

TidBits for Today

The History Of St. Patrick's Day...

St. Patrick's Day is celebrated on March 17, which is a religious feast day and marks the anniversary of St. Patrick's death in the fifth century. The Irish have observed this day as a religious holiday for over a thousand years.

On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink, and feast—on the traditional meal of Irish bacon and cabbage.

The First Parade

The first St. Patrick's Day parade took place not in Ireland, but in the United States. Irish soldiers serving in the English military marched through New York City on March 17, 1762. Along with their music, the parade helped the soldiers to reconnect with their Irish roots, as well as fellow Irishmen serving in the English army.

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.

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 advanced for all your support, and the trust you place in our firm.

Thank YOU -

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How to Plan A Romantic Getaway To Put That Flame Back Into Your Relationship!

The holidays are behind us and we now face the daily grind in cold and gray winter weather. Sure you can have a romantic stay-cation snuggling up at home. But to really put a pep in your sex life you should take a chance to catch up on your tan.

Outside of school vacation time quick getaways to warm places are relatively cheap and the Vitamin D can really help you kick the winter blues.

It's up to you if you want to surprise your partner or include them in your planning. A fun idea might be to tell your partner that you are planning a romantic getaway with them, but don't tell them where you're going. You could even hand her two identical pieces of luggage.

Ask her to pack one for cold weather and the other for warm. This way they wont know the destination until you get to the airport. You can have a lot of fun with this - perhaps another post one day to give you more ideas.

(Continues on page 2)

David N. Rechenberg just settled an Medical Negligence case for \$1,086,434.00. If you or a loved one were the victim of negligence by a medical provider, call David N. Rechenberg today to schedule an appointment for a free audit of your case! (847) 854-7700

How to Plan a Romantic Getaway! (Continued)

Here are the essential steps to planning a romantic getaway:

Find a destination your partner will enjoy. You know what your partner likes to do. If they are "high maintenance" a third world country where you can't drink the water might not be such a good idea.

Likewise if your partner is a cargo shorts and flip flops kind of person

5 star resorts with dress codes might not be the place to go. Another note - unless you are into the "lifestyle", don't surprise your partner with a 2 week stay at a swinger resort. That could get really bad very quickly.

Schedule your trip. These days schedules are jam packed with all kind of obligations. Work, Family, Friends they all make that diary fill up quickly.

Find out when your partner is available. Depending on how secretive you are going about it you might have to keep a low profile.

Don't be too obvious. Do not skip this step - nothing is worse than finding out last minute that your significant other is away at a conference in lovely Tulsa THAT weekend.

Take care of the logistics. Do you need passports to get to your destination? Where will the kids stay while you're away tearing your clothes of each others bodies? Who will take the dog for a walk and feed the hamster? These are all the things you should think about before heading off to a trip. Guys, make sure you pay special attention to this step. Part of the reason you want to go on this trip is earth shattering romance. Trust me on this. If your special lady is worried about having to tell Little Timmy and Little Emma why all their fish are doing the backstroke, you can forget about the romance.

Make Reservations. If you are trying to keep things on the down low you might need think things through. If you don't have your own email account - get one. It's free, it's fast. Same goes for Credit Cards, if you want to keep it quiet make sure the charge doesn't give you away. I like to make these kinds of plans from the office - after all, isn't it your home away from home?

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

How To Get Into The Best Shape Of Your Life!

Often when you think about getting into shape, your mind may think of joining a gym or hiring a personal trainer. *Right?* Well, sometimes people who want to get fit do both.

Yet, others manage to get into great shape by working out at home. There are advantages to joining a gym as well as exercising at home. I've done both and for me, working-out on my own at home is my preference, rather than paying for the gym.

The problem with going to the gym for some people is that it can be overwhelming. You may start off using certain machines and then eventually taper off to using 1 or 2 of the same machines every time you workout.

This lacks variety and chances are you may not push yourself enough. After awhile, you may realize that you are not making any progress in terms of weight loss or physical fitness.

You could hire a personal trainer but after your sessions are complete, the training is over and there goes your motivation as well. I have seen friends hire personal trainers and go back to doing the same thing they did before.

Unless you have a lot of money for continuous sessions, a personal trainer is often not a permanent solution to your fitness woes.

The reason why in-home fitness programs such as fitness DVD's can work so well is because they require very little.

(Continues on page 4)

Involved in an automobile accident and the Insurance Adjuster is asking to take your recorded statement and requesting you to sign an authorization? Find out what to do by ordering our free Audio CD and learn the 7 questions you must ask the Claims Adjuster when he calls demanding answers from you. Call today (847) 854-7700.

"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.

Great Movie Trivia With Q's and A's

What song was heard 250 different ways in a 1994 Ken Burns documentary?

A: Take Me Out to the Ballgame.

What zip code was mentioned 301 times in the first five years of Entertainment Weekly?

A: 90210.

What jazz style did Charlie Parker and Dizzy Gillespie help invent?

A: Bebop.

What was late SCTV star sighed: "I'm the one who has to look in the mirror, and after a while it begins to eat at you?"

A: John Candy.

What singer did Michael Bolton neglect to thank while accepting a Grammy for "When a Man Loves a Woman"?

A: Percy Sledge.

What hipster said in 1948: "We're a beat generation"?

A: Jack Kerouac.

What veteran British rock star explained: "I smash guitars because I like them"?

A: Peter Townsend.

- The End

How To Choose A Fitness DVD

More and more people are now interested to have a fitness DVD. This is because they are concern about how they look and are desperate to keep themselves healthy, and in shape.

However, with the amount of different DVD that are present on the market it might be difficult to make your choice. So how do you exactly choose the most appropriate DVD?

In order to help you learn more on this I've written this brief article and hope that it will be useful for you. The first thing that you should settle on is your fitness goals. Every person has a certain fitness level and it is important that you choose a DVD that is most appropriate for you.

If you are quite used to exercising you should therefore consider getting an intermediate or advanced level fitness DVD. On the other hand you might consider getting a fitness DVD that is made especially for beginners.

Choosing the most appropriate DVD is important if you really want to benefit from the training material. It might also important that you consider the equipment that you have at home.

Some DVD will require that you have some equipment at home in order to exercise and it might be important that you take this into account. So, if you're going to buy those you should be sure that you include this into the budget to make sure that you can afford it.

You should also take the space that you have at home. If you live in a small apartment it can be quite difficult to accommodate some bulky equipment. You should make sure that you read the requirements of the DVD before actually buying it.

You should also be interested to find out a bit on the author of the DVD. There are a lot of well-known professionals that have done some great fitness DVD but there are also some lesser known ones. The internet will be your greatest place for you to do some research on these authors. *- The End*

Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David Franks at (847) 854-7700 NOW! Learn about the Monitoring Device Drivers Permit (MDDP). www.McHenryCountyDUILawyer.com

Franks & Rechenberg, P.C.
Cookin' Corner for March 2010
**5 Star Appetizer Of
Tomato Crostini**

Create a colorful and flavorful topping for the toasted bread by combining plum tomato, basil, olives, capers and balsamic vinegar. Online reviewers rave about how easy it is to make.

Plum tomatoes usually have better flavor and are less watery than other tomatoes available during winter, so they are great for this recipe. If you're without a baking sheet, carefully arrange the bread slices directly on the oven rack.

I know you are going to enjoy this months finger licking good Tomato Crostini.

Yield: 2 servings (serving size: 2 bread slices and about 1/3 cup tomato mixture)

Ingredients - Cake:

1/2 cup chopped plum tomato
1 tablespoon chopped fresh basil
1 tablespoon chopped pitted green olives
1 teaspoon capers
1/2 teaspoon balsamic vinegar
1/2 teaspoon olive oil
1/8 teaspoon sea salt
Dash of freshly ground black pepper
1 garlic clove, minced
4 (1-inch-thick) slices French bread baguette
Cooking spray
1 garlic clove, halved

Preparation:

Preheat oven to 375°. Combine first 9 ingredients. Lightly coat both sides of bread slices with cooking spray; arrange bread slices in a single layer on a baking sheet.

Bake at 375° for 4 minutes on each side or until lightly toasted. Rub 1 side of bread slices with halved garlic; top evenly with tomato mixture.

- The End

**“Positive Thoughts That WORK
In Today’s World!”**

“Take the first step, and your mind will mobilize all its forces to your aid. But the first essential is that you begin. Once the battle is started, all that is within and without you will come to your assistance.” Robert Collier

“I'm very serious about no alcohol, no drugs. Life is too beautiful.” Jim Carey

“I care not what others think of what I do, but I care very much about what I think of what I do! That is character!”
Theodore Roosevelt

**How to Plan a Romantic Getaway!
...(Continued)**

The cherry on the sundae. Gentlemen, this is especially important for you, but girls should listen up too. If you really want to knock your partners socks off have a surprise waiting for them in your room. A nice bouquet of flowers always works nice.

Some hotels might even provide this as a service (although most likely at a steep markup). The cheaper version might be to inquire at your hotel whether you could have flowers (or whatever other little surprise you have for them) placed in your room. Then find a flower delivery place on the internet. This extra little step will likely be enough to make that getaway REALLY special.

That's all folks - follow these steps and you are bound to have the time of your life. Most importantly though, have fun on your trip and while planning it. It's amazing how even just a weekend trip can recharge your batteries and your relationship.

Please give me a call and let me know how if this *little* Tid-Bit worked out for you and that special someone in your life. By the way make sure to tell your friends and loved ones about my monthly newsletter and I will be more than happy to send them a free copy!

- The End

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

Three Solid Parenting Techniques That Will Help You to Stop Any Child From Misbehaving On The Spot!

Ask any parent and they'll tell you that the most important thing in the world to them are their children. Having said that it is not uncommon for many parents to feel at a loss as to what the best parenting techniques are to raise a well behaved toddler.

Some parents seem to be at a loss when it comes to disciplining children and are unable to say no or discipline their child in anyway. The end result is typically a child that behaves badly because their parents are powerless to control him or her. Here are **three tips** to help put any troublesome child on the right track.

The **first thing** is that you need to be a good role model. Practice what you preach. If your child sees you doing one thing and saying another, they'll quickly use this in their defense and ask why. Children learn how to interact, behave and general function as people in life based primarily from what they see and hear you doing. This isn't to say that your child will grow up and behave exactly as you do, but it does have a big impact on them and you need to set a good example right from the start.

The **second thing** is that if you set rules make sure they are enforced. Have you laid down the rules clearly so your child knows what they are? Make it clear what the rules are and that if they are broken there will be consequences and what those consequences will be. It may take some time but your child will quickly learn which kind of behavior is permitted and which kind isn't.

The **final tip** is to make sure that you're consistent! It is all too easy to say one thing and threaten to punish your child but never actually carry it out. After a while your child will learn that your threats carry no weight and they are free to break any rule you set without fear of facing consequences. Make sure all forms of punishment are carried out or your child will begin to think breaking rules has no consequences.

- The End

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!**

How To Get Into The Best Shape Of Your Life...(Continued)!

At the most, you will need a TV, DVD player, a set of dumbbells, and maybe some resistance bands. They're convenient because you can do them when you want which means no driving back and forth to the gym. The best part is you will have variety. If you like cardio, resistance training, yoga, and more, there are fitness programs for almost every preference.

You save money on monthly fees compared to gym memberships too. The cost of a few months of gym fees can build you an entire library of in-home fitness workouts. Now, skeptics may say that no one ever sticks with using fitness DVD's. You can easily say the same thing about someone wasting their gym membership by not going after the first month or two.

There are plenty of people who have transformed their lives working out at home. The motivation comes from having fun and variety will do that. Of course there will be times when you don't feel like working out. You just have to remove excuses and push play anyway.

Home Safety Tips For A Worry Free Vacation

Have you ever had a vacation where you did not feel like you were having one because you felt terrified of the thought that somebody is sneaking into your home and looking through your priceless possessions? Say goodbye to these illusions. Send those imaginations packing as you, yourself pack your bags preparing for the best and worry-free vacation you will ever had! Check out these quick tips:

1. Not everyone you know should learn that you are leaving; rather, everyone you TRUST must know you are leaving. Telling everyone you know is a bad idea because word travels. You will never know, word might reach the struggling thief in your town and he might stir up a very bad situation while you are off to relax. Do not let him ruin your vacation. When you are in the process of telling your trusted friend, neighbor, and/or relative keep your voice on the normal range. Inform a trusted police officer that you will be off for a few days. They will help you out by intentionally patrolling on your block looking out for your home every once in a while.

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The Effects Of Single Parenting On Children...

Times have really changed, many old customs and traditions which were taught and practiced for several years are becoming obsolete now. The modern culture has changed and outgrown values and beliefs that were thought to be the core.

Even though moralists and conservative people are expressing disgust over the currently evolving belief and culture systems, the truth is, however, what has been unacceptable in the old world is now becoming a rapidly rising trends.

Some of the effects of single parenting have ranged from social to financial issues. For decades and even centuries, one of the most concerning issues to conservative people is the issue of single parenting.

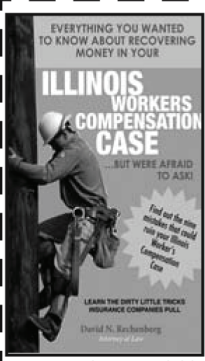
Ancient social philosophies have often linked single parenting to adventurism and liberation of people. The Catholic Church has always been the dominating mentor and guide of traditions, norms and living.

The church is so adamant to advocate the sanctity of the sacrament of marriage of matrimony. That is why the procreation outside wedlock is strictly considered a ground for excommunication, its one of the greatest sins, according to the Catholic Church.

From the church's point of view, single parenthood can be considered as a punishment of some sorts, for those who disobey the teachings of the church. Obviously the fundamentalists think otherwise. So, is it?

Single parenting is already becoming a rapidly growing trend in the society. Studies show, that in the US alone, there are four single parents to every ten parents and there are two single parents for every 10 adults. Could you believe it?

(Continues on page 7)



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Book not available free for attorneys or insurance company employees.
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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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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 Mike Timios We're treating Mike and his lovely wife to popcorn soda and the movies!

Home Safety Tips Continued..

2. Do not change the recorded message on your answering machine to "I cannot answer your call right now because I am having the best 1-month vacation at the Bahamas". That's like saying to the thieves that you left your front door open. Just leave your answering machine as it is. Say you are too busy to answer the phone and you might call them after a few hours.

3. Phone your news paper company four weeks before your departure and ask them to cease their deliveries to you just until you get back from your trip. Having too much news papers on your front porch would definitely give thieves the idea that you are not home. If you forgot to do this, you may ask your trusted neighbor to bring in your paper to your own home. You may add to your favor your hungry non-human-eating-dog. It is important that this neighbor of yours is a very trusted one, because you will have to give him your spare key inside that flower pot for him to do the above mentioned favors. If you do not trust him, just ask him if he can bring your papers to his house and you will get it off his worries first thing when you get back.

4. Purchase alarms for your windows and door locks. In this way, the police will be notified when these locks are breached. This will help them to respond faster, even before the thief can get inside your home. Lastly, you may want those security cameras that can be installed on every room of your home. You can monitor the happenings inside your home through the internet. You, yourself can call the police if someone tried to go inside. Well, that is it! Your home is safe and sound even while you are away. The best thing is, this time you had THE vacation of a lifetime, worry-free. *- The End*

The Effects Of Single Parenting On Children...Continued!

Since the decision of single parenting is taken by the parent, one voice is often ignored and sometimes unheard of. Its that of the child's. It has been found that single parenting has adverse mental, emotional and psychological effect on the child. This has been validated by psychologists and advocates from time to time.

The direct effect of being raised by a single parent is especially visible in child's thinking and mental mind set. Although single parents must be commended for raising a child alone, he or she should not be blamed for any mental or psychological result of the situation to the child, as psychological assert.

Tests and observations have consistently concluded and found that single parenting makes children more aggressive and rebellious. Experts say the behavior could be the outcome of the angst and humiliation the child experiences while growing.

It's a difficult situation for any child to be raised with one parent, but surprisingly, not an impossible one anymore. Society has accepted the facts and has stopped looking at single parenting as an abnormal occurrence. There is a positive trend which is especially useful in reducing, if not nullifying, the adverse effects on single parents and their children.

- The End

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 Glove Compartment 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.

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!!

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is a FREE monthly newsletter from your friends at :

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