

A FREE Monthly Newsletter From Your Friends At FRANKS & RECHENBERG, P.C.

Interruptions squeeze office work time



In some companies, office workers are allowed to block out an hour or two each day for high-concentration work. Others allow a four-hour period once a week. During that time, everyone knows the thinkers won't be answering email and won't stop to talk with anyone who drops by.

They're not even tempted to glance at the Facebook or Twitter messages popping up in the corner of their screen. And, unless their bosses insist, they won't be attending a meeting.

Not everyone has that option, but high-concentration time is a great idea. A study by the University of California, Irvine, shows it can take up to 23 minutes for a worker to return to a high-concentration project after an interruption. Another study showed that people managed to get their work done accurately in spite of interruptions, but stress levels rose significantly.

Some office workers are faced with up to 100 emails in a given day. Tackling the problem, one manager instructed workers to use the phone or in-person conversations for messages that were urgent or complex. Email was reserved for messages that could wait.

FEBRUARY EVENTS

GROUNDHOG DAY

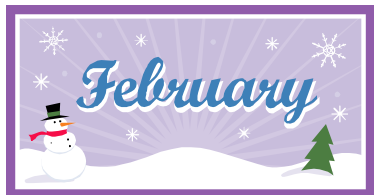
MARDI GRAS

CHINESE NEW YEAR

FEBRUARY 2

FEBRUARY 12

FEBRUARY 23



Tell a Friend about "TidBits for Today"

We sincerely love sharing our monthly publication with all our good friends and clients who tell us how much they enjoy receiving our newsletter. 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 giving Marlo or Meghan 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 "**Tidbits for Today**" publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life.

NEWS FLASH!!

Stop the presses! Hold the phone; wait until you hear this! Peter Rechenberg finally beat his father at Racquetball!!

After 21 years on this earth, and with an extraordinary effort, Peter beat his father in a hard-fought, epic battle winning two out of three games. David Rechenberg claims that there will be a different result the next time they play, but only time will tell.



David N. Rechenberg just settled a car crash case for \$80,000.00!
If you, a loved one or a friend are injured in a car crash, call (847) 854-7700
to get David N. Rechenberg working on your case today!!

**February is a the
big month for hearts**



American Heart Month may be the most important health-related event of the year. At least we think so, because we have a "heartfelt" concern for you.

Take a few minutes away from your work to consider what you personally can do to keep your heart strong and beating regularly. Even if you know the drill, check your blood pressure, decide if you'd be healthier if you lost a few pounds, and figure out whether those potato chips and cookies are your best choice for break time. They're loaded with cholesterol!

The next thing in the month of hearts is Valentine's Day. Make your sweetheart or partner know you care by giving a card or a flower (forget the candy because you'll eat your share of that).

If your sweetheart's happy, chances are that you'll be happy too.

When it comes to your boss and your co-workers, be sure to "have a heart" for them. Try to understand where they're coming from and what they're dealing with. Offer to help if you can.

A pleasant "good morning" can move you and your co-workers toward a polite and caring day. Who could be rude after that nice greeting?

We know you don't have to be reminded to put your heart into your work. You're probably already doing it, which explains why you're making such an important contribution to the organization.



Still need coal miners

Proposed limits on carbon-dioxide output will speed the ongoing switch by utilities to natural gas. Even without the limits, use of natural gas will increase.

There's good news for coal miners. Coal exports are sure to keep growing through the rest of the decade, because of increasing demands in Europe and Asia, says Kiplinger's forecast for management decisions.



**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

Here are five money-saving ideas for your small business

1. Merchant card savings

Take a tip from gas stations. Some offer a five-cent-per-gallon discount for using cash instead of a credit card.

Whatever your business may be, you can offer customers who buy merchandise or services that will cost more than your predetermined amount, a 1 percent or two percent discount for closing a deal with a check. It's good for you because you will save up to 4 percent on the credit card transaction charge.

2. Let workers telecommute

Most companies these days are working 'in the cloud.' That means employees can access company functions from their home computers. Telecommuting can save on office maintenance, scheduling, and equipment.

3. Save money on employee perks

Have a monthly potluck dinner with a theme, such as Italian or Mexican food. Bosses say it's a great team builder, lets workers show off their cooking skills, and it's much less expensive than having the meal catered.

4. Offer paid time off

One employer offers workers additional hours of paid time off instead of getting a raise. Employees like the idea of getting paid for 40 hours when they only worked for 36 or less.

Surveys show that many workers would like to work a few less hours, especially if they get full-time pay.

5. Charge expenses, get rewards

If you charge all business expenses to one credit card that offers hotel and airline rewards, you or an employee will be able to visit customers in another city without paying for travel.

When you can't pay for a significant purchase by credit card, ask for a discount for paying by check. You should get it, since the vendor would be paying at least 4 percent in fees to process the charge.

Note that in times past, many companies offered the 2 percent discount for payment within 10 days. Some offered 2/10 EOM, which meant you could pay within 10 days after the end of that month and still take the discount.



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Cheaper stocks on Feb. 15?

In 16 of the last 21 years, Standard & Poor's 500-stock index has been down on the last trading day before Presidents' Day, which is February 18 this year.

Friday, February 15, could be a good day to get a bargain price on stocks.



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from LexisNexis®
David B. Franks

Do you have a friend who was injured in a car crash, hurt at a construction site, or injured as a result of a defective product? Are they 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 or one to hand out to family and friends.

Check your leadership style

It's good to know that, whatever your main leadership style may be, you don't have to stick with it in all situations. Check these styles and decide when it will be best for you to use them.

* The autocratic style. Also called the directive style, it calls for telling people what to do and expecting them to do it immediately. Usually, it works well with a new employee who has no experience in your field and needs a lot of direction.

* The participative style. It includes input from others and working with them in decision making and problem solving. It gives you an opportunity to judge how well they are developing.

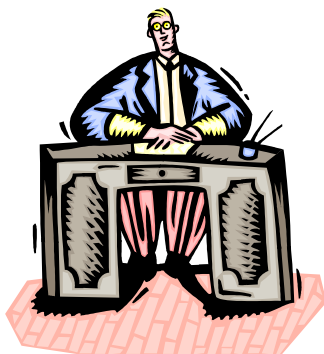
* The hands-off style. It provides employees with the opportunity to determine a process and to affect the outcome. It works especially well with seasoned salespeople who take initiative. You will want to avoid second-guessing, which can harm the salesperson's performance.

* The individualized style. You decide how much direction an individual needs in a certain situation and how much of your leadership is required.

An experienced person may not need much direction. But when circumstances call for it, you need to lay it on the line to solve a problem.

Most bosses and managers can determine what type of leadership should be used in each situation and with each individual.

The tricky part is choosing the right style for the right person under the right circumstances.



How to solve sudoku puzzles

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

Champions' Sudoku

		4		9		3	1	
		8		4				5
			3			7		4
7				4	2			
	9			2			5	
		6	5					8
6		7			5			
4				8		5		
	2	5		7		8		



**Everyone wants
to be a movie star!**

**How would you like
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We invite our clients to make a video testimonial to be used on our website. This is your chance to be famous, or at least use up one or two minutes of your fifteen minutes of fame. It is your chance to ham it up in front of the camera, if you like. It will only take a few minutes of your time. Call the office to schedule a convenient time to shoot your video, and be a star!



INJURED ON THE JOB? Need to get your bills PAID? Wondering how the new Worker's Compensation Law will affect your case? 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!

www.IllinoisWorkInjuryLawyer.com

**In spite of his victory speech
NASCAR champ expected to bring
a new era to stock car racing**



**Brad Keselowski celebrated his
NASCAR points title on ESPN sipping from
an enormous beer glass and playfully
tossing around compliments laced with
some of the gentler cuss words.**

**At that point, some doubted that the 28-
year-old could become the chief
ambassador of the sport. But the interview
video went viral and it soon became
apparent the new champ could possibly
usher in a new era for racing.**

**Detroit native Keselowski is a "free
spirit who can alternate between the
cerebral and charmingly goofy as quickly as
his crew changes tires," according to Nate
Ryan of USA Today Sports.**

**Hendrick Motorsports owner Rick
Hendrick says the new champ lives for
racing and is focused on the team, not just
his own role in it.**

**According to the Los Angeles Times,
Keselowski won't even be keeping his
enormous NASCAR trophy on the home
fireplace. The trophy will be kept at Penske
Racing so the whole team can enjoy it.**

**According to comments provided by
Ford Racing, Keselowski said he doesn't
keep trophies at his house.**

**"I don't believe in building a shrine to
myself. It's kind of weird."**

**Penske has switched from Dodge to
Ford cars for 2013.**

**NASCAR owners and enthusiasts hope
Keselowski's brassy youthfulness will
attract a whole new category of young, hip
fans to racing.**



**It's a fact
More hunters in the
woods and fields**

**The number of hunters is rising. Reversing a
trend of several years, there were an estimated
13.7 million hunters out looking for game in
2011. That's 1.2 million more than in 2010,
according to the U.S. Fish and Wildlife Service.**

Numbers for 2012 are not yet compiled.



Insurance Companies HATE THIS BOOK!

FREE BOOK

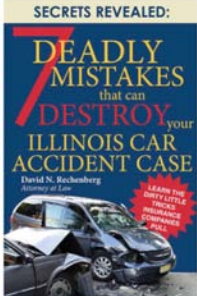
**"7 Deadly Mistakes That Can
Destroy Your Illinois Car
Accident Case"**

At last useful information for person injury claimants

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The Dirty Little Tricks Insurance Companies Pull

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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.



ARRESTED FOR A CRIME?

Don't know where to turn?

Help is just a phone call away!

Call David B. Franks at 847.854.7700!

There are lots of calories in alcoholic beverages

When you decide to have a beer or a glass of wine, the number of calories involved may not even be on your mind. But those calories can add up fast.

* Men ages 20 to 39 consume the most alcoholic beverage calories, 174 calories a day, according to the Centers for Disease Control and Prevention.


* About 20 percent of men and 5 percent of women drink beer on any given day; 4 percent of men and 7 percent of women drink wine.

* Caloric intake from alcoholic beverages was slightly higher in people with the highest income levels.

* According to the University of Rochester, a 1.5-oz. shot of liquor has between 115 and 200 calories, compared to a 4-oz. glass of wine that has between 62 and 160.

A 12-oz. can of light beer, depending on the brand you choose, may have 100 calories or more. Regular beer has between 140 and 200 calories.



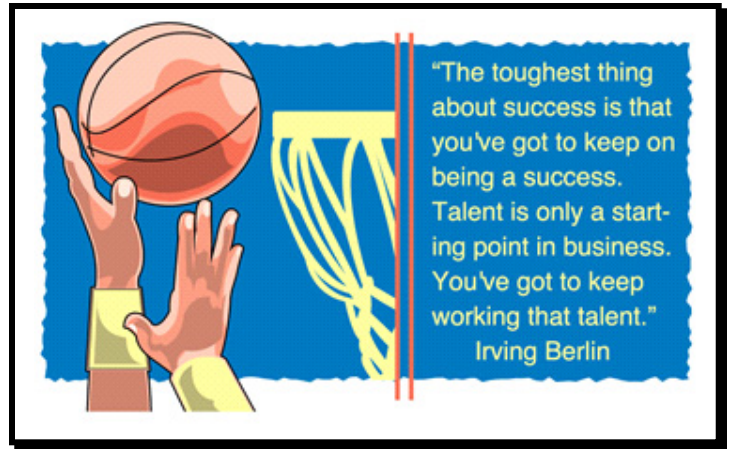


TESTIMONIAL

David Franks is experienced, knowledgeable, and a straight talker. He promptly returned my telephone calls, and kept me informed of the status of my case. David Franks is vigilant, friendly, honest and was realistic in his representation and the settlement he obtained for me. He obtained a favorable result for me in my DUI case. His staff was pleasant and professional, and very responsive and returned my calls promptly.

I would recommend David Franks to my family and friends if they were ever arrested for a DUI.

Name Withheld at Client's Request



Staying Well

Dance your way to better brain power

Everyone now knows that the exercise you get from dancing is good for your bones and your heart. If you've been putting off getting back to the dance floor, here's one more reason to start dancing again.

It can build your brain power!

A study published in the Journal of Sports Science and Medicine shows that dancing twice a week for six months increases memory and cognitive function, especially among adults at risk for cardiovascular disease.

Dancing is different from other types of exercise that produce some of the same benefits. It's better because it's easier on the joints and doesn't cause injuries like exercises and jogging.

It has one other benefit. It can increase social skills, which experts quoted in Health say is also good for your brain.



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 (847) 854-7700 to get your free CD today.

**Fabulous frittatas
not only for Italians**

After two months of holiday eating and a month of trying to diet off the pounds you have gained, here's an inexpensive, healthy, and delicious option. Make a frittata for dinner. It's actually an Italian-style unfolded omelet that's baked in a skillet.

Most people use a cast-iron skillet because it can be transferred from the stove to the oven for the final cooking. But you can use any oven-safe skillet.

Vegetarians can skip the meat and use chopped vegetables. Carnivores can add bacon, diced ham, prosciutto or smoked salmon.

The basic recipe calls for eggs, milk, and one cup of whatever filling you're using; most use shredded cheese.

The frittata is perfect for using up leftovers in the fridge and yummy enough to have for any meal. It also can be served at room temperature.

**Smoked Salmon,
goat cheese and dill frittata**

- 8 eggs
- 1/2 cup milk (any kind)
- 1 pat of butter
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 ounce goat cheese, crumbled
- 2 scallions, diced
- 1/4 pound smoked salmon, chopped
- 2 tablespoon fresh dill, chopped

Preheat the oven to 400 degrees. Beat eggs in a large bowl with milk, salt, and pepper. Beat the goat cheese in with the egg mixture. Stir in the salmon, scallions and dill.

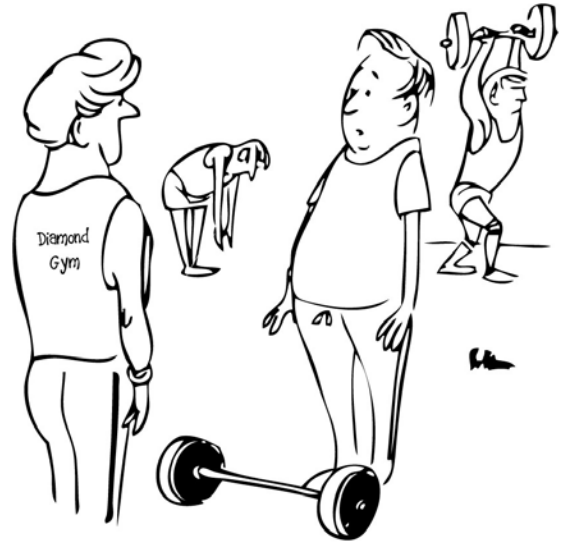
Over medium heat, melt butter in a 10-inch skillet. Pour egg mixture into the skillet and stir to combine. Then, cook on medium heat, without stirring, for about 5 minutes, until the eggs have begun to set.

Place skillet in the center of the oven and bake 20-25 minutes or until eggs are firm; stick a knife in the middle to test doneness. It should come out clean. Remove frittata from oven and let cool for 1 minute. Cut into wedges.

**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 Christopher Mittelbrun. We're treating Chris and his wife to popcorn and the movies! Enjoy the show.



Can I start by pumping paper?



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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**The Answers To These And Many Other
Questions Are Inside The February 2013 Issue!**

