

Honor Thy Father...

FATHERS play a special, irreplaceable role in people's lives. Let them know that. On June 18th, skip the tie and tell your dad what he means to you from the bottom of your heart. Some suggestions:

- ◆ **WRITE a letter thanking your father for all he's done and all he means to you.** Read it in front of him and the whole family. You can frame it and even add photos or other mementos.
- ◆ **CREATE a thank-you book.** Buy a small book of blank pages. On each page, write why you're thankful for him. Example: "Thanks, Dad, for all the help you provided on my algebra homework when I was a kid." Send it around to your other siblings and have them contribute the reasons they're grateful too.
- ◆ **CREATE a review of your father's life.** Get family members and old friends to write down their memories of your father. Then write a script incorporating all the stories and present it to him.

Events for June 2006

June 1-31: National Drive Safe Month
June 4: National Cancer Awareness Day
June 14: Flag Day
June 18: Father's Day
June 21: Summer Begins

"When a team of dedicated individuals makes a commitment to act as one...the sky's the limit!"

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 512-343-2572 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.

Winning The War On High Blood Pressure Without Drugs

High blood pressure is a major epidemic in our country, particularly among older individuals. Over 60 million Americans have the condition, including more than half of all people between 65 and 74 years old.

And these numbers add up to devastating public health problem because high blood pressure is one of the biggest risk factors for strokes and heart attacks.

Mainstream physicians usually treat the problem with drugs, despite the fact that they often produce severe side effects and occasionally do more harm than good.

Fortunately, a natural approach can be very helpful for the majority of patients with mild to moderate levels of hypertension. Hundreds of patients have lowered their blood pressure to normal using simple nutritional and lifestyle measures.

(continues on page 2)

Winning The War On High Blood Pressure Without Drugs

They wind up looking and feeling healthier, and will wind up living longer, as a direct result of these measures and you can too. Here are simple drug-free recommendations for lowering blood pressure based on your level of hypertension. Check with your doctor before starting these measures and never stop or lower the dosage of a blood pressure drug on your own.

Mild Hypertension: (130-160/90-104)

- * Exercise at least ½ hour, 5 days a week.
- * Use meditation, biofeedback or other stress reduction techniques daily.
- * Reduce excess weight.
- * Limit salt, alcohol, caffeine, nicotine intake.
- * Eat plenty of fruits and vegetables, especially celery, garlic and onion.
- * Reduce or eliminate the intake of red meat and dairy products which contain saturated fats.
- * Increase the intake of vegetable oils and omega-3 fatty acid-rich fish like salmon, tuna and trout.
- * Take daily doses of the following supplements: a high-potency vitamin and mineral formula; vitamin C, 1,500 to 3,000 mgs. In three doses; vitamin E, 400 to 800 IU; magnesium, 800 to 1,200 mgs.; garlic, the equivalent of 4,000 mgs. Of fresh garlic; flaxseed oil, to 2 tbsps.

Follow these recommendations for three months, and if your blood pressure has not returned to normal, 120/80, see a nutritionally oriented physician for further non-drug suggestions.

Moderate Hypertension: (140-180/105-115)

Follow the above recommendations, plus take:

- * Co-enzyme Q10, 50 mgs., two to three times per day.
- * Hawthorne extract, 100 to 250 mgs., three times per day. You may also need to work with a doctor to select the most appropriate medication.

(continues on page 6)

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 the positive comments and referrals from people just like you. We just couldn't do it without you. Tony Nguyen, Barbara Taylor, Jeff Luftig, and more.

New Medical Breakthroughs Are Helping Pets Live Longer

Amazing advances in veterinary medicine are helping America's beloved pets live happier, healthier and longer lives. "There have been many exciting breakthroughs in pet medicine in recent years," said Sheldon Rubin, D.V.M., spokesperson for the American Veterinary Medical Association.

Here are some of the medical advances that are increasing the life span of pets:

Acupuncture:

Animals suffering from severe arthritis, degenerative spine conditions or pain are walking again after treatment with animal acupuncture! "I have seen it work," said Dr. Rubin, who is also the director of the Blum Animal Hospital in Chicago.

Synthetic Blood:

Until recently, animal blood donors were needed for animals that had lost blood. Oxyglobin, an oxygen carrying artificial blood, is now available as a blood substitute. It can be transfused to any animal, regardless of blood type, and can be kept on the shelf in the veterinarian's office for up to two years.

Limb Sparing:

Some dogs contract osteosarcoma, a bone cancer that often afflicts a leg. Conventional treatment has called for amputation of the leg in order to extend the life of the dog. But in experimental cases, surgeons have cut out the cancerous part of the bone and replaced it with specially prepared bone from a deceased animal. A metal plate is placed over the graft. This treatment should become more widespread in the near future.

WARNING!

Toys In Doc's Office Can Be A Health Hazard!!!

Beware! Playing with the toys in your pediatrician's office can make your children sick. "Allowing kids to play with the toys in the doctor's office can expose them to harmful bacteria," says Dr. Ian McKay, a leading general practitioner in Edinburgh, Scotland.

Dr. McKay recently studied the problem with microbiologists from Edinburgh's Western General Hospital and found that all of the soft toys and 60 percent of the hard toys at his clinic harbored organisms.

And 10 percent of the toys sheltered bacteria that can cause diarrhea, upper respiratory and skin infections, according to the study published in the Scottish Medical Journal.

Dr. McKay realized the potential problem after he saw a child chew on a toy, then throw it back in the toy box. "I thought how disgusting that was and that no one made any effort to clean it." He went on to say, "I decided to culture the toys in the office and was surprised to find that one in 10 had potentially harmful organisms on them."

"I think my findings were pretty typical, and I don't think other offices have someone responsible for cleaning toys. I just think it doesn't get done." The bacteria could have come from healthy children who visited the clinic, not just sick ones, he said.

Dr. McKay believes the only way to keep children safe is to remove all toys from doctors' waiting rooms. He says, "We've gotten rid of the toys in our clinic, and the children are not more upset or making any more noise than they did before." "If just one child comes down with a disease from playing with a toy, it's just not worth it."

FACT: Nearly 20 percent of children who visit a pediatrician are not sick, they're there for a well-child exam.

The Real Reason To Hate Mondays (Post weekend stress can cause heart attacks)

Here's another good reason to hate Mondays - returning to work after the weekend can give you a heart attack or stroke! The stress of being back to the job following a relaxing two days off can raise blood pressure to unhealthy levels higher than 140 over 90 and may be the reason that 20 percent more heart attacks occur on Monday morning than any other day, says researchers.

Scientist realized that Mondays could be a killer after monitoring the blood pressure of test subjects for one week. They discovered that there was a big surge in hypertension among employees at work on Monday morning, while those who stayed home had no increase.

"Most people are free of mental and physical burdens of work on a Sunday and experience a more stressful change from weekend leisure activities to work activities on Monday," explained head researcher Dr. Shuogo Muakami, whose findings were published in the prestigious American Journal of Hypertension.

"There was a distinct peak on Mondays." Unfortunately, few of use can quit work. So experts advice that the 1 in 4 Americans who have high blood pressure see their doctors and get their conditions under control with blood pressure drugs or lifestyle changes.

Where To Get The Best DEALS On Electronics?

Relatively new types of consumer electronics – plasma and high-definition TVs, DVD players, cell phones, digital cameras, iPods – are huge sellers across the county. But because technology changes so quickly and there are so many different types of electronics to choose from, many people don't know where to go to get the best product at the lowest price. "Buying has gotten a lot more complicated for the average consumer than it was 20 or 30 years ago," said Amanda Walker, associated editor for Consumer Reports magazine. "More electronic products are available at more locations than ever before. You have the mom-and-pop electronic stores, big cost-cutting warehouse like Sam's and Costco, and **(Continue of page 4)**

THE COOKIN' CORNER...

Brain Tracy's Caesar Salad Recipe! This recipe is the result of 20 years of experimentation and more than 1,000 salads. Many people say that this is the best Caesar Salad they're ever had!

Serving size: 4-8 People.

- ✓ 2 medium-large heads of Romaine lettuce
- ✓ 8 tablespoons extra virgin olive oil
- ✓ 8 cloves of fresh garlic, finely chopped
- ✓ 1 tbsp. Tarragon vinegar
- ✓ 2 egg whites (discard yolks)
- ✓ 1 tbsp. fresh lemon juice
- ✓ 1 can of anchovies, finely chopped into small pieces, oil removed
- ✓ 1 tbsp. of capers
- ✓ ¼ teaspoon dry English mustard
- ✓ ½ teaspoon cracked black pepper
- ✓ ½ teaspoon seasoning salt
- ✓ 1 teaspoon Worcestershire sauce
- ✓ 2 dashes Tabasco sauce
- ✓ ½ cup grated Parmesan cheese
- ✓ ½ cup of garlic Caesar croutons

Tear Romaine lettuce heads open, discard all old leaves, rinse in sink full of cold water, and tear clean, fresh leaves into small pieces, put in colander and spin to remove water. Set aside. Use wooden salad bowl. Cut one garlic clove in half and rub inside of bowl all over with the raw garlic. Measure 8 tablespoons of extra virgin olive oil into bowl. Place whites of two eggs into bowl. Measure 1 tablespoon of Tarragon vinegar into bowl. Measure 1 tablespoon of fresh lemon juice into bowl. Chop 8 garlic cloves into finely diced pieces and add to mixture in bowl. Add 1 teaspoon of capers, 1 can of diced anchovies (oil removed), and ¼ teaspoon of dry English mustard. Add ½ teaspoon of black pepper, ½ teaspoon of seasoning salt, 1 teaspoon of Worcestershire sauce and 2 dashes of Tabasco sauce to bowl. Stir the entire mixture until it is smooth. Place the lettuce on top of the dressing, sprinkle the Parmesan cheese add Croutons on top of the lettuce then mix.

FREE...SPECIAL REPORTS Now Available On Our New Website To Answer Most of Your Legal Questions...

We have published several Special Reports that you or a friend can request at no obligation simply by going online to

www.attorney-austin.com

We love to hear from all our good friends and clients who enjoy reading our monthly newsletter. If you have a question regarding *car accidents, real estate, wills, trusts, or probate* please go to our new web site NOW!

Inspirational Thoughts By Norman Vincent Peale For June - *Positive Thinking Every Day!*

- ◆ *Be sure to image right, for we tend to become as we see ourselves. So see yourself confidently.*
- ◆ *The unconquered and unconquerable of this world are those who hold ever fresh in their hearts an abiding faith in a Higher Power and in their own destiny.*
- ◆ *The tough-minded optimist views any problem as a challenge to his intelligence, ingenuity, and faith. He keeps on thinking, praying, and believing. He knows there is a solution and so he finally finds it.*

The Best DEALS on Electronics Continued

the Internet. Deciding where to go becomes even more confusing. Where you decide to buy will probably depend on whether your biggest concern is price, selection, or service, or whether it's a combination.

INTERNET: Walker suggests beginning your research on-line. "We found that readers who did their research ahead of time usually found the model they wanted at the price they expected to pay." "The internet is a great source for product research. You can find shopping tips, and research features to find what you want and don't want." "You can also go to the retailer's site to see which brands they carry and check their prices. Manufacturer's web sites provide specific product information on different models. When you begin shopping, you'll be armed with information."

Eric Tyson, author of "Personal Finance for Dummies" also recommends using an on-line "bot" that shops the Internet for you, allowing you to compare prices between dozens of retailers. "Try **Shopper.com, Shopzilla.com, StreetPrices.com** or **PriceGrabber.com**," he said. When your research is done and you finally visit an electronics store, don't hesitate to ask questions of staffers.

Go to page 7 for more helpful hits:

The Best Men In Our Lives, Our Fathers

“He opened the jar of pickles when no one else could. He was the only one in the house who wasn’t afraid to go into the basement by himself.”

“He cut himself shaving, but no one kissed it or got excited about it. It was understood when it rained, he got the car and brought it around to the door.”

“When anyone was sick, he went out to get the prescription filled. He took lots of pictures, but he was never in them.”

- Emma Bombeck

Kids & What They Say About Dad...

“When your dad is mad and asks you, ‘Do I look stupid?’ don’t answer him.” -Heather, age 16

Famous People Who Have Been Rejected

Katie Couric’s boss at CNN saw her first appearance on the 6 A.M. news and called the studio saying he never wanted to see her on the air again. Now she’s everyone’s favorite anchor of the Today show.

A single mom and unemployed teacher, J.K. Rowling had her original Harry Potter manuscript rejected by numerous publishers. Those editors are probably kicking themselves now.

Abraham Lincoln lost elections for state legislature, Congress and the vice president candidacy before becoming our 16th president, abolishing slavery, and getting his face on the \$5 bill and Mount Rushmore.

Rosie O’Donnell’s own TV show *Stand By Your Man* was canceled after only seven weeks on the air in 1992. Since then she has gained fame as America’s funniest lady and now hosts her own talk show.

When Jim Carey made his debut at a Toronto comedy club, he was booed off the stage for his bad material and even worse outfit.

Michael Jordan was cut from his high school’s varsity basketball team as a sophomore, but went on to lead the Bull’s to victory and become basketball’s most celebrated player.

Here’s A Great Recipe...Patty Loveless Fruit Pie!

Try Patty’s pecan-crunchy coconut creation. It will leave you singing its praises. **Serves 8.**

2 eggs, separated

1 cup sugar

½ cup butter, melted

½ cup coconut

½ cup pecans

½ cup white raisins

1 (9-inch) pie crust

Whipped cream, optional

MIX egg yolks, sugar and butter. Add coconut, pecans, and raisins. Beat egg whites until stiff. Fold into other mixture. Pour into pie crust. Bake at 325 degrees 50 to 60 minutes. Cool. Top with whipped cream.

NUTRITION PER SERVING: Calories 261, fat 11 grams.

From the book CELEBRITY CHEFS OF COUNTRY MUSIC & MOTORSPORTS.

Great News...

Napping Is Good For YOU!

Adults should make like cats and kindergarteners and take naps. We are programmed to get sleepy in the afternoon, new research shows.

Daytime sleepiness doesn’t come from eating a heavy lunch or not getting enough shut-eye the night before. It is a built-in natural function of the body clock.

But a brief nap is all it takes to refresh, recharge, heighten alertness and boost productivity. Some companies have set up snooze rooms, with recliners, blankies and alarms, so employees can catch some “z-z-z’s” and become better workers.

Siestas should last no more than 30 minutes. Any longer and a person wakes up feeling more tired than before.

Winning The War On High Blood Pressure (continued)...

Sever Hypertension (160+/115+)

Consult with a doctor immediately. Use all the above recommendations, but a drug may be needed to achieve initial control.

After control is achieved, work with your doctor to taper off the medication.

EXTRA...EXTRA...! Do You Have Questions To Certain Legal Issues That You Need Answered?

We love to hear from all our good friends and clients who enjoy reading our monthly newsletter. If you have a question regarding *car accidents, work injuries, bankruptcy, criminal, divorce or DUI* please feel FREE to give us a call at 512-343-2572. In fact, we've published several Special Reports on these legal topics that you can request for FREE by simply calling our office and asking for one. I'll send you or a friend one of our revealing Special Reports absolutely FREE!

VACATION...It Can Save Your Life!!! TAKE a vacation – it could save your life!

"Getting away from it all" is just what the doctor ordered, says scientists, who've discovered that an annual vacation actually boosts life span.

Stress can kill – and the temporary easing of stress with regular down time saves wear and tear on the body.

Over five years, some 12,000 males at high risk for heart disease filled out questionnaires, disclosing if they had taken a vacation in the previous years. The more frequently the men answered "yes," the less likely they were to die from heart disease or any other cause during the nine years that followed, say researchers.

"Stay At Home and Watch a Great Movie This Weekend...Bill Harris tells you what's HOT and what's NOT!"

Hollywood movie reviewer Bill Harris of cable's E! Entertainment Television has spent years on ShowTime, "Entertainment Tonight" And "*At The Movies.*" His syndicated radio show features air nationwide. NOW, TV's number one authority presents his written review.

'PERFECT CRIME' nearly perfect A comedy about love, murder and getting ahead

PLOT: A stylish and ambitious salesperson in a Spanish department store accidentally kills his new boss. An ugly female co-worker knows what happened, and she seizes the opportunity for sexual blackmail.

The actual title of this funny Spanish film is *Crimen Ferpecto*, which translates to Ferpect Crime.

The typo is intentional, but the public may have perceived it as unintentional. Therefore, the title has been changed to Perfect Crime for the English-speaking world.

Too bad, since Ferpect Crime better reflects the quirky nature of this fine comedic effort.

Rafael (Guillermo Toledo) is an up-and-coming department-store salesman and a wildly successful ladies man whose life is on a perfect track until he gets passed over for a promotion.

Rafael kills his new boss Don Antonio -- who is played by Luis Valera and looks alarmingly like sportscaster Marv Albert -- when a changing-room argument turns unexpectedly violent. The only witness is Lourdes (Monica Cervera), who has loved Rafael for years but was too homely to attract his attention.

BOTTOM LINE: Films with subtitles sometimes drive movie-goers crazy, but this one is well worth your time. It isn't quite "perfect," but it is close to "ferpect."

If You Or Someone You Know Has Recently Been In A Car Accident And Would Like To Increase The Value Of Your Case...Read THIS!

IT'S TRUE... Allstate's (auto insurance giant) own documents show that, "consumers with attorneys filing claims against Allstate receive 2-3 times more in awards!"

"Not represented \$3,464, represented \$7,450.00!" Your insurance adjuster might **NOT** have told you EVERYTHING when you signed legal documents. *Don't let this happen to you!* Just call our office at 512-343-2572 to set up your FREE auto accident **audit** consultation!

What Should You 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!

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 512-343-2572. 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.

Joel Depew

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RE/MAX Austin Advantage
Each office independently owned and operated

April 2006 Austin Area Home Prices



Single Family Median Price Single Family Avg Price

2006	\$175,000	+8%	↑	2006	\$236,444	+14%	↑
2005	\$162,000			2005	\$208,038		

**Data courtesy of Austin Board of Realtors.*

How much is your home worth? For a free, no obligation, basic analysis of your home's value, visit www.BuyingGreaterAustin.com and select "Your Home's Value".

The Best DEALS on Electronics Continued

Here are some helpful hits:

1. **Don't buy on the spur of the moment.** "Put careful thought into your purchase," said Walker, to help avoid buyer's remorse.
2. **Try to settle on a brand and model before you begin shopping.** "This makes it easier to compare prices," says Walker.
3. When shopping in stores, including chains, ask **what extra services they provide.** It doesn't hurt to ask.
4. **When comparing price difference,** weigh the shipping charges on Internet orders against the sales tax you'll pay if buying locally.
5. **If you are not familiar with the technology you're planning to buy, visit a nearby store.** "You'll actually be able to touch the product and see exactly what you are buying," recommends Walker. "But if you know what you want to buy and are very familiar with the technology, you will probably be satisfied buying on-line."
6. **Make sure you are doing business with retailers that will stand behind their products.** Getting a good price is no savings if you have a problem after the sale and get lousy customer service.

"Explained everything in detail but not in jargon ... very professional" – Jason Kupcho

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What's Inside?

1. Winning The War On Blood Pressure (Page 1)
2. Toys In Doc's Office Can Be Hazardous (Page 3)
3. The Best Men In Our Lives (Page 4)
4. Can Napping Be Good For YOU? (Page 5)

The *Answers* To These And Many Other
Questions Are Inside The **June 2006** Issue!