember where you've left your car keys, pretend to hold a camera to your eyes, focus on the scene, and click the image into your memory when you are leaving.

Then, when you want to find your keys again, try to develop the negative into positive and you'll be able to draw out a clear picture. This technique works with almost everything you want to remember, as the film reel in your mind is endless.

Another trick you can use is to "think like a poet." Make up rhymes to recall ideas and construct simple-to-remember acronyms to record key phrases. Remembering is EASY (Every Acronym Saves You) when you DIY (Do It Yourself).

Let's say you want to memorize the planets in their order from the Sun: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto. Then just say "My Very Excellent Mom Just Served Us Nice Pickles".

2. Practice:

You can boost your memory with just a little regular practice. There are lots of ways of doing this: Try to remember which day of the week your last birthday was. Then extend this to the birthdays of all your family members.

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Tell A Friend About "Tid-Bits for Today"

We sincerely love sharing our monthly newsletter with all our clients and friends who tell us how much they enjoy receiving each issue.

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 our staff 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 "Tid-Bits for Today" publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life. Thank YOU!

How to Stay Positive When It Feels Like Your World is Falling Apart (Continued)

You can now find that job that you really want to do or pursue a lifelong dream or even just take some time off to enjoy life before going back to find another job. By looking for the silver lining then bad things can actually become really good things.

3. Often the Greatest Doubts Occur Just Before a Breakthrough:

This is a quote by Lama Surya Das, "If you can think of your difficulties as being necessary to make a breakthrough to the new life you want to lead, it will make it easier." You're breaking free of your old life on the way to your new, more exciting life.

4. Make Sure To Look At The Big Picture Then Focus On What You Want:

Decide on what direction you want your life to head. Think about what areas you want to explore, what experiences you want to feel, what do you want to accomplish in your life?

What kind of person do you want to be? Then start taking steps towards those goals. Even if it's just tiny steps every day, stay focused on where you want to go, and keep moving forwards. Then the little things you're going through right now won't matter as much because you have an exciting new direction to focus on instead.

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ARRESTED FOR A CRIME? Worried about what will happen? Need Answers? Call David Franks at (847) 854-7700. He is a member of the Illinois State Bar Association Criminal Justice Section Council !

Five Ways To Boost Your Memory (continued)

Try to remember all the Grand Slam Finalists and who was the winner. If you can try to remember the scores as well, it would be an even better exercise.

Try to remember names of all the 50 States and see if you can do it in alphabetic order too. It won't be long before your daily practice pays off - making your mind sharper and more adaptable.

3. Eat Healthy:

The best way to protect your memory is to eat plenty of antioxidants and nutrients commonly found in fruits and vegetables. In a study published by the American Journal of Clinical Nutrition, researchers tested people aged between 65 and 90 and discovered that the people with the best ability to memorize words were those whose diets included the most fruits and vegetables.

Coincidentally, the same group of people ate the least artery-clogging saturated fat. Of all the fruits and vegetables studied, blueberries and blackberries contain the most potent antioxidants, anthocyanins.

4. Get Physical:

Physical exercise not only boosts memory but also helps you think faster. A combination of mental and physical activities can protect your memory and help keep you alert.

The brain's processing speed gradually slows as you age. Between ages 25 and 55, many people begin to experience problems coming up with names or numbers. The memory is there. It just takes people longer to retrieve it.

Staying physically fit can ward off some of the effects of age on the brain. In real life, that could mean coming up with a forgotten name more quickly or jumping out of danger in the face of an oncoming car.

5. Exercise Your Brain:

Mental gymnastics are as important as physical ones to preserving brainpower. Take up word games like crossword puzzles and acrostics. Memorize favorite poems, read challenging books or articles that encourage you to expand your interests.

Practice other-handedness. If you're right-handed, try brushing your teeth or writing your grocery list with your left hand.

Any activity that requires you to think and concentrate -- from keeping a journal or learning a new language to taking music lessons -- will challenge your brain. And your brain will thrive on the challenge.

Let's Talk Turkey

The turkey has a colorful and delicious history. Here are some facts about our nation's favorite bird.

Turkeys originated in North and Central America, and evidence indicates that they have been around for more than 10 million years.

1. **Domesticated turkeys (farm-raised) cannot fly.** Wild turkeys can fly for short distances at up to 55 miles per hour. Wild turkeys are also fast on the ground, running at speeds of up to 25 miles per hour.
2. **Only male turkeys (toms) gobble.** Female (hens) make a clicking noise. The gobble is a seasonal call during the spring and fall. Hens are attracted for mating when a tom gobbles.
3. **More than 45 million** turkeys are cooked and 525 million pounds of turkey are eaten during Thanksgiving.
4. **99 percent of American** homes eat turkey on Thanksgiving Day. Half eat turkey on Christmas.

The Cookin' Corner... Mom's Turnkey Meatloaf

Ingredients:

3/4 cup quick-cooking oats
1/2 cup skim milk
1 medium onion, peeled
2 pounds ground turkey breast
1/2 cup chopped red bell pepper
2 eggs, beaten
2 teaspoons Worcestershire sauce
1/4 cup ketchup
1/2 teaspoon salt
Freshly ground black pepper
1 (8-ounce) can tomato sauce

Directions:

Preheat the oven to 350 degrees F. In a small bowl, stir together the oats and milk. Thinly slice 1/4 of the onion and set aside. Finely chop the remaining onion. In a large bowl combine the turkey, oat mixture, chopped onion, bell pepper, eggs, Worcestershire sauce, ketchup, salt and a few grinds of pepper. Mix just until well combined.

Transfer the mixture to a 9 by 13-inch baking dish and shape into a loaf about 5 inches wide and 2 1/2 inches high. Pour the tomato sauce over the meatloaf and sprinkle with the sliced onions. Bake for about 1 hour or until an instant-read thermometer registers 160 degrees F.

Remove from the oven and let rest for 10 to 15 minutes before slicing.

FREE Legal Advice Is Only A Phone Call Away...If You Have A Legal Question!

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have any question about the law, please feel free to call our office. We're always here ready to help our clients! Call to receive our new Motorcycle Injury Report or our Construction Injury Report.

Inspirational Thoughts For November

- ◆ "All the breaks you need in life wait within your imagination, Imagination is the workshop of your mind, capable of turning mind energy into accomplishment and wealth." - **Napoleon Hill**
- ◆ Be courageous. I have seen many depressions in business. Always America has emerged from these stronger and more prosperous. Be brave as your fathers before you. Have faith! Go forward!" - **Thomas A. Edison**

The Great American Smokeout Day

Are you thinking about quitting smoking but not sure you're ready to take the plunge? Maybe the Great American Smokeout is for you. It's an opportunity to join with literally millions of other smokers in saying "no thanks" to cigarettes for 24 hours. The Great American Smokeout traditionally takes place on the **third Thursday** in November.

The concept dates from the early '70s when Lynn Smith, publisher of the *Monticello Times* of Minnesota, announced the first observance and called it "D Day." The idea caught on in state after state until in 1977, it went nationwide under the sponsorship of the American Cancer Society.

How to Stay Positive (Continued)

5. Discouragement Is Just a Trick:

Here's a quote I really like about not letting yourself get discouraged. "Discouragement is a negative emotion with more than one trick up its dark sleeve. It tricks you into mentally or emotionally dwelling in the very place you want to leave. Drop all such sorrow permanently by daring to see through this deception of the unconscious mind. You have a destination far beyond where you find yourself standing today" - **Guy Finley**

Keep this in mind as you continue to take steps towards your goals. You do have a destination far beyond where you are today.

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Turkey Place Cards...

Age: Preschool through elementary

Time: 30 minutes or more

Type of activity: Arts-and-crafts

Materials needed:

- Brown, red, orange, yellow, and green construction paper. You can use more colors if you'd like.
- Scissors
- Tape
- Elmer's glue
- Markers

Welcome your holiday guests with these easy-to-make turkey place cards.

What to do:

Before you begin, draw and cut out all the shapes you'll need from the construction paper:

1. Two 3" brown circles
2. One brown pear shape (2" x 1.5") for the turkey's head and neck
3. Ten rocket-shaped tail feathers about (5" x 1") in a variety of colors
4. 1 small yellow triangle for the turkey's beak
5. 1 red L-shaped gobbler
6. 3" x 6" rectangles in different colors for each guest (folded in half)

Step One: Place one of the brown circles flat on the table. Glue the colorful tail feathers in a fan shape along the bottom of the circle.

Step Two: Glue the second brown circle on top of the first (covering the glued part of the tail feathers).

Step Three: Glue the circle to the front of the folded rectangle.

Step Four: Glue the pear shape onto the circle to create the turkey's neck and head.

Step Five: Bend the yellow triangle so that it looks like a beak. Glue it to the top of the turkey head.

Step Six: Glue the gobbler below the beak.

Step Seven: Using a marker, create eyes for your turkey.

Step Eight: Write a guest's name on the brown circle body. Your first turkey is ready to show a Thanksgiving guest where to sit at the table.

Repeat the steps above to make a place card for each guest.

How to Stay Positive When It Feels Like Your World is Falling Apart (Continued)

6. Keep Reading Inspirational Articles and Maybe Join a Forum:

If you keep reading inspirational articles and books, it will motivate you to stay positive. You will see that everyone goes through rough patches but that they do make it through.

It will be worth it in the end. Also, there are some good forums you can join where even just reading the other posts can motivate you to stay positive. Or, if you want to make a posting, you can gain support from others as well. Who knows, you may even be able to answer some one else's post and help them out too.

7. Take a Mental Health Break From Time To Time:

Forget about your problems and just go out and do something fun. Go to a movie, go out with some fun, positive thinking friends, go to a play, go for a bike ride, just do something. Get out and just enjoy yourself for a little bit. Sometimes, we just get so wrapped up in our problems that we forget to have fun. Taking a break will re-energize you and you may find that things aren't as bad as you thought.

So, there's at least 7 things you can do to help you remain in a positive frame of mind when your life seems to be falling apart around you. I know these tips will help. I also want to say, good for you in recognizing the need to stay positive when it can be easier to just go with the negative flow.

It shows you are on the right path and you will make it through your current situation with flying colors. So, hang in there, and stay strong! This will pass and you will soon be experiencing your new, more positive life.

"We are at our very best, and we are happiest, when we are fully engaged in work we enjoy on the journey toward the goal we've established for ourselves. It gives meaning to our time off and comfort to our sleep." – **Earl Nightingale**

Are you a Car Crash Victim ? Looking for Answers? David N. Rechenberg will get you all the money you are entitled to from your personal injury case!

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, Criminal Defense, or DUI* 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!

Causes and Signs of Choking!

Did you know that more than 3,000 people die each year as a result of choking? Would you be able to recognize if a family member or friend started to choke? Do you know what activities might lead to choking? Here are some common causes of choking:

- 1) Trying to swallow large pieces of poorly chewed food.
- 2) Drinking alcohol before or during meals. Alcohol dulls the nerves that aid in swallowing.
- 3) Wearing dentures. Dentures make it difficult to sense whether food is fully chewed before it is swallowed.
- 4) Eating while talking excitedly or laughing.
- 5) Eating too fast.
- 6) Walking, playing, or running with food or objects in the mouth.

These are just some of the causes of choking. Follow these safety precautions to help prevent children from choking:

- 1) Don't leave small objects, such as buttons, coins and beads within an infant's reach.
- 2) Have children sit in a high chair or at a table while they eat.
- 3) Do not let children eat too fast.
- 4) Give infants soft food that they do not need to chew.
- 5) Make sure that toys are too large to be swallowed.
- 6) Do not give infants and young children foods like nuts, grapes, popcorn or raw vegetables.
- 7) Cut foods a child can choke on easily such as hot dogs, into small pieces.
- 8) Supervise children while they eat.

WARNING!

Eleven Ways to Ease Stress!

Content provided by Cleveland Clinic

- 1. Eat and drink sensibly.** Alcohol and food abuse may seem to reduce stress, but it actually adds to it.
- 2. Assert yourself.** You do not have to meet others' expectations or demands. It's okay to say "No." Remember, being assertive allows you to stand up for your rights and beliefs while respecting those of others.
- 3. Stop smoking or other bad habits.** Aside from the obvious health risks of cigarettes, nicotine acts as a stimulant and brings on more stress symptoms. Give yourself the gift of dropping unhealthy habits.
- 4. Exercise regularly.** Choose non-competitive exercise and set reasonable goals. Aerobic exercise has been shown to release endorphins (natural substances that help you feel better and maintain a positive attitude).
- 5. Study and practice relaxation techniques.** Relax every day. Choose from a variety of different techniques. Combine opposites; a time for deep relaxation and a time for aerobic exercise is a sure way to protect your body from the effects of stress.
- 6. Take responsibility.** Control what you can and leave behind what you cannot control.
- 7. Reduce stressors** (cause of stress). Many people find that life is filled with too many demands and too little time. For the most part, these demands are ones we have chosen.
- 8. Effective time-management skills** involve asking for help when appropriate, setting priorities, pacing yourself, and taking time out for yourself.
- 9. Examine your values and live by them.** The more your actions reflect your beliefs, the better you will feel, no matter how busy your life is. Use your values when choosing your activities.
- 10. Set realistic goals and expectations.** It's okay, and healthy, to realize you cannot be 100% successful at everything at once.
- 11. Sell yourself to yourself.** When you are feeling overwhelmed, remind yourself of what you do well. Have a healthy sense of self-esteem. (*More Great Stress Busting Ideas Found Next Month...*)

DIVORCE IN YOUR FUTURE? Need to protect your assets? Help is just a phone call away! Call Franks & Rechenberg, P.C. at (847) 854-7700.

Getting to Know the Lawyers at

Franks & Rechenberg, P.C.

David N. Recheberg has been married 19 years to his better half, Debbie. They have four kids. He collects pinball machines, enjoys wood working, fishing, swimming, and most of all spending time with his children.

The oldest is Peter 17. He is a senior at Marion Central Catholic. Peter aspires to become a physical therapist after graduating college.

Amy, 15, (the red head) is a sophomore at Marion. She is learning to drive (ugh). She is active in sports, running cross country, playing basketball and soccer.

Heidi, 13, (blonde) is in 8th grade at Hebron Elementary. This year she will be the first time she is on the cheerleading squad. She plays soccer and basketball and track. Who said athletes can't be cheerleaders?

Michael, 11, always has a smile on his face. He loves sports, enjoys going fishing with his Dad, and will be on the basketball team this season.

November Health Tip...

Multi-Vitamin & Your Child

Nutritionists generally agree that children don't need vitamin supplements if they eat a well-balanced and varied diet. But a multi-vitamin with minerals is helpful for picky eaters, such as toddlers and very young children who will only eat a few favorite foods and refuse most fruits and vegetables.

Pediatrician Andrea McCoy suggest a chewable multi-vitamin tablet that contains no more than 100% of the recommended daily allowance of any given vitamin and also includes iron. Each pill should also contain less than 1 gram of sugar.

A Word Of Thanks...And A Great BIG Welcome To Our Family!

I would like to welcome all our new clients to our firm and "Thank You" for being our client. If you would like to receive a FREE Auto Accident Handbook just call our office at (847) 854-7700. When you call for your booklet, make sure to get one for each car in your family. It's a great idea to have one in every car.

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 Dan Herrman. We're treating Dan and his friend to the movies!

Believe in Yourself!

A study of the world of men will disclose the fact that those men who eventually succeed, who "arrive" ultimately, who "do things," are marked by this deep intuitive Faith in themselves, and by their Confident Expectation of Unlimited Success.

These men rise superior to the indicants of temporary defeat; they use these failures as stepping stones to ultimate victory. They are living expressions of Henley's *invictus* – they, indeed, are the Masters of their fate, the Captains of their Souls!

Such men are never really defeated; like rubber balls, they have that "bounce" which causes them to rise triumphantly after each fall – the harder they are "thrown down," the higher do they rise on the re-bounce.

Such men are always possible – nay, probable and certain – victors, so long as they maintain their intuitive Faith in Self, of *Self-Confidence*; it is only when this is lost that they are really defeated or destroyed.

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.

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statement? Call for your Free Information Guide authored by David N. Rechenberg entitled "What Questions to Ask when the Claims Adjuster Calls"

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**“The Answers To These And Many Other
Questions Are Inside The November 2008 Issue!”**

**Happy Thanksgiving from
Franks & Rechenberg, P.C.**

