

Valentine's Day

Some historians believe that the origin of this day can be traced back to Saint Valentine, a Bishop of Interregna, near Rome, who secretly married young soldiers to their sweethearts because of an edict banning such unions.

The Roman emperor believed that married men would not be willing to fight in remote lands for years at a time. Today, according to the Diamond Information Center, 10 percent of the 2.3 million couples who become engaged every year choose Valentine's Day to do so. Valentine's Day is also one of the busiest days for weddings in Las Vegas.

Since 1994, the Empire State Building in New York City has offered free wedding ceremonies on its 80th floor Sky Lobby in an effort to promote the Art Deco building as a romantic place. Couples are chosen on the basis of the originality, uniqueness, and style of their proposed weddings. Every year, 10 to 20 are chosen from the applications; over the years, more than 150 couples have married or renewed their vows there.

February Events

- February 1: Chinese New Year**
- February 2: Groundhog Day**
- February 5: Dump Your "Significant Jerk" Day**
- February 11: National Foundation Day-Japan**
- February 14: Valentine's Day**
- February 20: President's Day**
- February 1-28 National African-American History Month**

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.

Simple Ways To Ease Post Holiday Depression

For many people the months immediately following the holiday season are among the most stressful of the year. The joyful round of parties, gift-giving, and family visits gives way to the chilly gloom of winter and there are often physical, emotional and nutritional bills to pay in addition to the obvious financial ones.

If not dealt with promptly, the fast living of the holidays can easily lead to long winter months of exhaustion, poor concentration, and serious health problems.

Fortunately, as described in the book, "**The Chemistry of Success**," written by Dr. Susan M. Lark, there is a simple nutritional approach that can ease winter stress. Coupled with a healthy lifestyle, it can help you quickly repay your body's holiday debts and stay healthy and happy.

The Anti-Stress Diet:

Eat lots of fresh vegetables, including sprouts, grains and beans. Reduce or avoid foods high in sugar and fat such as sweets, dairy products and red meat.

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National Groundhog Day, February 2nd

On this day, Americans watch Punxsutawney Phil in Pennsylvania for his prediction of the winter's duration. If he sees his shadow, there's six more weeks of it to come.

Canadians watch Wiarthon Willie, an albino groundhog in Ontario, for the same reason.

Simple Ways To Ease Post Holiday Depression (continued from page 1)

Avoid caffeine-containing drinks and drink alcohol moderately or not at all. To generate more energy during the main part of the day, eat high protein breakfasts and lunches. To slow down in the evening, eat a light meal with more emphasis on carbohydrates.

Anti-Stress Supplements:

To maintain stamina, take daily doses of these vitamins and minerals (start with small doses and work up to the full amount over the course of a month): B-complex, 50 to 100 mg.; C (buffered), 1 to 2 grams; E, 200 to 800 IU; magnesium, 100 to 300 mg.; calcium, 800 to 1500 mg.; potassium, 100 to 300 mg.; zinc, 15 to 30 mg.; chromium, 200 to 400 mcg, manganese, 20 mcg.; selenium, 50 to 150 mcg.; iron (women only), 15 mg.; flaxseed oil, 1 to 2 tbsps.

For extra energy, try either of these herbs, taken as directed: panax ginseng or gotu kola. For feelings of anxiety and stress, try these mood-balancing herbs: kava root extract, 140 to 210 mg; St. John's wort, as directed; valerian root, 150 to 300 mg. at night. Peppermint, gingerroot, and chamomile teas are also very helpful against anxiety and stress.

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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. Dr. Thomas S. Fedesna, Mr. Terry Roth, Mr. Tony Davis, Mr. Trent Cox, Mr. Brent Devere.

Expert Tips That Could Save Your Life!

Lower Your Risk of Heart Attack...

No matter how much you weigh, you'll lower your risk of heart attack by getting into shape. That's the finding of a study of middle-aged women who were showing signs of heart disease. "These results suggest that fitness may be more important than overweight or obesity for (heart) risk women," concludes Dr. Timothy R. Wessel, the study leader at the University of Florida. Being overweight is clearly dangerous to your health. Another new study indicates that being fit helps lower diabetes risk, but not as much as being overweight increases it.

Therapy Helps Beat Insomnia...

Throw away those sleeping pills. There's a better way to get to sleep, says an expert. Four half-hour sessions using cognitive behavioral therapy (CBT) helps patients change thoughts and behaviors that disturb sleep.

CBT effectively fights insomnia, according to psychologist and sleep disorder expert Gregg D. Jacobs, associate professor of psychiatry at Harvard Medical School. "It works better than sleeping pills in the short term and in the long term, and has no side effects."

Want Brain Food? Go For The Green...

Mom was right, eat your greens! A 10 year study of 13,388 nurses discovered that women in their 60's who regularly ate more spinach, romaine lettuce and similar vegetables did better on memory and attention tests when they were in their 70's.

Women who consumed about eight weekly servings of leafy green vegetables outperformed those who ate three servings. And, women who ate about five weekly servings of broccoli, cauliflower, and cabbage did better than those who ate only two, according to research at Brigham and Women's Hospital in Boston.

Laugh Your Way To Good Health...

Take two jokes and call me in the morning!
That's the prescription for conquering the blues and feeling better in India.

Millions of Indians make themselves shake with laughter each morning swearing that this regular ritual boosts their energy, makes them work better and keeps them happy.

Laughter clubs have mushroomed across the country. Bombay boasts 57 to teach folks how to get themselves laughing for up to an hour each day.

"People opt for different types of laughter," revealed Dr. Madan Kataria, a Bombay family physician who founded the country's first laughter club. "The more modest do a course in 'cocktail party laughter' where they laugh softly. Others like the healthy, lung-clearing effects of loudly going 'ho-ho-ho.'"

Real extroverts let it all hang out with gut-wrenching guffaws. "The object is to lose yourself in laughter. It's wonderful exercise for the lungs and abdomen; it relaxes the mind and body and empties the mind of stress."

Dr. Kataria, head of a medical team studying the effects of laughter, says preliminary results show it is a powerful relaxant, reduces or cures psychosomatic ills, and acts as a tonic by sending more oxygen to the brain and muscles. "While some people tell jokes or listen to comedians, nearly all use the method I adopted: You just force yourself to laugh, make eye contact with other people and the laughter just comes. Try it!"

Thanks For The Kind Words...

"Andrew is intimately knowledgeable on each document of a real estate transaction. His knowledge and experience is invaluable." – Kyle Odiorne

The Real Rocky Story...

Rocky got its start in 1975 when Sylvester Stallone watched Muhammad Ali defend his title against Chuck Wepner, who was not even a full time fighter. He spent his days working as a liquor salesman and was supposed to be a pushover. But somehow he stayed in the ring with Ali, lasting until the 15th round.

Just like Rocky Balboa, Wepner was showered with media attention after his fight, but unlike Rocky, Wepner never got another title shot. He developed a cocaine habit and served nearly three years in prison for drug possession. Since 1991, Wepner has worked as a motivational speaker.

The Best Dogs To Protect Your Home

If you want a dog for home protection, don't adopt a Labrador retriever. Former President "First Dog" Buddy will never be a good guard dog or watch dog, according to Dr. Stanley Coren, a dog expert and professor of psychology at the University of British Columbia.

"Labs like Buddy are so friendly," states Coren, who surveyed dog trainers for their picks of the best and worst guard doges and watchdogs.

Here's what he found: **Best Guard Dogs...**

"A GUARD DOG WILL STAND BETWEEN YOU AND AN INTRUDER AND TEAR HIM APART IF NECESSARY," said Coren, author of the book "*The Intelligence of Dogs: A Guide to the Thoughts, Emotions and Inner Lives of our Canine Companions.*"

The top 10 guard dogs are: Bull Mastiff, Doberman Pinscher, Rottweiler, Komondor, Puli, Giant Schnauzer, German Shepherd, Rhodesian Ridgeback, Kuvasz, and Staffordshire Terrier.

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THE COOKIN' CORNER...

Fast And Easy Fajitas! Even with the time it takes to marinate the beef, you can easily whip up this dish after work.

Preparation time: about 20 minutes.
Marinating time: 30 to 60 minutes. **Cooking time:** 15 minutes. Serves 4 people.

1 lb. beef flank steak
½ cup lime juice
¼ cup vegetable oil
1 tbsp. fajita seasoning
1 large green bell pepper cut into 1-inch strips
1 large red onion, sliced and ringed
flour tortillas - grated cheese – salsa
guacamole and sour cream

SLICE steak across the grain in 2-inch by ¼-inch strips. Place in zipper-lock plastic bag. Combine lime juice and oil; pour over steak strips. Marinate in refrigerator for 30 to 60 minutes. Remove strips from marinade; discard marinade. Sprinkle fajita seasoning on strips. Spray nonstick skillet with vegetable spray. Stir fry beef over high heat, stirring constantly until brown, about 3 minutes. Add onion rings and pepper strips; continue stir-frying until most of liquid is absorbed and onions are slightly brown, about 10 minutes. Serve immediately in flour tortillas with choice of condiments.

Nutrition per serving: calories 577, Fat 28 grams sodium 445 mg.

From Betty Crocker's Entertaining Basics

Inspirational Thoughts For February...

Positive Thinking Everyday...

By Norman Vincent Peale

- ◆ *Never use the word "impossible" seriously again. Toss it into the verbal waste bucket.*
- ◆ *Enthusiasm releases the drive to carry you over obstacles and adds significance to all that you do. It tones up your physical vitality and gives warmth to all your personal relationships. When you associate with enthusiasm long enough it grabs you and takes over within you.*
- ◆ *Why feel defeated when you are free to draw upon a Higher Power that can do everything for you?*
- ◆ *Understanding can overcome any situation, however mysterious or insurmountable it may appear to be.*

Need Help With Stains?

With all the holiday parties and visiting you've just gone through, chances are you have a few stained garments. Here's how to clean them up:

- ✓ **Coffee or Tea Stains:** Pat the stain with a cloth soaked in a solution of alcohol and white vinegar. Then wipe with a clean cloth and wash as directed.
- ✓ **Red Wine:** Let it soak in detergent, rinse and treat with acetic or citric acid, rinse. Treat residue with bleach, if garment allows. Wash as directed.
- ✓ **Spaghetti sauce or Grease:** With a spoon remove the solid part of the stain, then pat it with a cloth soaked in alcohol. Wash as directed.
- ✓ **Alcoholic drinks:** (other than red wine) apply a solution of white sprits and hot water.
- ✓ **Lipstick, foundation & nail enamel:** Rub softly with a cloth soaked in turpentine or alcohol. Wash as directed.

FREE...FREE...FREE! We Now Have FREE SPECIAL REPORTS Available To Answer Most Of Your 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, wills, trusts, probate, bankruptcy, asset protection, or real estate** please feel FREE to call our office directly at 512-343-2572.

In fact, we've published several Special Reports that you can request at no obligation by calling our office **24 Hours A Day** and leaving a message on our office voice mail.

The Ultimate Chocolate Lovers Diet!!!

Chocoholics, listen up! You can still enjoy plenty of your heavenly favorite food –AND lose weight quickly with this amazing diet! Daily Food Plan:

BREAKFAST: 1 selection each from dairy, grains and fruits. Drink 2 cups of water plus coffee or tea.

LUNCH: 1 selection from proteins, 1 from grains, 2 from vegetables, 1 from fats. Drink 2 cups of water plus coffee, tea or diet soda.

SNACK: 1 selection each from dairy and fruit. Drink 2 cups of water plus coffee, tea or diet soda.

DINNER: 1 selection from proteins, 2 from grains, 2 from vegetables, 1 from fats. Drink 2 cups of water plus coffee, tea or diet soda.

12 Steps To Health, Wisdom and Happiness from Ivan Burnell... How He Went From A Top Space Engineer To Bum and Back To Millionaire...

1. Ask yourself, "What do I want out of life?"
2. Understand that where you are now in your life is the product of all your past decisions, good or bad.
3. Respect yourself, you are perfect inside.
4. Be absolutely honest with yourself. Accept WHAT IS, not WHAT SHOULD BE.
5. Get rid of negative thoughts. Every time you try your best at a task, tell yourself you are doing a great job.
6. Clarify your goals.
7. Turn negatives into positives.
8. Don't hold grudges and stay angry. Be the first to make up and move on.
9. Give 10 percent of your time and money to others, but give another 10 percent only to you.
10. Listen your way to success. Really hear what others are saying to you.
11. Choose your words carefully when you speak to others.
12. Allow yourself to be successful.

Here's A Great Recipe...For Tanya Tucker's Mexican Cornbread!

Wake up to a "Delta Dawn" with Tanya's tasty cornbread.

Preparation and cooking time: about 10 minutes.

Baking time: 25 minutes. **Serves:** 10 to 12.

1/2 cup oil

1 1/2 cups self-rising cornmeal

1 can golden corn

3 eggs

1 cup grated cheese

1 hot pepper, chopped

1 cup buttermilk

3/4 cup chopped green pepper

MIX half of oil with other ingredients. Pour remaining oil in skillet. Pour cornbread mixture into hot skillet. Bake at 375 degrees until brown.

Nutrition per serving: calories 203, fat 7.2 grams.

From the book CELEBRITY CHEFS OF COUNTRY MUSIC & MOTORSPORTS.

Simple Ways To Ease Post Holiday Depression

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Anti-Stress Habits:

Get plenty of sleep and keep regular bedtime hours. I recommend at least seven hours every night. Whenever possible, if you feel the need, catch up on your sleep with an afternoon nap. Exercise is one of the best ways to reduce stress and improve health. I recommend at least a half hour, five days a week of moderate aerobic exercise.

If it's too cold to walk or jog outside, try indoor activities such as riding a stationary bike, walking on a treadmill, or doing calisthenics. Daily "mental" relaxation exercises or mediation can also help reduce stress and boost energy.

Following this regimen will help you conquer post-holiday stress and stay fit and healthy throughout the winter months to come.

Best Watchdogs...

(Continued from page 5)

"A watchdog will bark and sound the alarm. They need to be excitable so they bark whenever they think something is out of the ordinary," says Coren, who recommends families adopt a good watchdog rather than a guard dog.

The top 10 are: Rottweiler, German Shepherd, Scottish Terrier, West Highland White Terrier, Miniature Schnauzer, Yorkshire Terrier, Cairn Terrier, Chihuahua, Airedale, Poodle.

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, real estate, wills and trusts or probate please feel free to give us a call at 512-343-2572. 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.

How Romantic...

Most Folks Believe In Soul Mates...

America is the home of the free and the brave and also the romantic! An overwhelming majority of Americans agree that soul mate couples who were born to be together really do exist.

In an eye-opening America Online poll of more than 35,000 persons, an amazing 83.5 percent said they believe there are soul mates. Only 6 percent said there weren't and the rest were unsure.

Just over 50 percent in the AOL poll said they've discovered their soul mate, while 76 percent said people should never stop searching, because there's no special age to find someone meant only for you.

"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.

HUSTLE & FLOW (R)

"Hustle & Flow" abounds with all the ingredients of terrific popular entertainment. Writer-director Craig Brewer first of all cares deeply for his characters, with the result that each one emerges as a distinctive, involving individual, and this care extends from the film's casting down to such details as the gold teeth sported by one of its stars.

Wrenching in its raw emotions, hilarious in its earthy humor yet subtle in myriad ways, "Hustle & Flow" catches life in a warm embrace, unafraid of sentiment but not looking away from some of the harsher realities of everyday existence. It's safe to say it's not like any other movie about a black pimp.

Terrence Howard's tough but reflective DJay is every bit as memorable as the fierce and flashy Max Julien was in "The Mack" (1973), or Morgan Freeman as the most terrifying pimp imaginable in "Street Smart" (1987).

"Hustle & Flow," however, is working on an entirely different level as it explores its simple, persistent theme: "*Everybody needs a dream.*"

What If You Don't Have the Right Auto Coverage and You Get into an Accident?

Your insurance agent might not have told you EVERYTHING you need to know about your policy! If you get into a serious accident you might be facing your expenses on your own. Don't let this happen to you. We will review your auto insurance policies for FREE making sure you have the right amount of protection just in case of an accident (giving you peace of mind)! For your FREE auto insurance review just call our office today at 512-343-2572 and ask for me to set up your FREE auto insurance policy **audit**.

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 review our special report entitled "**Inside Secrets Insurance Companies Don't Want You To Know.**" (If you don't have the report, 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 all of our 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.

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 Mrs. Barbara Taylor who has referred several clients over the course of a few months! Thanks Barbara!

The Best Way To Weigh Yourself...

Is your scale lying to you? If you want to get the real skinny on your weight, you have to know how, and when to weigh in.

Always Step on the scale in the nude so nothing but your body weight will register.

Be Sure to use the same scale each day. That way you can be sure any gains or losses are real and not a function of the differences between scale mechanisms.

It's Best to avoid digital or battery operated scales. The readings can be off when the batteries fade.

To Get the most accurate reading, experts say, avoid weighing yourself after drinking a lot of caffeine. Otherwise any weight loss you see may simply be caused by the diuretic and dehydrating effects of the caffeine.

Similarly, readings will be off after a workout or an illness.

"Personable, easy to get a hold of... Very easy to work with. Thank you." – Jessica Arnold

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