

Your Child's Bike Helmet Can Kill

Several years ago following an accidental strangulation death of a 3-year-old Pennsylvanian boy, the U.S. Consumer Product Safety Commission (CPSC) has concluded that children should not wear bike helmets when using playground equipment.

"Children should always wear a helmet while riding their bikes, but when a child gets off the bike, take off the helmet," cautions CPSC Chairwoman Ann Brown. "There is a hidden hazard of strangulation if a child wears it while playing on playground equipment."

A child can get his or her head stuck inside certain play structures such as a tunnel or covered slide and not be able to get free. Even more frightening, a youngster can catch the chin strap of the helmet on protruding objects and then be left dangling.

In the last four years, the CPSC has received reports of six mishaps, two of which resulted in death. In two of the cases, helmet wearing children were climbing trees and in the four others, the helmeted youngsters were on playground equipment.

March Events

March 1: Ash Wednesday

March 6: Eastern Orthodox Lent Begins

March 17: St. Patrick's Day

March 20: Spring Begins

March 16-22: National Agriculture Week

March 1-31: American Red Cross Month

March 1-31: Irish-American Heritage
Month

March 5-April 16: Lent

What's So Special About March?

First Day of March, March 1st.

According to the Naturalist's Almanac, the saying "in like a lion, out like a lamb" first appeared in an English play in 1624. According to one observer, over the past five years March has come in like a lion 71% of the time and has gone out like a lamb 83%.

St. Patrick's Day, March 17th

On this day, many wear green because it is the national color of Ireland, the color of the Shamrock, and a sign of spring. They don green shirts, ties, hats, and hair ribbons. Tradition holds that those who don't wear green must be pinched.

How To Conquer Anxiety Attacks Naturally and Get Control of Your Life...

At some time in their lives, an estimated 10 to 20 million Americans are stricken with panic attacks. These are agonizing bouts of fear and anxiety that are frequently coupled with heart palpitations, trembling, sweats, breathing difficulties, numbness, or even facial paralysis.

The attacks can last anywhere from minutes to hours and become so unpleasant that sufferers will severely limit their lives to avoid them. Never ignore panic attacks and never let anyone tell you they are "all in your head." Help is available, and I strongly suggest seeking it from a nutritionally oriented physician.

Panic attacks are often related to underlying nutritional problems and deficiency states rather than emotional issues. Yet once diagnosed, mainstream physicians usually treat panic attacks with potent tranquilizers that can cause serious side effects, including addiction.

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.

Continued...

How To Conquer Anxiety Attacks Naturally and Get Control of Your Life...

Fortunately, alternative medicine specialists have found a number of nutritional and lifestyle approaches that are effective against attacks without the risk of negative side effects.

The first thing to do when attempting to relieve panic attacks is cut out the foods that could be triggering them, most commonly caffeine and alcohol. Most experts recommend reducing coffee (and caffeinated soft drinks) to one cup a day. If you drink alcohol, have no more than one mixed drink or glass of wine per day.

Cut down on your intake of refined sugar, sweets and fatty foods. Instead, eat fruits, vegetables and grains in the form of snacks every few hours to help maintain a constant blood sugar level.

Regular exercise helps burn the excess energy that contributes to panic attacks. I recommend at least 30 minutes 5 days a week of walking, biking, jogging, or calisthenics. Getting enough sleep can help reduce the risk of panic attacks, too.

(continued on page 5)

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. Jose Cardenas, James Hickerson, Brent Devere, Carmina Eaton, Duke Brown, Jana Cox...

Home Remedies Than Can Help You Win The Cold War

Some extraordinary home remedies for the common cold are nothing to sneeze at. Your kitchen cabinet already holds many of the items that will help get you back on your feet quickly and at little expense.

“Grandma knew best when she gave you chicken soup for a cold,” declared Dr. Mary L. Hardy, director of the Cedars-Sinai Medical Center’s Integrative Medicine Medical Group in Los Angeles.

“Many folk remedies handed down for generations really work. They are very effective, safe, gentle, inexpensive and easy to find.” When a cold’s got you down, try these simple steps:

- ✓ **DRINK water.** “Water hydrates your entire body and helps other remedies work better,” said Dr. Hardy, a board-certified internist.
- ✓ **TAKE the immune-stimulating** herbs echinacea, astragalus and andrograp his paniculata (sold under the brand name Remdex).
- ✓ **TRY herbal germ-killers** such as garlic, golden-seal, and ginger. Garlic is best eaten raw.
- ✓ **TAKE zinc.** It helps boost your immune system and can help reduce the duration of colds.
- ✓ **USE hot spices like cayenne,** curry and chilies, which help loosen mucus plugging the head.
- ✓ **SIP CHICKEN SOUP.** “The hot liquid helps clear the sinuses, and the onion and garlic boost the immune system,” Dr. Hardy explains.
- ✓ **THIN mucus with the spice fenugreek.** You can buy it as a whole spice, in tea or in capsules.
- ✓ **ENJOY tea with honey and lemon.** The tea helps heal raw areas in the throat, and the honey and lemon help relieve dry coughs. *(continues on*

Would you like to...

Lose 20 Lbs. In 8 Weeks?

You can shed up to 20 pounds in just eight weeks without feeling hungry by following a simple new version of the wildly popular "Zone Diet." This new diet sparks your body to burn extra pounds quickly and painlessly, simply by fueling it with the right combination of protein, carbohydrates and fats.

It's featured in diet guru Dr. Barry Sears book "A Week In The Zone." Dr. Sears says, "For years, food gurus have been telling Americans they can slim down by avoiding fats and eating plenty of carbohydrates. But they are wrong."

"Eating too many carbohydrates and calories without fat leads to excess insulin levels and actually keeps people overweight." "By eating the right amount of protein, carbohydrates and fats, you can keep your insulin in balance, in the Zone, and speed weight loss." "You will lose about 1½ pounds of pure fat every week you're in the Zone."

"During the first two weeks, you'll also shed about five pounds of water stored in your body. "By the end of eight weeks, the average person can lose 17 to 20 pounds without feeling deprived, frustrated or half-starved."

"Perhaps best of all, recent scientific studies demonstrate that being in the Zone delivers outstanding health benefits. It can decrease your risk of heart disease and diabetes, give you better protection against arthritis and osteoporosis, and beef up your body's natural defenses against infection and disease."

Thanks For The Kind Words...

"We were completely pleased with the services and our experiences" – Mrs. Margot Brown

Why Some Inanimate Things Are Considered Male Or Female

- **Swiss Army Knife: MALE**, because even though it appears useful for a wide variety of work, it spends most of it's time just opening bottles.
- **Web Page: FEMALE**, because it's always getting hit on.
- **Ziploc Bags: MALE**, because they hold everything in, but you can always see right through them.
- **Copier: FEMALE**, because it is an effective reproductive device when the right buttons are pushed, but can wreak havoc when the wrong buttons are pushed.
- **Hammer: MALE**, because it hasn't evolved much over the last 5,000 years, but it's handy to have around and is good for killing spiders.

Overcoming The Fear Of Flying!

The continuing war on terrorism as well as recent airline crashes have made many business travelers more than a little queasy about flying. Yet many are still required to travel as part of business. How do you cope with the fear of flying? Try these tactics:

- **Take a look at the facts.** Flying remains one of the safest modes of transportation, above and beyond driving.
- **Weigh the risk and benefits.** There may be a very small chance of something going wrong, but there's huge opportunity for professional and personal growth and progress if you fly to your destination.
- **Find alternatives to flying:** If it's within reasonable range, you may opt to ride the train. Or, there are technical alternatives such as teleconference and e-mail.
- **Find out which airlines have the best safety records.** Fly on the airlines that you feel take the most precautions when it comes to maintenance and security. Knowing how safe the airline is helps alleviate your anxiety.

THE COOKIN' CORNER...For March

GRILLED SHRIMP! No need to fire up the grill when you panfry this "grilled" dish!

Preparation time: Marinating time: 4 hours.
Cooking time: 15 minutes. Serves 6 – 8 people.

- ✓ 1 to 1 ½ lbs. shrimp
- ✓ 2 lemons
- ✓ 3 or 4 cloves garlic, peeled and thinly sliced
- ✓ ½ tsp. Salt
- ✓ lettuce leaves, rinsed and crisped
optional pepper

RINSE shrimp and place in bowl. Cut 1 lemon into wedges and squeeze juice from them over shrimp; mix well. Cover and chill at least 4 hours or up to 1 day, stirring occasionally. Discard lemon wedges. Cook in large nonstick pan with garlic and stir often until opaque but still moist-looking in center of thickest part (cut to test), about 5 minutes. Transfer to lettuce-lined plate. Cut remaining lemon into wedges; arrange around shrimp. To eat, peel shrimp and add juice from lemon wedges, then salt and pepper to taste.

Nutrition per serving: calories 51, fat 0.8 grams, sodium 213 mg.

From SUNSET RECIPE ANNUAL, 2000 Edition by the Editors of Sunset Magazine.

Inspirational Thoughts For March Positive Thinking Everyday...

By Norman Vincent Peale

- ◆ *There is nothing at all wrong with having money unless money has you.*
- ◆ *Resentment or grudges do no harm to the person against whom you hold these feelings, but every day and every night of your life they are eating at you.*
- ◆ *When a problem comes along, study it until you are completely knowledgeable. Then find that weak spot, break the problem apart, and the rest will be easy.*
- ◆ *Faith plus dynamic dreams plus working at it is a go-ahead formula that gets you where you want to go!*

CHEERS...

A Trip To The Neighborhood Tavern Is Good For You, Guys!

HERE'S to your health!!! Forget therapy and tranquilizers, guys - a trip to the neighborhood tavern is just as good for beating stress and depression.

That's the surprising findings of a new study of 900 men by Dr. Colin Gill of Leeds University in England, who says conversation and companionship in bars actually help keep men healthy.

"Men need breakout time as much as women do and are mentally healthier for it," said Dr. Gill, who concluded men should be encouraged to put in some beneficial pub time.

Just remember, NOT to drink and drive. Call a friend or call a cab to pick you up.

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, buying or selling real estate or wills, trusts, and estate planning* 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.

Now You Can Stop That Credit Card Junk Mail In Seconds...

If "PRE-APPROVED" credit offers drive you up the wall, a simple phone call can end them once and for all in a matter of seconds.

You get those annoying come-ons in the mail because credit bureaus sell your vital personal information without requesting your consent.

The information includes name, address, phone number, birth date and Social Security number, everything necessary to start soliciting you.

But you can demand credit bureaus stop selling your vitals. When you do, the junk credit offers will stop. There's a toll-free number just for that purpose **1(888) 567-8688**.

Continued...

How To Conquer Anxiety Attacks Naturally and Get Control of Your Life...

If you have trouble sleeping, try herbal help from valerian root, kava root, or soothing teas such as peppermint or chamomile. Afternoon naps can also have a wonderful anxiety banishing effect if you have the time to indulge yourself.

Try the following stress-fighting supplements daily to strengthen the nervous system, reduce anxiety, and reduce the risk of panic attacks:

Vitamin B-complex, 200 mg.

Beta-carotene, 15,000 I.U.

Vitamin C, 1,000 to 2,000 mg.

Vitamin E, 400 I.U. daily

Magnesium, 100 to 300 mg.

Calcium, 800 to 1,500 mg.

Potassium, 100 to 300 mg.

Zinc, 15 to 30 mg.

Chromium, 200 to 400 mcg.

Manganese, 20 mcg.

Selenium, 50 to 150 mcg.

Here's A Great Recipe...For Richard Petty's Angel Food Cake!

The NASCAR legend wheels into the kitchen to share a favorite dessert.

Preparation time: about 20 minutes. **Baking time:** 75 minutes. **Serves:** 10 to 12.

1½ cups egg whites

1 tsp. cream of tartar

1 cup sugar

¼ tsp. salt

1 tsp. vanilla

1 cup flour

BEAT egg whites until foamy, add cream of tartar and other ingredients; beat until stiff, but not dry. Bake in angel food pan at 325 degrees for 1 hour and 15 minutes or until browned.

From the book CELEBRITY CHEFS OF COUNTRY MUSIC & MOTORSPORTS.

Insuring Fido

Every year, insurance companies spend more than \$300 million on claims to cover injuries from dog bites. Most of the claims fall under a homeowner's policy. But now insurers are starting to ask owners of notorious breeds to prove that their animals don't bite if they want to include their pet in the household's policy.

Pit Bulls, Rottweilers, German Shepherds and Huskies are the breeds most frequently linked to attacks and top the list of dogs needing to prove their friendliness. Some companies will insure the dogs without proof if the owners have a high-fenced yard. Other insurers, like Nationwide, will not insure any threatening breed.

If your dog already has a rap sheet, you may be unable to get insurance or will have to pay steep surcharges (between \$600 and \$2,000 a year). Even if your dog is not a threat, you should double-check your coverage, as some policies refuse to cover dog bites.

Blocking Unwanted E-mails!

If you're spending too much time clearing out junk e-mails, consider using the free service offered by the Direct Marketing Association, (at dmaconsumers.org.) which helps block some unsolicited commercial e-mails.

In addition, computer experts warn that you should not respond to unwanted e-mails, even if you're trying to let the company know that you want to be removed from its mailing list.

By replying, it confirms that they've reached a valid e-mail address to other marketers. To reduce the number of e-mails from co-workers, simply add the phrase "no need to reply" when sending off messages that require no confirmation or feedback.

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, buying or selling houses, or wills, trusts, and estate planning 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 You Can Get In...

"The ZONE"

To get in the ZONE, Dr. Sears suggests the following simple rules:

1. Always eat within an hour of waking.
2. Eat at least three meals and two snacks every day. Afternoon and late evening snacks are critically important. "A Zone meal should give you 4 to 5 hours in the Zone, and a Zone snack 2 to 2½ hours," he explains. "You must eat every 4 to 5 hours after a meal and 2 to 2½ hours after a snack whether you are hungry or not, to stay in the Zone."
3. Lack of hunger and clear mental focus are excellent barometers that you are in the Zone. Before every meal and snack assess your hunger and mental focus.

(continued on page 7)

"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.

DATE MOVIE (PG-13)

Two Scary Movie writers spoof the romantic comedy genre in a film for people who love date movies and people who hate them. You'll recognize outrageous scenes lifted from a dozen different date flicks, with **Alyson Hannigan**, and **Eddie Griffin** heading up an ensemble cast that includes favorites **Jennifer Coolidge** and **Fred Willard**.

EIGHT BELOW (PG)

Paul Walker, **Jason Biggs** and the most lovable and talented eight dogs you've ever seen star in a family thriller of loyalty and friendship. It's based on the true story of a 1957 Antarctic expedition which had to retreat and abandon its sled dogs, and then returned a year later for the pals they left behind. Walker wanted to do a family friendly film for his daughter, and now he has in a flick that he says gives more "face time" to the dogs than him!

New DVD Releases...

DOMINO

Keira Knightley stars in the true life tale of wealthy model turned bounty hunter Domino Harvey, who tragically fell victim to excess before the film was finished.

Car Maintenance Tips

Consumer expert Des Toups says that if you own a vehicle that is three or more years old, it's a good idea to set aside \$50 a month for maintenance and future repairs. "A rebuilt transmission costs \$1,500; replacing timing belts runs to \$600," he says.

"Even if you've paid off your vehicle, it's smart to have the savings to cover emergency repairs. If you're lucky enough never to use that money, you can apply those funds towards the next car."

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 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 Thomas Fedesna. We're treating Tom to lunch!

Continue in...

"The ZONE"

4. Start every meal and snack with low-fat protein plus carbohydrates. Eat more leafy green vegetables and fruits and less simple carbohydrates, such as pasta, breads, rice, grains, and starches. Don't forget "good" fats, like olive oil.
5. A typical serving of low-fat protein should fit in and be no thicker than the palm of your hand. A typical snack contains 1 oz. of protein for both men and women.

At first, a kitchen scale is helpful to measure the protein portion. You can soon eyeball these amounts at home, in restaurants and fast-food take-outs.

6. Divide your plate into three equal sections. Put the protein on one-third, fruit and vegetables on the other two-thirds. Don't forget a dash of fat, like olive oil. "If you make a mistake with your portions, your next Zone meal or snack will take you right back in the Zone," say Dr. Sears.

"And if you're in the Zone only 70 to 80 percent of the time, you'll still get 70 to 80 percent of the benefits."

"You'll soon learn the longer you're in the Zone, the less you will crave carbohydrates." Please make sure to talk to your doctor before starting the Zone or any other diet program.

"Andrew Rocks" – Mrs. Jamie Odiorne

TidBits for Today...!
is a FREE monthly newsletter
from your friends at
The Traub Law Office
5900 Balcones Drive #132
Austin, TX 78731
512-343-2572
Andrew@attorney-austin.com
www.attorney-austin.com



What's Inside?

- 1. Your Child's Bike Helmet Can Kill.....(Pg 1)
- 2. Conquer Anxiety Attacks Naturally.....(Pg 1)
- 3. Lose 20 Pounds In 8 Weeks.....(Pg 3)
- 4. Stop Credit Card Junk Mail In Seconds.....(Pg 5)
- 5. Get In The ZONE.....(Pg 6)

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