

## A NOTE FROM PETER....

### USEFUL LINKS

**HIGHPOINT WEBSITE**  
SEE CONTACT US! BELOW

### FRIEND US ON FACEBOOK!

WWW.FACEBOOK.COM  
(SEARCH FOR PETER  
GILBERT IN THE  
PHILADELPHIA NETWORK)

### HIGHPOINT LAW OFFICES

### MEET-UP PAGES

WWW.MEETUP.COM  
(SEARCH "BUCKSMONT  
RESPONSIBLE PARENTS"  
WITH ZIP CODE 18914 OR  
"WEALTH  
PRESERVATION MEET  
UP GROUP" WITH  
ZIP CODE 18914)

### HIGHPOINT LAW OFFICES

### UPCOMING EVENTS

GO TO OUR WEBSITE AND  
CLICK ON THE  
UPCOMING EVENTS TAB



Happy October!

I hope you all are looking forward to all the fun outdoor activities and the cool crispness in the air the Fall season has to offer! If you have any exciting plans this season, please feel free to share them with us! We always love to hear about the adventures of our clients!

On another note, the following is a small but important message that was emailed to me regarding the dangers of internet scams and viruses. I hope this helps inform and protect your computer against some of the dangers of the web!

*A number of people became interested in a Dan Brown book promotion. A group of hackers managed to set up a scam web site that was the top hit on Google when people searched for Death Star Research (which is part of the Brown promotion, and no, I don't think it has much to do with the Death Star in Star Wars). When you went to the top hit on Google you were told you had a virus and you'd need to download their remedy, which, needless to say, was the virus. Google has fixed this for now, but be warned. The scammers are getting better at this every day.*

*If you get one of those "Click here to download the virus remedy" or for a free virus scan, DO NOT try to close the little window by clicking anywhere on it including in the little red x in the upper right corner. Let your browser close that window. Or go down to the tray, find the browser, right click, and have Windows close the whole thing. Or use shift-control-escape to get to task manager and use that to close the browser. Whatever you do, don't go near that "offer" window.*

Receiving an email like that reminds me of the fact that we all need to protect ourselves and our information, whether it be through internet security, having a home alarm system, or estate planning.

*-Peter J. Gilbert*

### CONTACT US!

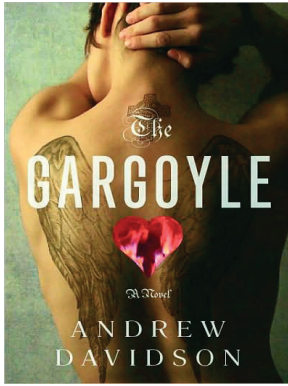
200 HighPoint Drive, Suite 209  
Chalfont, PA 18914  
Phone: 215-997-9773  
Fax: 215-893-4726

Email: [info@highpointlawoffices.com](mailto:info@highpointlawoffices.com)  
Website: [www.highpointlawoffices.com](http://www.highpointlawoffices.com)

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## RECOMMENDED READING



*The Gargoyle*, by Andrew Davidson. (Fiction)  
Review written by Scott Loose, Inventory Control  
Specialist Books Department of Costco.

“This is easily one of the best books I have read in a long time.

After a horrific car crash, the narrator finds himself in the hospital. He is badly burned and under the care of a mysterious stranger - A gargoyle sculptress who claims to know him from a past life. As the narrator recovers from the accident, the two are drawn closer together and love blossoms. I'm generally not a fan of love stories, but this isn't your average love story. *The Gargoyle* is magical and mysterious. It's grotesque but beautiful at the same time. Scattered throughout the book are tales of love and yearning throughout the ages that are tragic and touching. I'm not ashamed to say it made me a little teary-eyed. This is truly a great read.”

## FEATURE ARTICLE

*The following are some short excerpts from an article, 10 Good Things About Our Bad Economy, that was published in Redbook Magazine.*

We'd be crazy to call this scary recession a good thing. The financial meltdown is hitting us hard, draining our wallets, our spirits, and our confidence. But there are actually some upsides to life in a down economy, experts say: powerful gifts, skills, and values that can become more potent when times get tough. When the climate eventually improves, you'll carry them with you to weather whatever the future holds.

**1. Cheap thrills** - It's not actually the amount of money we spend that determines our level of happiness — it's how we spend it. Spending it to create life experiences, rather than to accumulate more stuff, is what makes us happiest of all, thanks to the unique, personal joy a new experience offers. Experiences like going to the movies or meeting a friend for tea give us a greater sense of energy.

**2. Courage to change** - If you've been pondering a career change or thinking about signing up for some classes, this could be the right time to go for it. One of the things people do when they have been laid off is reassess their lives and priorities, which can lead to bigger rewards in the future.

**3. Better overall health** - Research has found that we exercise more, drink less, smoke less, get sick less, and live longer during recessions. Why? For one thing, people can't afford extra expenses. For another, if we're out of work, we also have more time to work out, and may be feeling less stress. And if we're still employed, we have incentive to take good care of ourselves so that we have the time and energy necessary to stay employed.

**4. More time with loved ones** - With all those extra hours some of us suddenly have on our hands, spending quality time with friends and relatives has never been easier. Even if your work hours haven't changed, chances are you're still getting in more family time simply by cutting back on the usual gamut of activities.



## UPCOMING EVENTS

**\*Wednesday, October 21st at 10:30am, Tuesday, November 3rd at 7pm, and Wednesday, November 18th at 10:30am** HighPoint Law Offices will be hosting a free **“Estate Planning Essentials”** workshop for clients and non-clients at our office in Chalfont, PA. This workshop runs roughly 2 hours and will focus on the importance of Estate Planning and how being prepared now will protect you and your loved ones in the future. Seating will be limited *so please call 215-997-9773 to reserve your seat today.*

**5. Smarter eating habits** - If you've cut back your grocery-store budget and put the brakes on dining out, chances are you're eating better too. Truth is, some of the most nutrient-packed foods you'll find at the supermarket are also the cheapest. To get the biggest bang for your buck when it comes to your health and your wallet, you can't beat beans, eggs, milk, beef, potatoes, carrots, bananas, apples, rice, and pasta.

**6. Increased creativity** - Splurging on a brand-new spring wardrobe seems not only inappropriate, but also just plain impossible. Beyond being a fun alternative to spending, getting creative with what you have gives you a chance to take charge of your life (a nice feeling in this uncertain climate) and to put your personal stamp on your lifestyle choices in a way that buying a trendy new cardigan or catering a dinner party just doesn't.

**7. Greater confidence** - Have you held on to your job while watching your partner lose his? Being the sole breadwinner may not be exactly what you planned right now, but doesn't it feel good to know that you have the opportunity to continue bringing in income and can help support your family when the going gets rough?

**8. Greener living** - Adopting healthy habits like biking and walking not only saves you tons of money in gasoline and reduces air pollution, but it also spares wear and tear on your car. Other simple tweaks in your routine — like using public transportation, turning your heat down, unplugging idle appliances, using energy-efficient light bulbs, and conserving water — will also preserve your cash and the planet at the same time.



**9. A sense of community** - When our economy does turn around, we'll all breathe an enormous sigh of relief. In the meantime, there's a great sense of comfort for each of us in knowing that we're not alone in our suffering. When people are together — when they're not the only one going through it — it's not as bad. That feeling of solidarity helps us pull through layoffs, winding bank-account balances, and home foreclosures; it simply gives more us shoulders to lean on. And in a best-case scenario, it can translate into action

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## RECIPE OF THE MONTH!

### Rigatoni with Sun-Dried Tomato and Fennel Sauce

Recipe from *Fine Cooking* 98, pp. 21



Photo: Scott Phillips

#### Ingredients

*Kosher salt*

*2 tablespoons extra virgin olive oil*

*1 cup chopped fennel (about half a medium bulb)*

*2 medium cloves garlic, very coarsely chopped*

*1 cup heavy cream*

*1 cup low-salt chicken broth*

*1/3 cup drained oil-packed sun-dried tomatoes, very coarsely chopped*

*1/4 teaspoon crushed red pepper flakes*

*1 tablespoon Pernod (optional)*

*1 pound dried rigatoni*

Heat the olive oil in a 10 to 11-inch straight-sided saute pan over medium heat. Add the fennel and garlic, and cook, stirring occasionally, until the fennel starts to soften and brown, about 5 minutes. Stir in 1 cup water and the cream, chicken broth, sun-dried tomatoes, red pepper flakes and 1 teaspoon salt. Bring to a boil, reduce the heat and simmer briskly, uncovered, until the tomatoes are plump and soft, about 15 minutes.

Remove from the heat and stir in the Pernod, if using. Let cool slightly, then puree in a blender until smooth. Wipe out skillet, return sauce to the skillet, season to taste with salt and keep hot.

Bring a large pot of well-salted water to a boil. Cook the rigatoni until just barely al dente, 1 to 2 minutes less than package instructions. Drain well and return to the pot. Add the sauce and toss over medium-low heat for a minute or two so the pasta finishes cooking and absorbs some of the sauce. Serve and enjoy! (*Recipe serves 4*)

### Just For A Laugh!

*Church Bulletins: Thank God for church ladies with typewriters. These sentences actually appeared in church bulletins or were announced in church services*

- The Fasting & Prayer Conference includes meals
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- The peacemaking meeting scheduled for today has been canceled due to a conflict.
- Next Thursday there will be tryouts for the choir. They need all the help they can get.
- Potluck supper Sunday at 5:00 PM - prayer and medication to follow.

### MEET THE TEAM AT HIGHPOINT LAW OFFICES!

*Each month, we will be highlighting a member of our team! This month you will meet Lindsey Opsahl - our Marketing Coordinator at HighPoint Law Offices!*



Lindsey is one of the newest additions to the HighPoint Law Offices team! As our Marketing Coordinator, Lindsey works closely with Loren and Peter to create documents, plan events, and update our newsletter to ensure you receive the best information from us possible.

Lindsey is a recent college graduate from Valparaiso University in Valparaiso, Indiana. She was a Public Relations major with an Art minor and was involved in many different on-campus groups.

If you have interest in any of our upcoming events or would like to comment about our newsletter or e-zine, please feel free to contact Lindsey between the hours of 9am and 4pm Monday, Wednesday, and Friday