

50 Habits of "Naturally Thin" People

Continued from January 2009...

17. **An apple (or more) a day** They're packed with fiber and water, so your stomach will want less. Plus, studies out of Washington State and Brazil have shown that people who eat at least three apples or pears a day lose weight. Try two small apples and two fewer large cookies.

Saves 100

18. **Try a simple chair workout**

Dips: If your chair has wheels, brace it against something. Facing forward, place palms on the front edge of the seat with knees bent at a right angle. Lower butt toward the floor; raise and repeat for two sets of 10. Tones triceps. **Burns 10**

(Continues on page 2)

It's Time For Another Great Joke... "Divorced Barbie"

A man was driving home one evening and realized that it was his daughter's birthday and he hadn't bought her a present. He drove to the mall and ran to the toy store and he asked the store manager "How much is that new Barbie in the window?"

The Manager replied, "Which one? We have, 'Barbie goes to the gym for \$19.95 ... 'Barbie goes to the Ball' for \$19.95 ... 'Barbie goes shopping for \$19.95 ...

'Barbie goes to the beach' for \$19.95... 'Barbie goes to the Nightclub' for \$19.95 ...and 'Divorced Barbie' for \$375.00." "Why is the Divorced Barbie \$375.00, when all the others are \$19.95?" Dad asked surprised.

"Divorced Barbie comes with Ken's Corvette, Ken's house, Ken's boat, Ken's dog, Ken's cat and Ken's furniture."

Thank YOU For Telling Your Family And Friends About Us!

The highest compliments you could 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 advance for all your support and trust you place in our firm. Thank YOU !!

13 Reasons Why You Need To Laugh More Often...

1. Everyone knows that true heart felt laughter from deep down in your belly dissolves tension, stress, anxiety, irritation, anger, grief, and even depression.

Just like crying, laughter lowers inhibitions, allowing the release of built-up emotions. Remember, a person without a sense of humor is like a car without shock absorbers.

2. When you make fun of yourself, you dis-empower those who would make fun of you and disarm possible confrontations.

3. Medical researches has found that laughter boosts the immune system. Increasing the number and activity level of natural killer cells that attack viral infected cells and some types of cancer and tumor cells. The study of how behavior and the brain affect the immune system is called psychoneuroimmunology.

4. Laughter reduces pain by releasing endorphins that are more potent than equivalent amounts of morphine.

5. Humor brings us the balance we all need to get through the tough times of life comfortably.

(Continues on page 3)

INJURED ON THE JOB ? Need to get your Bills PAID? Want to Know what your Case is Worth? CALL David N. Rechenberg at (847) 854-7700 for answers to your questions. He just settled a case for over \$115,000.00 !

**New Community Speaker Program
Sponsored By Franks & Rechenberg, P.C.**

If you *or someone you know* belongs to a civic organization, community program, or religious group that needs a public speaker to present an interesting topic to it's members then why not give us a call today.

As part of our new 2009 Community Outreach Program we are committed to positively impacting our local community and would love to help your organization. For more information or to book one of our lawyers at your next meeting please call our office at **(847) 854-7700**.

We have many exciting and interesting legal topics we can present to your group for FREE!

50 Habits Of "Naturally Thin" People

19. **Carry some weight** When you're grocery shopping or running errands, wear a backpack with a 5-or 10-pound bag of sugar inside to increase resistance and burn more calories. Add purchases to your load as it becomes easier.

Burns 20 (for an hour of errands)

20. **Tweak your treat** Instead of a large caffè latte and a chocolate cream-cheese muffin, get a small nonfat latte and a small low-fat raisin or carrot muffin. **Saves 340**

21. **Pump at the pump** Instead of fuming over gas prices, think about firming your calves: With one hand on your car, stand on the balls of your feet and slowly rise up and down for as long as it takes your tank to fill -- for an SUV that might be 50 raises! **Burns 10**

22. **Do the pizza pat** Blot your slice with a napkin to cut anywhere from a teaspoon to a tablespoon of grease -- and calories. **Saves 50-100**

(Continues on page 3)

**Romantic Valentine's Day at Home
How To Pamper Your Sweetheart
Without Spending Big Bucks!**

Why would you want to spend Valentine's Day at home? Perhaps the real question is why wouldn't you! You can do something romantic and special for your sweetheart this February 14th, without spending a lot of money.

Most engaged couples are watching their pennies and need to celebrate in a romantic way without breaking the bank. And since many restaurants and theaters are overcrowded and overpriced because of celebrating couples, you'll avoid the crowds, and increase the intimacy at home. Here are some great ideas to help you celebrate "Valentine's Day at home" where your sweetheart will feel truly special.

A Fireside Picnic: Have the sofa pulled up in front of a roaring fire, with some champagne on ice. For an added touch, serve strawberries to bring out the champagne's flavor, or drop pomegranate seeds into the glass to tinge the bubbly pink.

If you're the cooking type, while making a home cooked Valentine's Day meal for the both of you. If not, order out from your favorite place, but be sure to ditch the containers and place the meal elegantly on nice plates. Don't forget about putting some romantic music playing in the back ground.

Spa Night. When your sweetie gets home, draw a hot bath filled with rose petals. (Since roses are so expensive around Valentines Day, you can ask your florist for a package of plain rose petals, short stemmed roses, or for "seconds" -- ones that are slightly bruised since you won't be giving them in a traditional way.) Have a glass of wine and some chocolates to nibble on by the side of the bathtub. Meanwhile, prepare the bedroom.

Line the bed with towels fresh out of the dryer so that they're warm. Get a basin full of warm water near the bed, several washcloths and some great spa products. Start off with an exfoliating rub like the Bliss Hot Salt Scrub.

(Continues on page 5)

Are YOU a Car Crash Victim? Is the claims adjuster calling? **Looking for ANSWERS?**

Call our office to obtain a free audio CD and learn what to say, and what questions to ask when the insurance adjuster calls asking for your recorded statement!

50 Habits of "Naturally Thin" People

23. **Shop till the pounds drop** At the mall, try on at least ten outfits, both pants and shirts. No need to buy! **Burns 60**

24. **Eat like a kid** You don't have to give up that quick lunch if you order smaller portions: Instead of a Big Mac with large fries, opt for the cheeseburger Happy Meal. **Saves 390**

25. **Recharge yourself** Anytime you're waiting in line, stand evenly on both feet, clasp hands behind your back and squeeze shoulder blades together to open your chest, an energizing yoga-based move that stimulates the nervous system. Hold for 10 to 20 seconds while slowly breathing in and out, taking longer on the inhale. **Burns 5**

On the Home Front

26. **Jog for junk mail** Turn clutter into a challenge: For every piece of junk mail you pull from the mailbox each day, do one lap around your house or building, or up and down a flight of stairs. **Burns 35-140**

27. **Use better butter** No, you don't have to give up the real deal -- instead of a tablespoon of stick butter, use a tablespoon of whipped and cut half the calories. **Saves 30**

(Continues on page 6)

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

13 Reasons Why You Need To Laugh...

6. A strong sense of humor helps integrate both sides (hemispheres) of our brain, for the left side of the brain is used to decipher the verbal content of a joke while the right side of the brain interprets whether it is funny or not.

7. Without a doubt, laughter adds true spice to life; it's to life what salt is to a hard-boiled egg.

8. Develop your sense of humor and you will find you are more productive, a better communicator, and a superior team leader.

9. I truly believe as a lawyer if I can help you to see the "**positive side**" of your case I can help you get through the tough times.

10. Humor brings us the balance we all need to get through the tough times of life comfortably.

11. According to Dr. James Walsh, laughter is even equivalent to a small amount of exercise by massaging all the organs of the body.

12. A strong sense of humor can even help you accept the inevitable, rise to the occasion, handle the unexpected with peace of mind, and come out of any difficulty with a smile.

13. The more you share your sense of humor with others, the more friends you will have.

Charlie Chaplin once said, "**A day without laughter is a day wasted.**" Please don't wait until you are sick, or going through a personal hardship before you start practicing laughter therapy. Start today by going to Blockbuster video or ordering on-line from Netflix renting comedy classics, reading humorous books from the library, or attending a comedy clubs. How about exchanging funny jokes with family members, friends, and coworkers.

Here's a great idea for you; if you're visiting someone who's in the hospital, or at a rehabilitation center why not bring them something that will actually "be good for them" like a funny greeting card instead of flowers?

(Here's another idea: *Pass this newsletter along to someone who needs a good laugh since we purposefully insert jokes on the front page every month.*)

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

Learn the only three (3) Standardized Field Sobriety Tests.

Choosing Healthy Foods For Diabetics

The thought of a diet can feel overwhelming when you're learning to manage your type 2 diabetes. You may be surprised to find that you can eat right while still eating many of the foods that you like.

When you have type 2 diabetes, eating well-balanced meals in the correct amounts can help you manage your blood sugar levels. Here are some healthful food choices that you and your family can depend on:

- 1) Eat lots of vegetables and fruits. To get good variety, choose from the rainbow of colors available. Eat low-starch or non-starchy vegetables, such as spinach, carrots, broccoli, or green beans, with meals.
- 2) Choose whole-grain foods over processed-grain products. Try brown rice with your stir-fry or whole-wheat spaghetti with your favorite pasta sauce.
- 3) Include dried beans, like kidney or pinto beans, and lentils in your meals.
- 4) Include fish in your meals 2 to 3 times a week.

(Continues on page 6)

How to Stay Youthful During Pregnancy *You don't need to look older*

By Barbara Loecher, (senior editor for *Prevention*.)

Becoming a mother can make you feel older fast but it needn't make you *look* older. The best way to regain your youthful figure after that cherub is born is to avoid excess weight gain during pregnancy.

You need only 300 or so extra calories daily during the second and third trimesters, but more of most nutrients. Focus on eating two or three servings of calcium-rich foods, five servings of vegetables, three of fruit, six of whole grains, and two of lean meats and other protein sources,

(Continues on page 5)

Great Inspirational Quotes To Jump Start Your Day!

"Advance confidently in the direction of your own dreams to live the life that you have imagined. That's when you have success." -- Wayne Dyer

"Try out your ideas by visualizing them in action." - David Seabury

"The last of the human freedoms is to choose one's attitude in any given set of circumstances." -- Victor Frankl

Sign-Up Your Fiends For FREE!

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 provide 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!

Bonus Joke For February 2009

A new pastor was visiting the homes of his parishioners.

At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door. Therefore, he took out a card and wrote "Revelation 3:20" on the back of it and stuck it in the door.

When the offering was processed the following Sunday, he found that his card had been returned. Added to it was this cryptic message, Genesis 3:10."

Reaching for his Bible to check out the citation, he broke up in gales of laughter.

Revelation 3:20 begins "Behold, I stand at the door and knock." Genesis 3:10 reads, "I heard your voice in the garden and I was afraid, for I was naked."

ARRESTED FOR A CRIME? Worried about what will happen? Need Answers? Call David Franks at (847) 854-7700.

Romantic Valentine's Day at Home

Wash that away, then massage in a great moisturizer like Panhandle Girl's Bettie Spice. You might also want to throw in a foot rub for extra brownie points. (Many people have creams and exfoliating rubs at home already; you don't have to spend extra money on this step.) Afterwards the two of you can enjoy takeout in bed while you watch a romantic movie.

A Sexy Night: I know what you're saying. Aren't the above sexy nights? But this one puts sexiness as a top priority. We're not talking instantly hopping in the sack either, but a Valentine's Day full of passion and pampering. Sound good?

Here's what you need to do. Start by sending your sweetheart out on an errand and getting them out of the house. (If you don't live together, you're one step ahead.) Meanwhile, turn the lights out in most of the house, and replace the lights in the stairway with low wattage bulbs. If you can't easily change them, don't worry, put a lamp or candles in the stairway instead.

Sprinkle rose petals like a trail of bread crumbs leading from the front door, up the stairs and into the bedroom. Put on something sexy and lay out a sexy outfit for your partner.

Prepare some aphrodisiac foods that you can feed each other, including almonds, chocolates, dates, raspberries, strawberries and wine. (For that extra touch, a few hours before your date, dip the strawberries in melted chocolate and chill in the fridge.) Fill the bedroom with tons of candles and turn the lights out. Then just wait for your sweetheart.

Getting to Know the Lawyers at Franks & Rechenberg, P.C.

The Rechenberg children are busy with sports after school. The oldest daughter Amy (red head) is playing basketball for Marian Central High School on the sophomore team. She was the high scorer for a game they won! Heidi (Blonde) is playing basketball for the 8th grade Hebron Middle school. She is the point guard and they won the first game. We hope it continues. Michael, the youngest, just finished his 6th grade basketball season, and he is anxiously waiting to start baseball! Peter, a senior at Marian High School, has been weight lifting to rehab his

Here's A Great Recipe...

A.J. Foyt's 500-Mile Chili

3 pounds stewing beef, cubed
1 pound chorizo
2 large onions, diced
5 cloves garlic, minced
3 jalapeño peppers, peeled and diced
3 tablespoon olive oil
1/2 teaspoon cayenne
3 tablespoons chili powder
3 (15 ounce) cans tomato sauce
1 teaspoon salt
1 1/2 cups water
1 can Mexican beer

Brown meat, onions, garlic and jalapeño together in olive oil. While mixture is browning, add cayenne and chili powder.

Stir often. Add tomato sauce, salt, water and beer. Cover and cook on low heat for 30 minutes, stirring often. Uncover and simmer for 2 hours.

Serves 6 to 8.

How to Stay Youthful During Pregnancy *You don't need to look older*

(Continued...)

suggests Elizabeth Somer, RD, author of *Nutrition for a Healthy Pregnancy*.

You should also take a prenatal vitamin every day, and make sure it contains calcium. "If you don't get enough, the baby will 'take' calcium from your bones, increasing your risk of osteoporosis and stooped posture," says Heidi Reichenberger, MS, RD, a spokesperson for the American Dietetic Association.

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. at (847) 854-7700 to schedule an appointment to discuss preparing a will.

Don't Be Afraid To Fail!

You've failed many times, although you *don't* remember.

You fell down the first time you tried to walk.

You almost drowned the first time you tried to swim.

Did you hit the ball the first time you swung a bat?

Heavy hitters, the ones who hit the most home runs, also strike out a lot.

R.H. Macy failed seven times before his store in New York caught on.

English novelist John Creasey got 753 rejection slips before he published 564 books.

Babe Ruth struck out 1330 times but he also hit 714 home runs.

Don't worry about failure. Worry about the chances you miss when you don't even try.

-- Author Unknown

Do You Have An *Urgent* Legal Question That You Want Answered FREE?

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, workers compensation, dog bite cases, construction accident cases, DUI or Criminal Defense please feel free to give us a call at **(847) 854-7700**.

We've written several Special Reports on these topics. To get your FREE Copy simply call our office and we'll send you, a family member, or friend one of our informative Special Reports, audio CD's or Books.

50 Habits of "Naturally Thin" People

28. **Step on it** Before you lug those backpacks upstairs, stop and stand on the bottom step for these calf toners. Hold the banister with one hand. Bend your right leg and place the toes of your left foot on the edge of the step. Let your heel drop down, press into the ball of your left foot and rise to your toes. Pause; repeat with each foot for 8 to 12 reps.

Burns 10

29. **Start with soup** Order a clear soup instead of a salad soaked with two tablespoons full-fat ranch and you can save twice the calories. Plus you'll feel fuller, so you'll eat less when the entrée comes.

Saves 100

30. **Play footsie** After dinner, while you're still sitting at the table, extend your right leg out and slowly bend it up and down, squeezing and holding in the up position for at least five seconds. Repeat on each leg five times. Sculpts quadriceps.

Burns 10

31. **Make perfect pasta** Substitute whole-grain pasta for semolina and you'll be satisfied with a smaller portion (1.5 ounces instead of 2). **Saves 50**. Or use the same amount of oat-bran pasta. **Saves 90**

32. **Climb up!** Taking the stairs for a total of just two minutes, five days a week, gives you the same calorie-burning results as a 20-minute walk.

Burns 100-140

33. **Fill up with fruit** Like pie? Here's how you can cave to the craving: Sprinkle fresh fruit -- some cut-up apple, pear or a handful of cherries -- with some *Splenda* or *Equal*, cover and nuke for a minute or so. Tastes just like pie filling. **Saves 275**

34. **Have your cake** Pick up an angel food cake for dessert. It's packed with air and has fewer than half the calories of, say, pound cake. **Saves 70**

(Look for the remaining Healthy Habits of "Naturally Thin" People in the March 2009 Issue...)

“Warning Car Accident Victims”

If you or someone you know was seriously injured in a car accident, DON'T speak to anyone or sign any important legal document until you order your free copy of my new Special Report.

This report exposes many secrets most insurance company adjusters don't want you to know and hope you NEVER find out! **To order your FREE copy call 24-Hours A Day For A FREE Recorded Message at 1(800) 968-0569.** Remember, both the call and the report are free so call right NOW!

What To Do If You're In An Accident

Here are 9 Important Safety Tips that can help you and your family survive a serious accident. Remember, “safety” FIRST!!!

1. Don't make any sudden moves to your head and neck. You may have sustained a serious injury that could be aggravated by sudden movements.
2. Turn the engine off **IMMEDIATELY!**
3. Make sure that everyone in your car is conscious and hasn't sustained any cuts or lacerations.
4. If you have small children in the car make sure that they're OK.
5. If you have a cell phone **call 911** for help.
6. If you smell gas fumes get out of your car at once.
7. Before getting out of your car make sure that no other car is coming.
8. If you're OK to get out of your car check on the other driver.
9. You should have an auto accident handbook in your glove box at all times. **(If you don't have an auto accident handbook, please contact our office and we'll send you one for FREE.)**

A Word of Thanks...And a Great BIG Welcome To Our Family Of Happy Clients!

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 Glove Compartment Accident Guide 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 **James Leach**. We're treating James Leach and his wife to the movies!

Choosing Healthy Foods For Diabetics

- 5) Choose lean meats. For example, cuts of beef and pork that end in "loin," such as pork loin and sirloin, are good choices. Remove the skin from chicken and turkey.
- 6) Choose nonfat dairy, such as skim milk, nonfat yogurt, and nonfat cheese.
- 7) Choose water and calorie-free diet drinks instead of regular soda, fruit punch, sweet tea, and other sugar-sweetened drinks.
- 8) Cook with liquid oils instead of solid fats, which can be high in saturated and trans fats. Remember that all fats are high in calories. If you're trying to lose weight, watch your portion sizes of added fats.
- 9) Cut back on high-calorie snacks and desserts, such as chips, cookies, cakes, and full-fat ice cream.
- 10) If you eat too much, you can gain weight, even if what you're eating is healthful, so watch your portion sizes.

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

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 :

FRANKS & RECHENBERG, P.C

Attorneys at Law

1301 Pyott Road, Suite 200

Lake in the Hills, Illinois 60156

(847) 854-7700

www.FnRlaw.com,

www.IllinoisWorkInjuryLawyer.com

www.McHenryCountyDUILawyer.com

Fax: (847) 854-7848

What's Inside This Issue of Tidbits for Today?

50 Habits of Naturally Thin People.....(Pg 1)

Romantic Valentine's Day At Home.....(Pg 2)

Choosing Healthy Foods For Diabetics.....(Pg 3)

How To Stay Youthful During Pregnancy.....(Pg 5)

The *Answers* To These And Many Other
Questions Are Inside The **February 2009** Issue!