

Red Cross Halloween Safety Tips for Kids and Adults...

With witches, goblins, and super-heroes descending on neighborhoods across America, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- 1) Walk, slither, and sneak on sidewalks, not in the street.
- 2) Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- 3) Cross the street only at corners.
- 4) Don't hide or cross the street between parked cars.
- 5) Wear light-colored or reflective-type clothing so you are more visible. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)
- 6) Plan your route and share it with your family. If possible, have an adult go with you.
- 7) Carry a flashlight to light your way.
- 8) Keep away from open fires and candles. (Costumes can be extremely flammable.)
- 9) Visit homes that have the porch light on.
- 10) Accept your treats at the door and never go into a stranger's house.
- 11) Use face paint rather than masks or things that will cover your eyes.
- 12) Be cautious of animals and strangers.
- 13) Have a grown-up inspect your treats before eating.

Great Joke For October 2008

Knock...Knock!!! Who's there? Boo...

Boo who?

You don't have to cry about it!

Do You Have Any Legal Question?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter.

If you have a question regarding anything related to auto accidents, worker injuries, dog bites or DUI please feel free to give us a call at **(847) 854-7700**. In fact, we've written several Special Reports on these topics. To get your FREE copy simply call our office and we'll send you or a friend an informative Special Reports without obligation.

The Story of Halloween

The story of Halloween goes back over 2000 years to the ancient Celts. Druidic priests regarded the day as the end of the year. Not only was it their day for celebrating the year's harvest, but October 31 itself was also the day of Samhain, a festival for honoring the dead. In order to appease the wandering spirits they believed roamed at night, the Celtic priests made fires in which they burned sacrifices, made charms, and cast spells.

Portions of the Celtic holiday of the dead eventually passed into Christian culture after the Romans conquered the Celts and tried to bring the Celts into the "Christian fold." It eventually became apparent to the church leaders that the Celts, in spite of their conformation to some aspects of Christian culture, were stubbornly sticking with elements of their old religion.

So, in the seventh century AD, the church moved its All Saints' Day, a holiday for honoring early Christian martyrs, from a day in May to November 1, thus associating it with the old Druid death rituals of October 31. By the tenth century A.D., the Catholic Church had added a new holiday, All Souls' Day. This day was set aside to honor all of the dead, not just the early Christian Saints.

Celebration of Halloween came to America with early Irish and Scottish immigrants. By then, though, it had already started to lose its mysterious overtones and was becoming merely a harvest celebration: a night of bobbing for apples, eating popcorn, and telling ghost stories around a bonfire. It was already changing into the holiday for children with which we in the 20th century are so familiar.

INJURED ON THE JOB ? Need to get your Bills PAID? **What is your case worth?** CALL David N. Rechenberg at **(847) 854-7700** so he can start working on your case right away!! **www.IllinoisWorkInjuryLawyer.com**

Determining Your Heart Rate

You can determine your maximum and target heart rates so that you can exercise at a level that improves your cardiovascular fitness. To calculate your maximum heart rate, subtract your age from 220. For a 50-year-old, that would be 220 minus 50, or 170 beats per minute. Now you can determine your target heart rate. To do this, you'll need to take your pulse during exercise. Some exercise machines will do this for you, but it's best to simply stop during exercise and immediately take your pulse.

People who are sedentary can benefit from exercising at 60% of their maximum heart rate. For a 50-year-old, this would be 170 times 0.6, or 102 beats per minute; for a 65-year-old, it would be 220 minus 65 times 0.6, or 93 beats per minute. The goal of your program should be to exercise with enough oomph to maintain your target heart rate for about 20 minutes. As you become more fit, you can push the target heart rate to 75%.

You don't need to buy a heart monitor to take your pulse. You can check your heartbeat by finding the pulse point on the side of your neck or on your wrist; count the number of beats as your watch ticks off 6 seconds, and multiply that number by 10. Even this isn't absolutely necessary — walking, biking, or running to the point at which you are just able to say four or five words between breaths correlates well with the aerobic benefit of heart rates in the 110–130 range. In short, exercise shouldn't seem like punishment, but it should feel like *exertion*.

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 the positive comments and referrals from people just like you. We just couldn't do it without you.

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15 Ways To Increase Your Gas Mileage...

Driving efficiently can have a significant impact on your gas mileage. Here are a few ideas to help maximize the gas mileage of your car:

- 1) Drive the speed limit. Gas mileage decreases at higher speeds.
- 2) Limit aggressive driving. Speeding, quick acceleration, and excessive braking all lower your gas mileage.
- 3) Use overdrive. If your vehicle has a manual overdrive, make sure it is on; overdrive reduces engine speed, which helps to save gas.
- 4) Use cruise control to improve gas mileage by maintaining a constant speed.
- 5) Use air conditioning when traveling at highway speeds; driving with the windows open decreases gas mileage through increased drag.
- 6) Avoid idling: idling for longer than 30 seconds uses more gas than starting up your engine.

Keeping your car in the best shape possible is key to good gas mileage. Always:

- 7) Get the manufacturer's recommended maintenance done. Keeping your car in shape improves gas mileage.
- 8) Make sure your tires are filled to the correct pressure; this can increase gas mileage by three percent. Always refer to the manufacturer's specifications.
- 9) When possible, use synthetic oil. Look for "Energy Conserving" motor oil; it will reduce friction and increase gas mileage.
- 10) Check and replace dirty air filters. Clogged filters can decrease gas mileage up to 10 percent.

A few simple steps can help you save time and money in your car. Here are just a few ideas to get you started:

- 11) Combine errands to save time, money, and gas mileage.
- 12) Carpooling and ride sharing can cut weekly gas costs in half.
- 13) Remove excess weight. Every 100 pounds of excess weight in the cab or trunk reduces gas mileage by approximately two percent.
- 14) Eliminate excess wind resistance and increase gas mileage by removing roof racks and carrier crates. This can increase gas mileage by about five percent.
- 15) Fill up your car in the morning. Gasoline is cooler and denser in the early morning. Gas pumps measure volumes of gas and not densities, so you get more fuel for your money.

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

Find out the only three (3) legal field sobriety tests.

I Had A Car Accident Now What?

Although car accidents are more prevalent during the winter months, what you need to do after an accident never changes. Obviously it's hard to think clearly following a car crash so it's important to know before you get into an accident what to do first and what questions may need answered. This checklist will help you know what to do after a car accident. **It's best to review it now and then keep a copy of this newsletter with you in your car.**

1) **Determine the Extent of Injuries or Damage:**

Please try to stay calm. Panic can make others panic and the situation worse. There needs to be a calm person to determine the extent of damage and to determine if there are any injuries that need immediate medical attention.

2) **File a Car Accident Report with the Police:**

Even in a minor accident it is important to make sure there is a legal accident report. Do not leave the scene until the police file a full report.

3) **Discuss the Car Accident Only with the Police:**

With everyone all shook up it can be hard not to talk about what just happened, but that can also lead to you not thinking clearly and accurately about what happened. It is important to limit your discussion of the accident and not to admit any fault or liability. You should talk about the accident with the police and your insurance agent only.

4) **Get the Facts:**

This is the part most people know to do, but often forget to after the accident for one reason or another. It is important to get names, address, and phone numbers of everyone involved in the accident. A description of the car and license plate number can also be helpful, but make sure you also get their insurance company and the vehicle identification number of their car. Don't just assume the license plate number will do because most insurance companies only record the type of car and the vehicle identification number, not the license plate number.

5) **Call Your Lawyer As Soon As Possible:**

Call our office immediately, remember that you want to protect your legal rights knowing that your car and medical bills will be paid by the party how caused the accident. Sometimes following an accident you're upset yet you want to remain calm and collected at all times. This can save you a lot of time and aggravation while waiting for your claim to be processed.

Benefits of Lowering Your Cholesterol

There's no doubt that lowering the amount of LDL cholesterol sliding through your bloodstream can reduce your odds of having a heart attack. Data from dozens of studies indicate that the chance of having a heart attack drops 20%–30% for each 10% drop in cholesterol. As we push cholesterol levels even lower with newer drugs, that ratio changes.

For example, in the PROVE-IT study of more than 4,000 men and women, the group of participants who got their LDL levels down from about 100 to 62 (close to a 40% decline) had a heart disease rate about 16% lower than in people whose LDL levels fell only to the low 90s.

No matter which statistic you look at, the bottom line is the same: Although taking a cholesterol-lowering medication will not guarantee you protection from heart attack or stroke, it can substantially improve your odds.

In early studies of the potential benefits of cholesterol-lowering strategies, the best therapies available could bring about only modest reductions in cholesterol.

Using a combination of diet and drugs that lowered blood cholesterol levels by binding cholesterol-rich compounds in the intestine and preventing their absorption, volunteers in these early studies reduced their cholesterol levels by 5%–10% and had 20%–30% fewer heart attacks than volunteers who took placebos.

THE COOKIN' CORNER...!

In honor of Homemade Cookies Day and the spirit of fall, this recipe for cookies should put us in the spirit of it all.

Cranberry-Pumpkin Cookies

½ cup butter, softened
1 cup white sugar
1 tsp. vanilla extract
1 egg
1 cup solid pack pumpkin puree
2 ¼ cups all-purpose flour
2 tsps. baking powder
1 tsp. baking soda
½ tsp. salt
1 cup cranberries
1 tsp. ground cinnamon
1 tbsp. orange zest
½ cups chopped walnuts

1. Preheat oven to 375 degrees F. Grease cookie sheets.
2. In a large mixing bowl, cream butter and sugar until light and fluffy. Beat in vanilla, egg, and pumpkin. Sift together the flour, baking powder, baking soda, salt and cinnamon; stir into mixture until well blended. Cut the cranberries in half and stir into mixture along with the orange zest and walnuts. Drop by teaspoonfuls onto cookie sheet.
3. Bake for 10 to 12 minutes.

Recipe provided by allrecipes.com

FREE Monthly T-Shirt Contest !!

Every issue of Tidbits for Today will have hidden inside the newsletter an "F&R" (including this issue). The first person to call our office and correctly identify where the "F&R" is located in the newsletter will win a stylish Franks & Rechenberg, P.C. T-shirt. One winner per household per year. GOOD LUCK!!

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Positive, Motivational, and Inspiring Words of Wisdom for October 2008

"Never start a day or any job without praying about it. You will get some of your best ideas that way." – Norman Vincent Peale

"If you think that the solution is outside of yourself, but the problem is inside of yourself, then you're living an illusion. The fact is that every problem is in your mind, and so is every solution." – Wayne Dyer

"Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements." – Napoleon Hill

How To Preserve Your Jack-O'-Lanterns

There are many effective ways to preserve your jack-o'-lanterns. If you can carve 2-3 days before Halloween, we recommend the following preservation techniques:

1. Prevent your pumpkin from drying out by placing petroleum jelly on the cut edges of your carving.
2. Spray your pumpkin with water, cover it with plastic wrap then store it in the refrigerator when it's not on display. This helps prevent premature decomposition.
3. Soak or spray the pumpkin with water mixed with a little bit of bleach. This will help ward off mold and kill insects for a longer preservation.

If your pumpkin is showing signs of shriveling, soak it in water for several hours. The more shriveled the pumpkin, the longer it needs to soak. When the pumpkin is removed from the water, dry the inside with a towel as much as possible to impede mold growth. Dried-out pumpkins and melons can be revived almost completely with this technique.

David N. Rechenberg will get you the big money from your personal injury case! Call today to schedule an appointment for a free audit of your case!

Some More Tips For Halloween...

Kids love Halloween! They get to dress up and get free candy! What a perfect holiday! Give your kids some precious Halloween memories that they'll have for life.

Trick or treating isn't what it used to be. It's not as safe to let kids walk the streets alone. Send a responsible adult or older teenager with them.

Have a pumpkin carving party for your children and their friends a couple nights before Halloween. They'll enjoy looking at their creations for a few days before they have to be thrown out.

Check your local grocery store or craft store for Halloween cook books full of tasty treats on a horror theme for both kids and adults. Serve your kids a filling meal before trick or treating and they won't be tempted to eat any candy before they bring it home for you to check.

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

I would like to welcome the following 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. Also call for our Construction Injury brochure.

Franks & Rechenberg, P.C. is happy to announce the newest addition to the team: Karyn Shelton. Among Karyn's many qualities are her organizational skills and friendly personality, in addition to her vast experience as a legal secretary. Her pleasant phone manner will ensure your contact with our office is a positive experience. Karyn is a welcome addition to our legal team! Kindly say "hello" to Karyn the next time you stop by the office.

Bonus Joke for October

There are 10 cats in a basket and one cat jumps out. How many are left?

None – They are all copycats!

Pumpkin Carving Tips

Draw and Cut Lid:

- * Draw a lid on top of your pumpkin.
- * Draw a "tooth" at the back of the lid as a guide for replacing the lid.
- * Very carefully, cut along lines with the Lid-Cutter™ Saw or a kitchen knife.
- * Angle the blade towards the center of the pumpkin to create a ledge that supports the lid.

Clean and Scrape:

- * Clean out the seeds and strings with the Pumpkin Masters Scraper Scoop™.
- * Scrape inner pulp away from the area you plan to carve until the pumpkin wall is approximately 1" thick.

Attach Pattern:

- * Trim the pattern, leaving a 1/2" border around the design. Tape the pattern to your pumpkin.
- * Make pattern fit smoothly with small folds at black slash lines. Tape folds in place.

Transfer Pattern:

- * For long lines, roll the Super Poker along design lines from end to end. Use the longer, middle tip to poke along tight corners.
- * When all the lines are transferred, remove the pattern.

Learn Sawing Skills:

- * Use the Detail Saw.
- * Hold pumpkin in your lap. Hold the saw like a pencil and saw steadily with a continuous up-and-down motion.
- * Saw at a 90° angle to the pumpkin. Use gentle pressure. These saws are breakable if used incorrectly.

DO YOU WANT THE STATE TO DECIDE HOW TO DISTRIBUTE YOUR ASSETS AND WHO SHOULD BE THE GUARDIAN OF YOUR CHILDREN IF YOU DIE? If not, call Franks & Rechenberg, P.C. (847) 854-7700 to schedule an appointment.

**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, construction injuries, dog bite cases, criminal defense, or DUI please feel FREE to call our office directly at : **(847) 854-7700**

In fact, we've 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.

Halloween Party Ideas For The Family

For years children were able to celebrate Halloween in the traditional way of going from house to house saying "Trick or Treat". Knowing that there would always be a treat. However times have changed, in many areas it is no longer to practice this tradition. With the loss of one tradition, makes room for a new one. Well OK may be not new, but more common, "The Halloween Party!" The party may be only a couple of hours long or a over night slumber party. First any party worth going to must have munches! Here are some great ideas to get you started:

Games:

- 1) **Liver Toss** - Just like the old game "Bean Bag Toss" only using liver. Decorate a large mixing bowl or bucket as a witch's cauldron. Then have kids toss the liver (thawed beef liver, well rinsed) into the bucket.
- 2) How many words can you make from the word "**HALLOWEEN**"? This simple game can be played individually or in pairs. Give everyone paper and pencil. Allow a limited amount of time. Who ever has the most words wins.
- 3) **Lil Ghosts** - This is a handy little craft project for younger kids, or make some ahead of time as favors. Each ghost will require one Tootsie Pop (sucker), 1 white Kleenex, and a small rubber band or twist tie. Drape Kleenex over sucker, place rubber band or twist tie directly under the candy. This will make the head. Using a black marker draw on eyes.

4) **Halloween Bingo** - Make your own bingo cards using Halloween pictures. I have made a small version for younger kids. You may wish to print on card stock, however regular paper will work.

5) **Treats 'n Guts** - Fill a large container with something disgusting like spaghetti, jello.... Place candies in zip lock sandwich bags and bury in spaghetti. Turn off lights and have the kids dig for their prizes. Or buy little plastic prizes and place directly in container.

6) **Pass Along Jack** - Using small plastic Jack-o-lanterns, or a miniature pumpkin make sure to line up in teams. The first person in each team is given a Jack-o-lantern to place under his chin. He must pass it to the next in line but neither may use his hands. The first team to get it all the way to the last person is the winner. If the Jack-o-lantern is dropped, just pick it up and continue from there.

7) **Little Piggies** - Spread a pile of wrapped candy on a table or large tray. Give each child a container (small bag, bowl, paper cup). Giving the children only a set time (like 30 seconds) Each child is to get as much candy in their container as they can, **WITH OUT** using their hands. When time is up the one with the most pieces wins. However every one gets to keep what they got.

Decorations

The Haunted Room - Great place for the kid to sleep if you are brave enough to be having a slumber party, cover windows with blankets, garbage bags or foil to block light.

Please remember to remove all breakables! Cover furniture with cheap black fabric. This serves two purposes: one it looks cool and most important it protects the furniture.

Floating Ghosts - Cover helium filled balloons with pieces of white cloth. Old sheets are great! Draw eyes with black marker. You can also do ghosts by simply using white balloons and drawing the face directly on them. Use little pumpkins for weights.

ARRESTED FOR A CRIME? Worried about what will happen? Need Answers? Call David Franks at (847) 854-7700. He is a former Assistant States Attorney in McHenry and Cook County.

Cooking Tips For The Grill...

The long days and warm weather of summer may be coming to an end, but that doesn't mean you can't sneak in a few more barbecues! Nothing beats the taste of a lean steak or fresh veggies cooked on the grill, so keep the coals hot while the weather is still warm. Here are 9 basics that every grill master needs to know:

1. If you're using a charcoal grill, light the coals 30 minutes prior to cooking. Coals need time to settle. The coals are ready for high-heat cooking when you can hold your hand over the fire for only two to three seconds; for medium-heat cooking, it's a second or two longer.

2. Light the coals using a chimney — a tall, cylindrical device in which you stack the charcoal. A chimney allows for an easy and even burn without the use of taste-altering lighter fluids.

3. When cooking skewered meat or vegetables, cut your food into equal-sized pieces to ensure even cooking. Also, be certain to cut the pieces large enough so that they can't fall through the cracks in the grill.

4. If you choose to marinate your meat, do so for at least three hours prior to cooking. Marinating tenderizes the meat and reduces cooking time.

5. Brush sauces onto the food only during the last 20 minutes of grilling. Applying sauces earlier can lead to over-browning or burning.

6. Don't put cooked meat on the same plate that was used to carry raw meat. This can cause bacterial contamination. The same danger applies to cooking utensils — use one set of tongs to pick up raw meat and a separate set of tongs to pick up cooked meat.

7. Clean your grill while it's still warm, using a stiff wire brush. The food you brush away will burn up in the coals.

8. Never add lighter fluid to a burning fire. The fuel can ignite as it is poured and cause serious burns.

9. Avoid a potentially hazardous situation by keeping your grill away from buildings and trees when cooking.

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 **Gary Yonka**. We're treating Gary and a friend to the movies!

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 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 "**TidBits for Today**" publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life.

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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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.



TidBits for Today...!

is a FREE monthly newsletter from your friends at :

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