

# TidBits for Today

## Romantic Things To Say To Your Sweetheart To Spice Things Up...

So you don't have Julia Roberts' script writer to provide you with romantic things to say, neither does the rest of the world; but that shouldn't hold you back from pursuing love. Romantic things to say aren't set in stone; they just come to you from out of the blue, ready to be deployed at the right moment.

Although these lines are more applicable to men, women may find them useful too.

**1. "You Look Amazing."** When was the last time you complimented your partner on her looks? A heartfelt comment such as this can be a powerful and instant ego booster, can help her forget a bad day at work, and most of all, can make her feel loved and appreciated. You can never go wrong with a few choice words, but be careful not to overdo it. Nothing ruins a moment like the threat of routine and reducing it to something so commonplace. Plus, you might come off as insincere if that's all you ever tell her.

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## Thank You So V-E-R-Y Much For Telling Your Family And Friends About Us!

The highest compliment 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 major purpose is to provide OUTSTANDING legal service to everyone who comes to us in need. We would like to thank you in advance for all your support, and the trust you place in our firm.

Thank YOU - **Franks & Rechenberg, P.C.**

## What Are The Five Key Steps For Attracting Your 'Perfect' Guy?

Yes, I know this isn't the typical article that's written by a lawyer inside of a newsletter. However, I'm not your "average" run-of-the-mill attorney either. I enjoy writing articles on topics that are on peoples minds. The kind of things people want to know MORE about.

Every woman in the world wants to know the answer to this question! Attracting the perfect guy if you're single can be difficult, but it's not rocket science either! You just have to know what to do to attract the right guy you want, rather than the kind of man you don't want. Use these five key steps to attract the right guy you want:

**Step #1: Fix Yourself Up - Ladies!** They say that looks are the first thing that attracts attention. The truth is no guy would ever find himself being attracted to a woman who doesn't take care of herself. They also say that first impressions are lasting impressions. So, why not do your part and 'dress to impress.' Look the part of someone who has class, style, elegance, and grace. This is a very important step to attracting him.

*(Continues on page 3)*

**Insurance Companies HATE THIS BOOK!**  
SECRETS REVEALED:  
**FREE BOOK**  
**"7 Deadly Mistakes That Can Destroy Your Illinois Car Accident Case"**  
At last useful information for person injury claimants  
Call and Order this Free Book to Learn The Dirty Little Tricks Insurance Companies Pull  
Call 847-854-7700 and request this free book.  
Written by Attorney David N. Rechenberg, or  
Visit the law offices of FRANKS & RECHENBERG, P.C. at [www.FaRlaw.com](http://www.FaRlaw.com)  
Book not available free for attorneys or insurance company employees.  
It may be ordered for \$16.95 plus shipping at [www.amazon.com](http://www.amazon.com).

**INJURED ON THE JOB ?** Need to get your Bills PAID? **Want to know what is your case worth?** CALL David N. Rechenberg at **(847) 854-7700** so he can start working on your case right away!! **Rechenberg** just settled a rotator cuff surgery case for big money!

## Romantic Things To Say...(Continued)

2. **“Come Here.”** If you are in the middle of a fight and you feel that there is still a long way to go before you kiss and make up, asking her to “Come here” and give her a tight squeeze may just be the starting point of resolving your differences.

3. **“I Never Knew What I Did Good To Deserve You.”** There is no need to consult a dictionary or a big, fat self-help book if you are looking for romantic things to say.

What you need to do is look into your own heart instead. With this line, you are admitting that you do own up to your shortcomings but you appreciate having her in your life.

4. **“Holding You Just Feels So Right.”** Physical intimacy is a big factor in any relationship. By telling her how right you feel whenever you are together, your closeness as a couple will be enhanced.

5. **“Meeting You Is The Best Thing That Ever Happened To Me.”** If you feel like you’re running out of romantic things to say, a random sampling of your feelings every now and then is definitely the way to go.

This is a common romantic line that will not make her think you got it straight out of a movie – because it is so simple; but if you say it in a heartfelt way, it will definitely melt her heart.

6. **“I Miss You.”** Absence definitely makes the heart grow fonder and if you have not seen each other for some time, saying, “I miss you” in person or even over the phone is necessary.

7. **“Do You Even Realize How Much I Love You?”** This line or a simple “I love you” is still the simplest romantic line that you can ever think of. *Why do you think a lot of people make a big deal out of saying it?*

It’s not only a matter of knowing what romantic things to say, but knowing how to say them is just as essential. Now that you know, perhaps the most important yet, is to whom you say them.

- The End

## ***Thank You! Thank You! Thank You!***

Special thanks go out to all of our clients and friends who graciously referred to their friends and neighbors to our law firm 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.

## **Kissing On The First Date and Etiquette**

Since this is the month of February and we’re talking about adding more romance and spice into your life, I thought that I’d write about the first date ‘jitters’ which is totally normal, but how do you know if your date is ready or even wants to be kissed?

Often, the first sudden urge you have to kiss someone is during light conversation. Looking into their eyes, listening, but also uncannily focused on their lips, and their wonderful smile. How do you know if the feeling is mutual? Recognizing good kissing etiquette and good kissing technique is an excellent way to understand when and whether to kiss on a date.

There are several visual cues that can tell you whether your date is letting you know they are interested in a kiss. Both men and women unconsciously flirt by grooming themselves. Women will play with their hair, touch her face to draw attention to it and fiddle with articles of clothing.

Similarly, men will stroke their chin, adjust their collar and sit up straight to draw attention to their chest. These are all signs that your date is interested and may be interested in a small kiss.

You should pay close attention to physical clues from your date, but also pay attention to what they say during the date and while walking together. If your date is truly attracted to you, they will ask questions about you and will be genuinely interested in the answers. People will show attraction to someone by maintaining longer eye contact and staying close to their date when walking. Frequent smiling and laughing are also good indications your date is enjoying your company and is attracted to you.

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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 !**

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## "The New Do's and Don'ts For Your Good Health Starts Here!"

*Give The Gift Of Good Health & Longevity Today!*

A part of our commitment to better serving you through our newsletter program **Franks & Rechenberg, P.C.** would like to send 12 FREE issues of **TidBits for Today®** to a family member, co-worker, or close personal friend of yours.

Your family member or friend will receive a welcome letter letting them know that you gave them a free subscription. Plus, they can cancel any time they want.

To give a loved one a free subscription please call our office at **(847) 854-7700** and ask to speak to Marlo or Cheryl.

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### Great Movie Trivia With Q's and A's

What 1982 movie had critic Janet Maslin carp: "The Oscar seemed to have been mistaken for the Nobel Peace Prize"? **A: Gandhi.**

What crooner's new line of neckwear did David Letterman suggest be named "Alleged Mob Ties"? **A: Frank Sinatra's.**

What song-writing duo's hits made it to the Broadway show "Smokey Joe's Cafe"? **A: Leiber and Stoller's.**

Who's known in Colorado Springs as Dr. Mike? **A: Dr. Michaela Quinn.**

What movie pairs Tom Hanks and Antonio Banderas as lovers? **A: Philadelphia.**

Who'd begun work on a 10th symphony when he died during a thunderstorm in 1827? **A: Ludwig van Beethoven.**

What famed 1936 war novel mentions the Tarleton twins in its first line? **A: Gone With the Wind.**

Who was the first living person to become a member of the Country Music Hall of Fame? **A: Roy Acuff.** *- The End*

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## What Are The Steps To Attracting Your Ideal Guy? (Continued)

**Step #2: Don't Put On A Façade** – Men really do NOT like it when women are fake. Guys want to get to know that you are "real." So, it would be best to just be yourself when you're trying to attract the kind of man you are looking for. Be sincere, genuine, and most of all relaxed in who you are as a person. Which leads us to the next step...

**Step #3: Show Off Your Confidence** - The one thing that men do "NOT" like is for a woman who lacks self confidence, and has self-esteem issues. Confidence shows that you're comfortable in who you are...that your comfortable in your own skin and that you feel great about yourself.

So, don't hesitate to show it off. Just be careful not to be overly confident because you may come off as way too cocky, stuck-up, and simply full of yourself which is not a good thing.

**Step #4: Be Very Respectful** – Let me ask you this, how would you feel if a guy tried to ask you out on a date in a disrespectful way? Wouldn't you be totally turned off by him? Of course you would. I know you'd feel totally disgusted by him. Any guy would feel the same way too, so being very respectful is definitely one of the main steps to attracting your ideal guy you want.

**Step #5: Make Sure To Make Good Eye Contact** – This is an important key step you have to take in order to attract any man you want because eye contact does all the talking for you.

When you do make strong eye contact with the man you want, make sure to look at him with a gentle smile. This will really attract him to you.

I am confident that these steps will help you in your quest for a relationship with the right man you are looking for. If for whatever reason the man you're attracted to is still not attracted to you, then simply move on to the next guy because he is not the only guy on this planet.

*- The End*

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Are you a Car Crash Victim? Adjuster calling? Looking for Answers? Call our office to obtain a free audio CD and learn what to say when the insurance adjuster calls asking for your recorded statement! David N. Rechenberg will help get you all the money you are entitled to from your personal injury case!

**Franks & Rechenberg, P.C.**

Cookin' Corner for February 2010

**Lemon Pound Cake with Mixed Berries**

**Yield:** 8 Servings

**Ingredients - Cake:**

Cooking spray

2 teaspoons all-purpose flour

1 cup all-purpose flour

1/4 teaspoon baking powder

2/3 cup sugar

1/3 cup butter, softened

2 large egg whites

1 large egg

1 teaspoon grated lemon rind

1 teaspoon lemon extract

1/4 cup vanilla low-fat yogurt

**Topping:**

1 cup sliced strawberries

1/2 cup fresh blueberries or blackberries

1 (10-ounce) package frozen raspberries in light syrup, thawed and undrained

1 cup vanilla low-fat yogurt

**Preparation:**

Preheat oven to 350°.

Coat an 8 x 4-inch loaf pan with cooking spray; dust with 2 teaspoons flour.

Lightly spoon 1 cup flour into a dry measuring cup; level with a knife. Combine 1 cup flour and baking powder, stirring with a whisk; set aside.

Place sugar and butter in a large bowl; beat with a mixer at high speed until fluffy (about 2 minutes). Add egg whites and egg, beating well after each addition. Beat in rind and extract. Add flour mixture and 1/4 cup yogurt alternately to sugar mixture, beginning and ending with flour mixture; mix well after each addition.

Spoon batter into prepared pan. Bake at 350° for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on wire rack; remove from pan. Cool completely on wire rack.

To prepare topping, combine berries, tossing well. Cut cake into 8 slices. Top each cake slice with 1/4 cup berry mixture and 2 tablespoons yogurt.

**“Positive Thinking That *WORKS*  
In Today’s World!”**

**“They who have conquered doubt  
and fear have conquered failure.”**

James Allen

**“Sometimes by losing a battle you  
find a new way to win the war.”**

Donald Trump

**“You see, it's never the  
environment, it's never the events of  
our lives, but the meaning we attach  
to the events - how we interpret  
them - that shapes who we are  
today and who we'll become  
tomorrow.”**

Tony Robbins

**Kissing on a First Date and Etiquette  
(Continued)**

Make sure to keep these tips in mind when your date is winding down to a close. If your date doesn't seem to want to leave or end the date, they may be waiting for a kiss goodnight.

Test their comfort level by moving just a bit closer when talking. If they back away in response, take a clue that they aren't ready for a higher level of intimacy just yet. If however, they stand their ground or even better, move closer to you, they are probably very interested and a first date kiss would be perfectly appropriate.

**WARNING:** The first kiss shouldn't be a full-on French kiss, no matter how strongly you feel about your connection. In the case of a first date kiss, less is definitely more and shows total respect for your date.

Lean into your date a bit and kiss them softly, slowly yet with purpose. A little open mouth is fine on a first date kiss, but anything more than that could be viewed as way too much, too soon.

Let your date set the pace and length of the kiss and when it's over, touch their hand to leave a lasting impression. Again, less is MORE on a first date kiss.

*- The End*

**Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David Franks at (847) 854-7700. [www.McHenryCountyDUILawyer.com](http://www.McHenryCountyDUILawyer.com)**

## Top Three Classy Valentines Day Gifts For Your Special Man In 2010

I don't know about you, but I think that finding a great Valentines Day gifts for your man comes close to topping the list of things that are difficult to accomplish.

Most women never really know what to buy their husband (or boyfriend) and it gets more and more difficult every year as time goes on in your relationship. So, I've finally tried to get a handle on this issue of my clients who need some good ideas. I've done my research and come up with some great gift ideas that I think will surprise and maybe even excite your man.

### Event Tickets:

Let's face it - some men are very romantic and some just aren't. For that special man in your life who doesn't enjoy a romantic dinner by candlelight (or even for those who do) who you'd like to get something different this year, a pair of their favorite event tickets will do the trick.

Buy the love of your life a pair of his favorite tickets to their sporting event, concert, or theater event. My spouse actually tried this last year and it was a huge hit. You'll have a blast at the game by enjoying a special night out that he didn't expect.

You don't have to buy sports tickets. Concert or theater tickets will work just as well. Target an event that your guy enjoys in his spare time, or maybe something that he's never seen before.

### Luxury Watch:

We all know that women generally love to receive jewelry as a gift but a lot of men just don't feel the same way. Getting a great watch, though, is a different story.

A watch is a great gift that can be worn every single day and is very practical too. It's much easier to choose a nice watch than it is to try and find a great necklace or bracelet that they would appreciate.

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## What You Should Do In Case Of A Car Accident - Safety Tips To Remember!

If you're ever in a car accident here are some safety tips that can save your life and protect your family.

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. **IF** you don't have an auto accident handbook, please contact our office and we'll send you a **FREE** copy! Make sure to call **TODAY!**

## Practical Feng Shui To Enhance Your Life

'Feng Shui' is the ancient Chinese study of the elements and an art of placement that can improve all aspects of your life. In 'Feng Shui', objects are used to redirect the flow of energy through an indoor or outdoor environment. Simply put, it's a system for arranging your surroundings so there is balance and harmony with nature. With serenity and harmony to the universal forces, it is believed that one can enhance his life and attain success in all areas of his life. When practicing in the right way, it has been shown to help improve in all areas of life like:

- Improve focus and concentration required for studies and achieving good grades.
- Attaining peak performance at work boosting career growth and bottom line dollars.
- Enhancing inter-personal communication for establishing and maintaining good relationships.
- Having positive energy hence attaining good mental and physical wellbeing.

## Top Three Classy Valentines Day Gifts For Your Special Man In 2010 (Continued)...

Chronograph watches are very popular and trendy right now and fortunately they are available in all price ranges. The most popular have stainless steel cases and feature either Swiss or Japanese Quartz movement.

### Smile-box E cards:

If you've never used Smile-box then now is a great time to start. Smile-box is a fun and creative way to show your special Valentine that you love him very much with an e-card.

Choose from hundreds of initial designs that can be personalized your very own pictures and music. What's even better is that the *basic service is absolutely FREE!*

This is such a fun way to send a unique and personalized e-card to the man that you love. You'll have the option to send your card via e-mail, post it to your blog or Facebook page, or print it out. Send to your husband, boyfriend, son, or father. I hope you enjoyed these classy Valentines Day tips. *- The End*

### 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 cases, construction injuries, dog bite cases, DUI or criminal arrests, 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 or audio CD's.

#### 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.

## How To Get Over A Breakup – (Part 3)

### 10) **Keep fond memories, discard painful ones.**

There are all kinds of things that remind you of your ex - a song, a smell, a sound, a place. Once the grieving period has had some time to process, don't dwell on painful feelings or memories. There are probably things that are pushing your buttons without your conscious recognition. Try walking around each room in your house with a box and removing things that make your heart ache or your stomach turn.

Really focus and look carefully. You may realize that the little heart-shaped box sitting on the mantel was pretty invisible for the last couple years, but when you take a conscious look at it, you notice that every time you turn towards that corner of the room and it catches your eye, you feel a sharp little pain in your solar plexus.

It can work wonders to clear your space of all these triggers. If you have a keepsake, such as a watch or a pin that was given to you by your ex, and it's a reminder of the good aspects of your relationship, there's nothing wrong with keeping such a thing, but for the time being, try putting it away for later, when you've given yourself some time and space.

### 11) **Find happiness in other areas of your life.**

(Remember: He/She is not responsible for your own happiness.) Whether that means spending time with your friends and family, taking that class you've always wanted to take, or reading every book on the New York Times bestseller list.

Remind yourself that a relationship is one part of life, but even when you are in one, there are personal pleasures that you can always enjoy on your own. Indulge in those things now. As they say, the best revenge is living well.

12) **Stay active.** It's scientifically proven that exercise improves your mood and alleviates depression, and the distraction will help keep your mind off your situation. Go running outside, visit (or join) the gym, or just go for a walk, maybe with a friend, and think of releasing the anger or sadness with every step.

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Involved in a car crash? Claims Adjuster calling you requesting a recorded statement? Call for your Free Information Guide, authored by David N. Rechenberg, entitled "What Questions to Ask when the Claims Adjuster Calls".

## 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 **Heather Wittkop**. We're treating Heather and a friend to popcorn, soda and the movies!

## Practical Feng Shui to Enhance Your Life

A 'Feng Shui' expert can do a home analysis to improve the 'Feng Shui' of your house. Some of the interior areas in the house that he or she might look at include:

- 1) **Main Door** - The main door in your home is a critical location to consider in your house. It is often considered the channel through which the flow of energy, or "Chi," as it is known in Chinese, flows through the house. Good "Chi" enhances the quality of your life like longevity, health and prosperity. One consideration is the direction of the main door.
- 2) **Master bedroom** - Another place in your home is the bedroom. This is especially important for couples, as they spend most of their time together there. Good 'Feng Shui', like the direction of the bed, must be practiced in the bedroom to ensure that the couple lives in harmony, be in good health and enjoy a successful marriage.
- 3) **Bedroom** - An average person will spend 6 to 8 hours sleeping in their bedroom. It is important the bedroom is kept uncluttered and clean. If not, negative energy will accumulate and this will cause health and wealth problems for the host.
- 4) **Kitchen** - 'Feng Shui' in the kitchen can be attained by adjusting the kitchen layout, which in turn can reduce and eliminate some of the negative factors. This can help you to attain wealth and good health. *\*Please let me know if you liked this article and if you would like to see more.*

## How To Get Over A Breakup (Part 3) ...Continued!

13) **Let go.** Understand that there is no benefit in holding on to heartache, regret, and hatred toward another person. Realize that although it is over, your relationship with that person was unique and special in a lot of ways. You can congratulate yourself for being brave enough to take a risk and fall in love, and encourage your heart that even though love didn't work out this time, there will be a next time.

14) **Take time.** Find a place where you feel comfortable, relaxed, and which is far away from your ex. Take a moment to listen, and to be alone or with someone you trust. Remind yourself that, even worse than the pain of a breakup, is continuing a relationship that was not right for one or both of you.

15) **Think positively.** Now that you are single, you have another opportunity to find someone else to be with, someone new and different. You won't feel bad forever. Change your thinking; that will help change your *behavior*. Soon enough you'll be feeling released and free, and ready to take on new challenges. Make sure that in every endeavor you remember to be TRUE to yourself.

16) **Be yourself.** If the break up was somewhat triggered by you, remember, you are your own person and nobody can change that.

*- The End*

*TidBits for Today...!*

is a FREE monthly newsletter from your friends at :

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