

TidBits for Today

"Valentine's Day Gift Ideas"

Choosing the ideal gift for your special Valentine doesn't need to be difficult. If you're not overly creative, don't worry because my staff and I have some great ideas to help make this Valentine's Day one that you'll never forget.

We will help you turn something that could be challenging into something fun and romantic. Since men and women are so different, there are distinct Valentine's Day gift ideas for each gender.

Unfortunately, men seem to wait until the very last minute to get their special lady a gift and end up with the cheap leftovers.

While women on the other hand pay close attention to the smallest of details and will not be impressed with a man who hasn't put any effort into preparing their "gift of love."

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We Now Have FREE Special Reports Available To Answer Most Legal Questions...

We'd love to hear from our good friends and clients who enjoy reading our newsletter. If you have a question regarding *Car Accidents, Work Injuries, Dog Bites, Construction Injuries, DUI Defense or Criminal Defense* 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 whatsoever simply by calling our office **24 Hours A Day** and leaving a message on our voice mail.

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 friends and loved ones. 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 - **Franks & Rechenberg, P.C.**

"How To Say I Love You Without Saying A Word"

I don't proclaim to be the love doctor, but as your attorney I'd like to give you a few tips that could do wonders for your love life. Here are six creative ways of saying "I love you" without actually saying it. We've all heard that actions speak louder than words, and what better way to let your loved one know just how much you really care.

1) When was the last time you chose your loved one's preference over your own in the little "insignificant" things in life? Such as, cleaning things just the way they like it, watching their favorite television program instead of yours, or installing the toilet paper roll the way they prefer instead of how you prefer it.

Sure it's easy to think of these things as being insignificant. In life it's the "little" things that can make the biggest difference in your love life. It's the little things that often say "I love you" more clearly than the grandest proclamation of love. Starting today, take time to say "I love you" in the smallest, yet insignificant and unimportant ways, because I'm sure it'll let them know just how much you care.

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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 and so he can start working on your case right away!!

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Valentine's Day Gift Ideas.....(Continued)

That's why men need to pay close attention to their special lady's likes and dislikes. You need to know her favorite flower, color, music, and food.

If her favorite flower is the tulip, then perhaps you should buy her a bouquet of tulips rather than traditional red roses for Valentines. This will show that you pay close attention to details and that you want your gift to be meaningful to her.

You could buy her an outfit in her favorite color. Just make sure you know her EXACT size so you avoid stepping in a potential landmine. This will let her know that you do care about what she likes.

Nothing is quite as sexy as a man who knows how to cook. You could save yourself some aggravation on making reservations on an over-booked restaurant and make her favorite dish at home instead. Even if it doesn't turn out perfect, she will appreciate the thought and effort you put into making her favorite dish.

Chocolate doesn't have to be an overused cliché if done right. Just remember that cheap gas station chocolates are not going to make a great impression.

However, something as simple as M&Ms could be romantic if you ordered them with a cute message on them.

If you want to be really ambitious and score a TON of brownie points with your lady, try putting together an assorted gift basket that has a bunch of her favorite items. You could include her favorite fragrance, lotion, magazine, champagne, bubble bath, candles, candy, and some snacks.

Women have a tendency to give their man Valentine's Day gifts that they themselves would appreciate. Unfortunately, ladies, that book of poetry is probably going to sit on a shelf collecting dust.

That's why you need to know what your man likes. You should know what he likes to eat, listen to, and do in his spare time this is key for picking the perfect gift.

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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.

"Why Chocolate Is Such A Great Idea For Valentines?"

Elaine Sherman wrote, "Chocolate is heavenly, mellow, sensual, deep, dark, sumptuous, gratifying, potent, dense, creamy, seductive, suggestive, rich, excessive, silky, smooth, luxurious, and celestial. Chocolate is happiness, pleasure, love, ecstasy, fantasy ... chocolate makes us wicked, guilty, sinful, healthy, chic, happy."

On Valentine's Day chocolate clearly says "I LOVE YOU!" However, chocolate is much more than just food, it not only makes you feel so good it releases endorphins.

Why does chocolate evoke so many emotions for us? Chocolate has long been associated with passion, romance and love. This association may go all the way back to the Aztecs. They believed chocolate was a source of spiritual wisdom, incredible energy, and elevated power.

Chocolate was widely used as a nuptial aid and was widely served at wedding ceremonies. The Aztecs didn't know chocolate as we do today; they consumed the cocoa as a drink. Reports indicate that the Emperor Montezuma consumed large quantities of the drink every day and always fortified himself with a cup before entertaining his harem.

The explorer Cortes reported to Carlos I of Spain that chocolate is "... the divine drink which builds up resistance and fights fatigue. A cup of this precious drink enables a man to walk for a whole day without food." From the earliest times, chocolate was considered a substance of power and a source of vitality.

(Continues on page 4)

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

"The Do's and Don'ts For A Better Life Starts Here!"

Give The Gift Of Longevity...

A part of my commitment to better serving you through our newsletter **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. Call my office at **(847) 854-7700** and ask to speak with Marlo or Cheryl to give a loved one a free copy!

Music Trivia...

Who teamed up with Barbra Streisand for "Tell Him"? **A: Celine Dion**

Who has accumulated the most UK and US top ten albums and grossed the most income from foreign touring? **A: Rolling Stones**

What was Barry Manilow's first number one single? **A: Mandy**

Which group wrote the songs for the movie Saturday Night Fever? **A: The Bee Gees**

Who was Saving All My Love For You? **A: Whitney Houston**

Vision Of Love was the first British top ten hit for which female superstar? **A: Mariah Carey**

What was Taylor Dayne's first top ten hit? **A: Tell It To My Heart.**

Who teamed up with Paul McCartney for ebony and Ivory? **A: Stevie Wonder.**

- The End

How To Say I Love You Without Saying A Word.....(Continued)

2) What does your loved one really need? Of course, we all need a roof over our head, food, water, and air, but I want you to really think about this question. What needs does your spouse have that only you can provide for them?

Maybe they recently experienced a disappointment and could use some words of encouragement. It could be that they're having a really tough time on the job with a fellow co-worker and they need someone to listen. You might be surprised how far a little sensitivity will go.

3) I want you to be totally honest when you answer this question. When was the last time you really listened to your spouse?

I don't mean listen while reading a book, taking care of the kids, or texting on your smart-phone. I mean truly listen by removing all distractions and giving them your full undivided attention.

When was the last time you listened closely enough to your spouse that you could actually put yourself in their shoes and look into their world?

You might be surprised how listening to the joys, pains, hopes, and dreams of your spouse draws you closer together. Why don't you plan some time this week to sincerely and deeply listen to the heart of your spouse?

4) When was the last time you did something with your spouse that they enjoy doing but isn't something you really care to do?

If you've been married for a while it's not unusual for spouses to have different likes and interests, but it can become too easy to always insist on doing your favorite things.

Sometimes we'll go along with our spouse's wishes, but let them know how big of a sacrifice we're making. What would happen if you did something they liked to do and, instead of complaining about it, you enjoy it with them?

(Continues on page 7)

Do you have a friend who was injured in a car crash, hurt at a construction site, or as a result of a defective product and they are wondering how to hire a personal injury attorney, and what questions to ask? Give that friend great advice. Ask them to order the FREE audio CD "How to Choose an Illinois Personal Injury Attorney" by calling **(847) 854-7700**. You can also order one for yourself to hand out to family and friends.

<<Franks & Rechenberg, P.C.'s >>

“Caramel Flavored Bars”

If your special Valentine is on a sugar restricted diet because of type II diabetes then Caramel Flavored Bars are an ideal sweet treat.

Ingredients:

1 cup all-purpose flour
1 tsp baking powder
Dash of salt
1/4 cup margarine
1/2 cup granulated brown sugar replacement
1/4 cup granulated fructose
1 egg
1 tsp caramel flavoring
1/2 tsp burnt-sugar flavoring
1/2 tsp vanilla extract
1/4 cup finely chopped walnuts

Preparation:

Sift together flour, baking powder, and salt; set aside. Combine margarine, brown sugar replacement, and fructose in a mixing bowl. Stir to blend thoroughly. Add egg, flavorings, and vanilla extract; mix well. Gradually stir flour mixture into margarine mixture. Stir in walnuts.

Spread mixture into the bottom of a greased 8 x 8 in. (20 x 20 cm) baking pan. Bake at 350°F (175°C) for 30 minutes, or until top springs back when touched. Cool in pan on rack.

Bonus Valentine's Recipe...

Diabetic Fudge For Valentine's Day –

Enjoy a yummy piece of fudge with your sweetheart on Valentine's Day.

Ingredients:

1 Sq unsweetened chocolate
1/4 cup Evaporated milk
1/2 teaspoon Vanilla
1 teaspoon Artificial liquid sweetener
1 pack Vanilla or chocolate artificially sweetened pudding powder (or 8 tsp. finely chopped Nuts)

1. Melt chocolate in top of double boiler over boiling water. Add evaporated milk and mix. Cook 2-3 minutes, then add vanilla and sweetener.

2. Spread on small foil pie pan or plate. Chill. Cut into 8 pieces. Form into egg shaped balls and then roll lightly in pudding powder or chopped nuts.

“Positive Thoughts Will Lead You To Success (Just Try Them!)”

"If we did the things we are capable of, we would astound ourselves."

~Thomas Edison

"All our dreams can come true - if we have the courage to pursue them."

~Walt Disney

"Quit now, you'll never make it. If you disregard this advice, you'll be halfway there."

~David Zucker

Why Chocolate Is Such A Great Idea For Valentines?.....(Continued)

Modern science has made some interesting findings that may help explain our lust for quality chocolate. Chocolate contains organic substances known as alkaloids that work as a stimulant in our body.

Stimulants in chocolate also influence the central nervous system, with similar effects to that of caffeine, which is also present in chocolate.

Another important substance that's found in chocolate is phenylethylamine, which is part of a group of chemicals known as endorphins. Endorphins have a similar effect to that of amphetamines which are found naturally in the human body. Following light to moderate exercise endorphins are released into the bloodstream, your mood is elevated and you feel a release of positive energy.

Debra Waterhouse, author of “Why Women Need Chocolate,” conducted a survey and found that 97% of women reported cravings, 68% of which are for chocolate, 50% would choose chocolate over sex, and 22% were more likely than men to choose chocolate as a mood elevator. These findings could easily be interpreted as a result of how chocolate makes us feel.

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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 to get your free CD today

"Nine Ways To Spice Up Your Relationship Without Going Broke!"

Does your wallet scream in protest every time you take it out to pay for the usual dinner-and-a-movie date? You might think the only way to have a nice time on the town is to drain your bank account every weekend.

Here are nine creative ways to tell that special someone just how much you care about them without going broke.

Idea # 1: Take A Class – There are local stores that offer free cooking tutorials that you can take. You could take some dancing lessons at the adult evening school for \$15. Home Depot offers classes on home repair and improvement on weekends. Not only are many of these classes free, but you'll be able to learn new skills that can save you a bundle of cash too!

Idea # 2: Take A Tip From MTV – See when the next open house is at your local upscale neighborhood (don't just walk up to an unlocked home and walk in). Go to an open house that you read about in your local newspaper or online. Walk around your dream home as if you already live there as you give each other the grand tour.

For a swanky night in, ask your well-to-do best friend with the gorgeous condo apartment if she wouldn't mind letting you borrow it for the evening. As you make dinner and eat in style ... plus you'll get some great decorating tips.

Idea # 3: Travel To A Galaxy Far, Far Away – Borrow an astronomy book from the library, as you lay out a blanket on a warm summer night with a chilled bottle of wine and cheese to see how many constellations of stars you can find.

Idea No. 4: Head To The Beach – If you happen to be lucky enough to live near a beach, check on the web for information on when the tide goes in and out. Spend a few hours looking for fun fish, and hermit crabs. Afterward you can spend the rest of the day getting some sun at the beach!

(Continues on page 6)

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

Why Chocolate Is Such A Great Idea For Valentines?.....(Continued)

Critics would say that the benefits of eating chocolate are small compared to the sugar and fat content per chocolate bar. However, the best chocolate to eat is dark chocolate with high cacao butter content which has no added fat, and correspondingly less sugar.

Although chocolate will never be considered a "health food" product based solely on its nutritional value yet it still makes you feel good, plus it helps to relieve stress.

Receiving a nicely wrapped box of chocolates from your Valentine could cause a sense of anticipated pleasure. From opening the box, to the aroma of the dark chocolates, to lifting the soft seductive smooth chocolates from the paper wrappers.

After the chocolate passes your lips and begins to melt in your mouth while tantalizing every taste bud, the smell literally overwhelms your senses with ecstasy. Make sure to take your time to enjoy every bite. What better way to share a romantic evening with your special Valentine?

- 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

Valentine's Day Gift Ideas.....(Continued)

A membership at a health club or golf course might be a winner for that special guy in your life. How about getting a pair of concert tickets to see his favorite rock band or tickets to see his favorite hockey team? Anyone of these gift ideas will make you the coolest wife/girlfriend ever.

Nothing says, "I LOVE YOU" quite like the perfect Valentine's Day gift. The actual choosing of the gift does not have to be overly difficult if you truly know the one you love.

At least one of more of these gift ideas is bound to make a huge hit when you put your own unique spin on it. My staff and I sincerely hope that you enjoyed this article and would like for you to give us a call letting us know what you think.

- The End

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

Spice Up Your Relationship Without Going Broke.....(Continued)

Idea No. 5: Get Some Fresh Air – If you don't own a bicycle then rent one and explore your town or nearby city. Bring a small picnic-basket of red wine and chocolates. You'll feel like you're touring the French countryside (maybe, close enough).

Idea No. 6: Become A Wine Tester – Go online to see if you can find a winery in your area. You'd be surprised how many towns now have them. Most places offer tours and will let you sample their wines for little or no cost. You and your date can pretend to be wine experts as you impress one another with words like, "bouquet" (a way to describe the smell of wine) and "carbonic maceration" (the method in which most red wines are made).

Idea No. 7: Start Your Day Off Right – Surprise him with a themed surprise breakfast in bed this weekend. Bring up a tray with his favorite flavored coffee, crepes, croissants and mimosas for the both of you to share.

Idea No. 8: Save Your Money – Make an inexpensive dinner at home for two maybe some pasta with a Caesar salad. Then go to your favorite bakery for a gourmet dessert and coffee date afterwards. You can share a caramel sundae, or try that triple layered chocolate cake you've had your eye on.

Idea No. 9: Five Star All The Way – Go check out the most polished hotel in the area, just don't spend your savings actually staying there. Dress to impress so you look as if you are spending the evening. Walk the grounds, order a few drinks at the bar, and enjoy the free bar food.

These simple tips will help you spice up your relationship while saving you an arm and a leg. If you enjoyed this months newsletter and would like to send an extra copy to a relative or close friend please call my office at (847) 854-7700. and ask our staff to mail it to them.

If you wouldn't mind letting us know how we are doing please give us a call. We'd love to hear from you!

- The End



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Book not available free for attorneys or insurance company employees.
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Congratulations To Our "Client of the Month!"

Every month, we choose a very SPECIAL client to showcase. It's our way of acknowledging our great clients and saying thanks to those who support our law firm by telling others about us.

This month's Client of the Month is **Marlene Balbuena**. We're treating Marlene and her friend to the movies!

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How To Say I Love You Without Saying A Word.....(Continued)

Obviously it's not your thing, but being a part of someone's life is rejoicing when they rejoice. You might be surprised how rewarding it is to enjoy an activity just because your spouse enjoys it.

5) Think of something your spouse has been asking you to do multiple times, but you've insisted on putting it off for another day. Maybe they've asked you to help with something around the house or to spend some quality time with them. Whatever it is, don't put it off another day and surprise them today.

6) Have you ever received a heart felt gift from your spouse? Maybe it was for a special occasion like a birthday or anniversary or maybe it was "just because." It could have been something large and expensive or something as simple and heartfelt as picking a bouquet of fresh wild flowers.

Whatever it was, these special gifts usually involve looking for just the right thing and require a deep, intimate knowledge of your spouse. Your intimate knowledge and consideration is what makes this kind of gift extra special.

When was the last time you went searching for just the right thing for your spouse? Whatever your answer is, that's too long. Make plans to either find or make them the perfect gift this week. This will let them know just how much you appreciate them.

PS. My staff and I sincerely hope that you enjoyed this month's newsletter and that you and yours have a wonderful heart felt Valentine's Day. **- The End**

"Top Three Stuffed Animals For Your Special Valentine"

Valentine's Day is only a few weeks away, so what are you going to give your sweetheart this year? Maybe you've already made up your mind to give your Valentine a classic stuffed animal. This is a great gift idea, but there are so many choices. To help you decide, here are the top five picks for most popular plush toys, plus some extra tips to make your Valentine's Day special this year!

#3 Bunnies: What could be cuter than a soft rabbit for your Valentine to cuddle with at night? A stuffed rabbit might not be synonymous with Valentine's Day like it is with Easter, but this cute critter is an enduring toy at any time of the year. Pair the stuffed bunny with a box of gourmet chocolates, flowers, or some other gift, and you'll have a sure-fire winner.


#2 Lions: The ferocious lion may not seem like the perfect gift for Valentine's Day, but you'd be surprised! A stuffed lion can show your Valentine that you think they are powerful, beautiful, and courageous while doing it in such a way that doesn't require words! Not all of us can handle poetry after all, so why not let the lion do the talking for you?

#1 Teddy Bears: You had to suspect that this classic would be on the list! No other stuffed animal embodies the spirit of Valentine's Day better than a cuddly teddy bear. Just imagine pairing it with a box of chocolates or a gift certificate to a favorite restaurant. The teddy bear is sure to be the perfect gift.

Make this Valentine's Day one to remember by giving your sweetie one of these popular stuffed animals. After all nothing will warm his or her heart more than a sweet, cuddly plush, stuffed animal!

- The End

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SECRETS REVEALED: **FREE BOOK**
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At last useful information for person injury claimants.
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Book not available free for attorneys or insurance company employees. It may be ordered for \$16.95 plus shipping at www.amazon.com.



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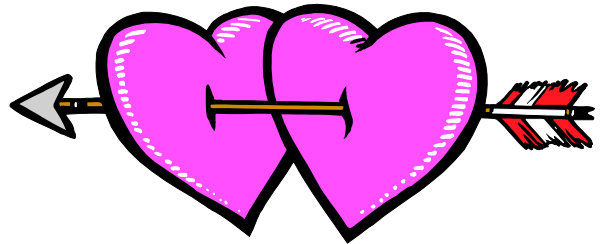
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Happy Valentine's Day

EXTRA- EXTRA: Read All About It...

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