

## **Top 10 Romantic Ideas That Will Help You Find Answers To Questions Like What To Do On Valentine's Day?**

- 1) **Well I believe if you want to make your valentine** feel special then a great idea for you is to place a small love note with three magical words written on it 'I Love You' and place it besides her bed and see the miraculous effects.
- 2) **Take a day's leave from office** and plan the day with your loved one.
- 3) **Prepare some nice valentines** cookie recipe in the shape of heart and I'm sure your partner will love it.
- 4) **Romantic long drive** and a candle light dinner is a fabulous idea.
- 5) **Do not forget to present her** a bouquet of red roses because to express love what better way than flowers.
- 6) **Instead of buying a card**, this valentine's day do something different. Prepare a nice colorful card and do not forget to write love quotes.
- 7) **There are lot many things** to do for Valentine Day like go to a disco and party.
- 8) **This is the day when words are not enough.** Some action is also required to make the day different. Well I hope you must have got an idea that I'm talking about giving your spouse a nice tight hug.
- 9) **Decorate the house for the special occasion.** Implement smart tricks for creating the mood for romance. Dim lights, light music, romantic songs and most importantly attire a nice costume specially meant for Valentine's Day. Adorn yourself with jewelry and other fashion accessories.
- 10) **Propose your partner and tell her/him** how special and important he/she is for you and that it is difficult to imagine your life without them.

## **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 our staff 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.

## **Little Tricks That Make Losing Weight Easier!**

When your mood is up and your dress size is down, it's easy to believe in your bathroom scale. Then comes a rough week, and instantly your scale morphs from ally to accuser.

With friends like that, you think, who needs fashion magazines to feel fat? The truth: No matter what it says, a scale can help you shed pounds you don't want. And for dieters, it's just one of many supportive friends. Here's how to make those friendships pay off.

### **1) Put your scale to work—early and often**

For consistent results, weigh yourself at the same time of day and on the same scale (sensitivity can vary between models). Stettner recommends doing it first thing in the morning, after you use the bathroom.

Try sticking with weekly or semimonthly weigh-ins if you're obsessive (that is, if you're inclined to weigh yourself several times daily) or lose perspective easily (one fluctuation ruins your day).

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## Valentines Song...

In the words of Elynor Glyn, "**Romance is the glamour, which turns the dust of everyday life into a golden haze.**" It is a wonderful feeling, in which one surrenders oneself wholeheartedly to the other person with whom one wishes to share all his joys and sorrows. What a beautiful feeling love is isn't it?

I mean you are ready to give away everything you own just for that one smile on your loved one's face. As more and more people are engaging into romantic love relationships, **valentines songs** CD's are selling like hot cakes. The splendid lyrics of romantic valentine's day songs are heart throbbing. Here's a great love song to sing to that special person in your life.

### "Every Thing I Do" - Bryan Adams

Look into my eyes - you will see  
What you mean to me  
Search your heart - search your soul  
And when you find me there you'll search no more

Don't tell me it's not worth trying' for  
You can't tell me it's not worth dying' for  
You know it's true  
Everything I do - I do it for you  
Look into my heart - you will find  
There's nothing' there to hide  
Take me as I am - take my life  
I would give it all - I would sacrifice  
Don't tell me it's not worth fighting' for  
I can't help it - there's nothing' I want more  
Ya know it's true  
Everything I do - I do it for you  
There's no love - like your love  
And no other - could give more love  
There's nowhere - unless you're there  
All the time - all the way  
Oh - you can't tell me it's not worth trying' for  
I can't help it - there's nothing' I want more  
I would fight for you - I'd lie for you  
Walk the wire for you - ya I'd die for you  
Ya know it's true Everything I do - I do it for you

## ***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. Please keep the referrals coming!

## **Little Tricks That Make Losing Weight Easier!**

### **3) Size Up Your Body:**

A tape measure is a good choice if you want harder data than "my clothes fit better." Bowerman recommends measuring your waist, hip, bust, and upper arm every 2 to 3 weeks (it takes several weeks to see changes).

### **4) Log Your Eating Habits:**

Ever grabbed a doughnut (330 calories) in the morning, sipped a mocha latte (340) at work, and munched half a bag of potato chips (600) in the afternoon? Keeping track can help. You're more likely to curb your habit, in other words, if you know how many lattes you had in the past month. "People don't realize how often and how much they eat, so a food diary can be a real eye-opener," O'Neil says. Seeing your eating patterns might even inspire healthier stress relief: Instead of pigging out after your insufferable boss goes on the warpath, maybe next time you can close your door and do healthy stretches.

### **5) Reduce Portions:**

Cutting even 100 calories per day can help you lose weight, says Catherine M. Champagne, PhD, RD, chief of nutritional epidemiology at Louisiana State University's Pennington Biomedical Research Center. Also note the time, place, emotions, and other eating triggers you experience.

### **6) Step Lively**

Adding 2,000 steps to your day can help anyone shed flab, so strap on a small pedometer and put your feet to work. Walk at lunch, choose stairs over the elevator, park a few blocks away, walk around an indoor mall, or take folded laundry into the bedroom a few pieces at a time rather than all at once. Work up to 10,000 steps per day, and your scale may just throw you a party.

**DO YOU HAVE A WILL ? Call Franks & Rechenberg, P.C. to schedule an appointment for a Will; Durable Health Care Power of Attorney and Living Will , TODAY !!!!!**

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## Here's A Funny DUI Joke...

A policeman was sitting on the hard shoulder watching the traffic go by when a car zoomed past him doing at least 120 mph! The policeman chased him down, and pulled the car over. He went up to the car and asked, "Do you know that you were doing at least 50 mph over the speed limit?"

The driver replied, "Was I officer, I'm terribly sorry but I wasn't aware of that." The policeman said, "May I see your drivers license please?" The man replied, "I don't have one officer."

"Of course you do," said the policeman. "No sir, I don't," said the man.

"So why do you have this car?" asked the policeman. "This is not my car, I stole it," said the man. "You are driving a stolen car?" said the policeman. "Yes I'm afraid so sir,"

Looking puzzled the policeman said, "Let me see the registration, so we can find out who it belongs to." The man said, "There is nothing in the glove compartment except some candy, oh, and my gun."

"Your gun!" exclaimed the officer, clearly worried by this point, as this man was obviously a lunatic. "So you don't have a driver's license, you stole this car, and there is a gun in the glove compartment!" "Yes sir," said the man, "Oh and a body in the trunk."

"WHAT!!" said the policeman turning white, "Ok so you have no drivers license, you have stolen this car, there is a gun in the glove compartment, and a body in the trunk?" "Yes," said the man, sounding slightly irritated.

"Look," said the policeman, "You wait right here and don't touch anything! Don't move, don't even breathe."

**Need information? Kindly visit our web sites:**

[www.FnRlaw.com](http://www.FnRlaw.com)

[www.IllinoisTrafficDefenseCenter.com](http://www.IllinoisTrafficDefenseCenter.com)

[www.IllinoisWorkInjuryLawyer.com](http://www.IllinoisWorkInjuryLawyer.com)

So the policeman ran to his car and radioed the station, "I want to speak to the chief," said the policeman, "And quick!"

He waited about a minute and the chief came on the line, "What is it," he said. "I've got a man here, he is a complete lunatic he has very calmly stated that he is driving a stolen car, he has no drivers license, there is a gun in the glove compartment, and a body in the trunk," said the policeman.

"I'll be right there," said the chief. In ten minutes the man and the car were surrounded. There was the chief of police, a swat team, everybody you could imagine. The chief walks slowly to the car in his bulletproof vest and says to the driver, "Hello sir, may I see your drivers license?"

"Of course," said the man, and produced it from his back pocket. Looking puzzled, the chief asked, "Is this your car?" "Yes," said the man. "Can I see your registration please sir?" asked the chief. The man leaned over to open the glove compartment.

"Please don't open it sir!" said the chief. "Why?" asked the man, "I thought you wanted my registration." "I do," said the chief, "But there is a gun in there." "Don't be silly," said the man, and he opened the glove compartment, empty apart from some candy. "Let me get this right," said the chief, "You have a driver's license, this is your car and there is no gun in the glove compartment."

"Yes," said the man, "And there is no body in the trunk, I suppose," said the chief. "BODY!" exclaimed the man, "Why on earth would I have a body in my trunk?"

"Sir I apologize for this, but my officer told me that you had no drivers license, you had stolen this car, you were in possession of a gun, and a body in the trunk." "The lying fool, said the man, "I bet he said I was speeding too!"

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*"The secret of abundance is to stop focusing on what you do not have, and shift your consciousness to an appreciation for all that you are and all that you do have." – Dr. Wayne Dyer -*

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**Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David B. Franks at (847) 854-7700 NOW! Have questions about DUI? Should you blow? Should you do field sobriety tests? Call Franks & Rechenberg, P.C. for the answers.**

## Fast And Easy Fajitas!

Okay, so for those of you who like quick and easy dinner tips, add a few premixed seasoning packets and you're ready to go with a healthy Mexican meal for four people for around \$10 in the time it takes you to get the coals on your grill hot.

The meat counter has beef and chicken fajita fixings already cut up, and at some locations already seasoned, for around \$3.49-\$3.99 per pound (prices may vary by location). The compilation includes chicken or beef, red, orange, and yellow peppers and red onions, sliced and ready to go.

If your grocery carries the unseasoned versions, McCormick Spices makes a pre-mixed fajita seasoning for sauté pan use which runs about .55 per packet. For each pound of fajita mix you buy (figure one pound for 3-4 people), you need one packet of seasoning, a package of flour tortillas, and then any extra condiments you want, like salsa, sour cream, or guacamole (You can try McCormick's pre-mixed guacamole seasoning which you simply stir in with two mashed avocados and a little lime juice for some very good guac).

### Quick and Easy Fajitas (serves 3-4)

1 lb pre-cut chicken fajita mix  
1 packet McCormick fajita seasoning  
1/8 cup water  
2 tpb olive oil  
Salt and pepper  
1 pkg flour tortillas  
Any other condiments you like (salsa, guacamole, sour cream, etc.)

Heat your charcoal grill.

Place the chicken, peppers, and onions in a medium bowl and season with salt and pepper. Add packet of fajita seasoning and toss to coat all the chicken. Drizzle with olive oil and water. Let sit for 10 minutes while your grill gets hot.

Place the mixture on a pre-holed aluminum cookie sheet (you can find these for about \$1 at the grocery store) and cook until the chicken is cooked through; depending on the heat of the grill, this will only take about 5-10 minutes.

You can serve the fajita mix directly off the grill and into the tortillas. Yum.

## If You Say One Of These Valentine Day Quotes To Your Sweetheart, It Will Have Miraculous Effects On Your Love Life.

*"Love can make you do things that you never thought possible."*

*"Love, an emotion so strong that you would give up everything, to just feel it once, to know that you are part of something special. To know that you can feel what love really is, to know, to feel, to love."*

*"Love is like an hour glass, with the heart filling up as the brain empties."* - **Jules Renord**

*"Love is not finding someone to live with; It's finding someone you can't live without."*  
-**Rafael Ortiz**

*"At the touch of love everyone becomes a poet."*  
- **Plato**

*"To love is to place our happiness in the happiness of another."* - **G.W. Von Leibnitz**

*"Treasure the love you receive above all. It will survive long after your good health has vanished."*  
- **Og Mandino**

## Love At First Sight

Well guys we've all heard people saying that it's a case of love at first sight. But to me this term itself is very confusing and it makes me wonder whether something of that sort can really happen to anybody that the moment you see a person, you fall in love.

And if something like this is true then is it really love? In my eyes it can be a mere attraction seeing someone's physical appearance. And if not then should we conclude that love is all about physical attraction. Read further about study of love at first sight and then ask yourself does love at first sight exist?

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Is DIVORCE in your future ? If so, Call Franks & Rechenberg, P.C. at (847) 854-7700 to protect, your children, your assets and yourself before it is too late.

## Love At First Sight

Love in the first sight is a cumbersome phrase which is difficult to understand but yes one thing that I'm sure about is that there is something about the other person that you cant stop yourself from glancing at him/her or to put in other words there is something so eye catchy and appealing that you cant take your eyes off that person.

And if that person is not around, your eyes are looking for him. Now what is appealing depends from person to person.

You might get attracted to one's beautiful enchanting eyes or the cute smile. You never know what is it in a person that might steal your heart. Well, love is a term, which is much more than just physical attraction. It's about compatibility, understanding, trust and respect. At the end of the day, I would like to emphasize that 'love is a beautiful dream' so keep yourself open to receiving love then be it the case of love at first sight.

### Here's A List of Some "Top" Romantic Books That Can Make A Perfect Gift For Your Valentine ... So Guys Listen Up!

1) **The Romantic's Guide** - this book is perfect for those who are just at a beginner's level in lovemaking. It will give you some interesting tips regarding how to become romantic.

2) **Communication Miracles for Couples** - the success of a relationship lies in conducting proper communication. This book guides as to how to lovingly communicate with your darling.

3) **52 Romantic Evenings to Spice Up Your Love Life** - this book is a reservoir of wonderful romantic ideas that will make your partner go crazy about you. So guys don't wait just go and buy it and see what magic it will spell on your love life.

4) **214 Ways to Say I Love You** - this book will give you some nice ideas as to how to express your love with a style.

5) **365 Ways to Date Your Love** - this book is of great use especially for teenagers who are new to lovology as it encompasses multiple ideas of dating. Check out some cool dating tips through this book.

6) **The Fine Art of Flirting** - this book contains a aacomprehensive list of flirting ideas that can be extremely useful for youth of today.

## Salmon with Wasabi and Lime Cream Sauce

At first glance, many will think that the quantity of wasabi specified may be a typographical error. Japanese horseradish is known for its sinus clearing properties. A little too much will make your eyes water. When combined with heavy cream, pickled ginger and sweetened lime juice the flavor is subtler and you lose much of the heat. Start with a tablespoon of prepared wasabi and then keep adding more until it suits your taste. You can use either the dry wasabi powder that is mixed with cold water to make a paste, or the prepared stuff in the tube. The goo in the tube is milder.

### 4 servings

4 salmon fillets, about 6-8 ounces each  
salt and white pepper to taste  
2 tablespoons olive oil  
1/2 cup dry white wine  
1 tablespoon pickled ginger, minced  
2 garlic cloves, minced  
1 lemon, juice only  
1 lime, juice only  
1 teaspoon Rose's lime juice  
1-2 tablespoons prepared wasabi paste  
1/2 cup heavy (whipping) cream

Season salmon on both sides with salt and white pepper. Heat oil in a large skillet over medium heat. Add salmon and brown on both sides. Remove fish from pan and keep warm. Add wine remaining ingredients except cream. Reduce liquid to just a few tablespoons and then add cream. Bring to a boil and continue to cook until sauce is thick and creamy.

To serve, place salmon on plate and drizzle sauce over.

## Four Secrets For Getting Into Shape Fast!

It seems like everyone is unhappy with their physical appearance these days. It could be because we're in the midst of an obesity epidemic, because we're bombarded with airbrushed images of beautiful celebrities, or because we've become a fast-food nation. Regardless of the reason, everybody wants to look better.

Follow these simple steps and you'll amaze yourself by how fast you begin to see serious results.

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

### **Secret#1. Drink Lots of Water**

Water helps you lose weight in a number of different ways. It is probably the singularly most important change you can make in your everyday routine to both increase your health and get into better shape. First, water acts as an appetite suppressant. You should only be eating when you're hungry and water will decrease the amount of time you spend hungry.

Another benefit of drinking ice-cold water is that your body has to expend energy to heat the water to match your regular body temperature. Basically, you can burn calories simply by drinking ice-cold water!

### **Do You Have Questions About Any Legal Matter That You Want Answered?**

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, divorce or DUI please feel free to give us a call at **(847) 854-7700**. In fact, we've written several Special Reports on these topics. To get your FREE Copy simply call our office and we'll send you or a friend one of our informative Special Reports.

### **Secret#2. Eat More...Often:**

We all grew up being constantly admonished to eat three square meals a day. Sadly, the advice dutifully doled out by mothers around the world isn't actually in line with the way our bodies function most efficiently.

Eating five or seven smaller meals a day, versus the three heaping meals we grew up on, allow our body to take in only the amount of fuel it needs. Normally, when we pile in three full meals, our body has to store some of that food because it cannot metabolize it all at once. This ends up becoming love handles, cottage cheese thighs and all of the other euphemisms we've created to describe the fatty parts of our bodies. Be sensible and healthy with what you eat, but eat it more often.

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### **Great Movie Ideas for Valentines**

Well when the time is to tie the knots of lovebirds, then I guess the most romantic idea is a special candle light dinner, light music, dim lights but don't you think still something seems to be missing. There has to be lots more fun, thrill and romance on this day, what say? In my opinion, a perfect valentine day is incomplete without watching a valentines movie that has the capability to boost up the mood for romance.

The reservoir of Valentine's Day romantic movies is a comprehensive one and consists of multiple options to choose from. Just to name a few top romantic valentine day movies we have **Titanic, Sleepless In Seattle, Romeo And Juliet, City Of Angels, Love Story, Sixteen Candles, Pretty Woman and Endless Love** etc.

But if you want to have some **cheerful** moments of laughter and joy then there are some real funny romantic comedy films like **20 Dates, About Last Night, Breakfast at Tiffany's, An American in Paris & Butterflies Are Free**.

If your loved one is an **adventurous** kind of person, then the perfect kind of film would be an action oriented type like **Back draft, Crimson Tide, Mask Of Zorro, Point Break & Batman Forever**. If you like **mystery stuff** then you can go in for one or more of these thriller valentine movies: **Dead Again, Spellbound, Jaws, The Hand that Rocks the Cradle & Psycho**. If you are fond of **drama**, then you can check out one of the following films: **Bed Of Roses, Great Expectations, About Last Night, Just the Way You Are, Happy Together & When Harry Met Sally**.

If you are a happily married couple and wish to watch a movie that your kids can also enjoy then you can buy a DVD of **Beauty and the Beast** or **Heaven Can Wait**. Other good options are **Night Tide, Like Water for Chocolate & Celestial Clockwork**.

### Secret#3. Cut Down on Salt:

Salt is one of the major enemies of anyone attempting to lose weight because it forces our body to hang onto water that it normally would expel. As a result of this water retention, we stop filtering fluids the way we were designed to.

We end up drinking even less water, contributing to the problems outlined in the first tip. The excess salt in our system also clogs up our internal filtration system which reduces our metabolism.

### 9 Important Safety Tips to Remember!

If you're ever in a car accident here are some important safety tips that can save your life and protect your family during a serious car accident. Remember, "Safety" FIRST!

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. You should have an auto accident handbook in your glove box at all times. **(If you don't have an auto accident handbook, please contact our office and we'll send you one for FREE.)**

### 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 Handbook 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.

### 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 Dean Coffman. We're treating Dean and his wife to the movies!

### Secret#4. Exercise Regularly:

You had to know this one was going to come up, didn't you? The key point in exercising is to get your heart rate up and pumping fast, which will increase the speed at which your body burns fat. So, realistically, any exercise that achieves this goal is a "good" exercise.

The trick is to either **a)** find something you enjoy doing that fulfills those requirements or **b)** find a way to enjoy something that fulfills those requirements. Many people go out and buy a fancy machine, thinking that the cost of the machine will force them to use it. They are usually wrong.

One good exercise is walking up and down stairs. If you have stairs in your house, then you're all set! Many people enjoy listening to a book on tape or music while they do this and the exercise is perfect because it has a high resistance side (going up) and a low resistance side (going down).

In lieu of stairs, you can find dozens of easy exercises on the Internet that you can do in your own home. Commit to doing ten or twenty-minutes a day, with a day or two off for recuperating, and stick to it. Make it part of your daily routine. Do not let yourself skimp for at least a month-and-a-half. After that, it will be a habit.

While these suggestions aren't going to move you from couch potato to stud muffin in three days, the reality is that nothing will. Ignore all the hype on those late night infomercials pushing diet pills which are likely to throw your body into shock or worse. Concentrate on these four steps and you'll amaze yourself with the results.

### 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.

**ARRESTED FOR A CRIME? Don't know where to turn? Help is just a phone call away ! Call Franks & Rechenberg, P.C. at (847) 845-7700.**

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**The Answers To These And Many Other  
Questions Are Inside This Months Issue!**