

Important Safety Tips for Halloween!

Kids:

1. Make sure to bring a flashlight!
2. Walk, don't run, and use sidewalks. If no sidewalks are available, walk on the left side of the road, facing traffic, and obey traffic signals.
3. Don't cut across yards or driveways.
4. Don't trick-or-treat in unfamiliar neighborhoods; approach houses that are lit.
5. Bring a watch that is readable in the dark.
6. Avoid tripping by wearing costumes that don't drag and shoes that fit, take caution when walking with a mask on, don't carry non-flexible rubber knives, swords or other dangerous props.
7. Wear reflective markings or tape on costumes so motorists can see you at all times.
8. Avoid unfamiliar pets.
9. Carry quarters to call home in an emergency or ask your parents if you can bring their cell phone.

Parents:

1. Provide dinner before trick-or-treating.
2. Accompany young children. Don't allow them to trick-or-treat alone.
3. Look for flame retardant costumes.
4. Know where older children are trick-or-treating.
5. Inspect candy for tampering, examine candy wrapping; discard anything suspicious.

(Continued on page 4)

Events For October 2006

October 3-7: Fire Prevention Week

October 2: Yom Kippur

October 9: Columbus Day

October 16: National Boss's Day

October 23: Mother-in-Law Day

October 29: Daylight Savings Time Ends

October 31: Halloween

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 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.

A New Alternative To A Hysterectomy!

Great News for women! Every year some 400,000 Americans need treatment for excessive menstrual bleeding and many of them are affected so seriously, they get hysterectomies.

But now there is a safer, easier non-surgical alternative which can be done in a doctor's office under local anesthetic. The exciting new advance, Microwave Endometrial Ablation, involves a doctor using a simply hand-held microwave wand literally to microwave the lining of the womb.

"A hysterectomy, which is often done as a last resort for heavy periods, requires a week-long hospital stay and six weeks of recovery time. But with this new technique, problem periods can be cured in less than five minutes," says consultant gynecologist **Nicholas Sharp** at the Royal United Hospital, Bath, England, who helped devise the new technique." "By moving the applicator we kill the entire lining of the womb," said Dr. Sharp, who came up with the idea while watching a potato cook in a microwave oven.

(Continue on page 3)

How to Treat Hyperactive Children *Without* Drugs...

Nobody is sure exactly what it is, but attention deficit hyperactive disorder (ADHD) has become one of the most widely diagnosed behavioral problems among America's children.

Conventional medical authorities spot the combination of poor concentration and poor impulse control in millions of youngsters and estimate it affects up to 10 percent of school aged children.

They routinely recommend that young patients be treated with potent medications such as Ritalin, Cylert, and Dexedrine, even though these don't always work and can have side effects, including loss of appetite, irritability, and anxiety.

Fortunately, evidence from alternative physicians show many case of ADHD are related to allergies and nutritional deficiencies and can be treated naturally.

Dr. Ben Feingold was a prominent pediatric allergist who investigated hyperactivity in children for over 40 years. Within a 10 year span, he noticed the number of hyperactive children skyrocket at the same time the use of artificial colorings, flavorings and preservatives in food soared.

Dr. Feingold though the major culprits were soft drinks, baked goods and foods heavy in refined goods and foods heavy in refined carbohydrates and chemical additives. He took his young patients off junk food, and many made dramatic recoveries.

Canadian researchers found similar effects of diet on behavior. **Bonnie J. Kaplan, Ph.D.**, and her colleagues at the University of Calgary studied 3 to 6 year old boy diagnosed with hyperactivity.

During a four week period the researchers put the children on a special diet eliminating food dyes, flavorings, preservatives (Continues on page 4)

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: Monica Capuano, Duke Brown, Tony Nguyen, Freddie Williams, Jeff Luftig, Boris Gritzka, Larry Hatzfeld, Shea O'Harrow & Dominic Audino

Quirky Quarters Can Net You BIG BUCK\$...

Think a quarter is worth just two bits? Well, think again! Coin collectors are on the alert for errors in the series of 50 sates quarters being produced by the U.S. mint.

If you know what to look for, you just might spot a quirky quarter worth thousands of dollars. Errors occur during production due to misalignment of the presses, wearing of key parts and even residue or dirt.

Especially prized among collectors are coins that have bits of wire or other foreign particles stamped into them. Also keep your eyes open for double images. Some coins are improperly struck more than once.

Some coins even have blank sides that never got struck at all. Other times, the image appears on the coin but is off-center. Generally, the more off-center the image, the more valuable the coin.

As far as Uncle Sam is concerned, a quarter is worth 25 cents no matter how badly it is flawed. But glaring errors are no small change for collectors and you can cash in on them.

Neil Osina, one of the country's leading collectors and evaluators of coin errors, advises, "It's well worth keeping an eye on what's in your pocket. Believe me, anything is possible with the Mint. "Recently a coin with a dollar on the front and a quarter on the back came up. That sold for \$41,000.00." Don't ask me how the Mint figured out the face value on that one!

The Secret To Lookin' Good, Living Long, and Greater Vitality

You can look younger, feel better, live longer and rev up your sex life just by eating the right food. "Food is your prescription for staying young, healthy and feeling great," said **Catherine Christie**, PhD., and co-author of "Smart Cookies Don't Get Stale"

Dr. Christie's health and wellness prescriptions come from a supermarket, not a pharmacy. Here is a selection:

BEAT the blues with B-vitamin-rich foods, such as grapefruit, cantaloupe, wheat germ, spinach, broccoli, sunflower seeds, and kidney, pinto or navy beans.

SPICE UP your sex life with walnuts, pumpkin seeds, fish, grapes, cherries, citrus fruits, soy foods and sweet potatoes.

DEEPEN your sleep with sleepy-time snacks such as pretzels, cereal, graham crackers, fresh fruit, dried fruit, fruit juice, vanilla wafers, saltines, popcorn, or toast or bread with jam or jelly.

FOR an energy boost, try popcorn, toaster waffles, vegetables juice, energy bars, dried fruit mix, grapes, fig bars, low-fat yogurt, instant oatmeal and bagels.

BUFF UP your body with whole grain crackers, sweet potatoes, beans, tomatoes, skim milk and yogurt, oranges, lean red meat and dark meat poultry, broccoli and bananas.

MAKE yourself smarter with skim milk, yogurt, low fat cheese, shellfish, egg or egg substitute, beans and peas, turkey or chicken breast, fish, soy milk, and peanut butter nuts. Eating right can short circuit stress and add years to your life, says **Dr. Christie**. "You can shield yourself from aging by eating right, exercising and making sure you are surrounded by people who care."

Oktoberfest

The Oktoberfest, first held in Munich, Germany, is now celebrated in 24 countries around the world as German immigrants continue the tradition in their new communities.

In North America, Kitchener-Waterloo in Ontario, Canada, and Cincinnati, Ohio, claim to hold the second largest Oktoberfest, with both cities hosting more than half a million celebrants.

Munich still is home to the largest, drawing millions. Other cities with large celebrations include Milwaukee, Wisconsin; Helen, Ga.; Grand Prairie, TX; Amana, IA; Poughkeepsie, NY; Denver, CO.; and Ft. Lauderdale, FL.

Oktoberfest activities typically include brass bands playing oompah music; German folk dancing in traditional costumes; German foods, such as brockwurst and sausages, sauerkraut, and apple strudel; and of course, lots of beer. In Munich, the mayor taps the first barrel of beer and shouts "o'zapft is" or "the keg is tapped" to launch the festivities.

Continued...

A New Alternative To A Hysterectomy!

"We have treated over 430 patients in Bath and we haven't had any major complications, and the long term results are very good. There is an added advantage to this technique. Women with painful periods have found that they no longer have monthly pain afterward, which is not the case with the other endometrial ablation techniques."

"This looks like a great advance for women," says **Dr. James Daniel**, a Vanderbilt University ob/gyn who is organizing trials in American medical centers.

FDA approval of the procedure is pending, and women should talk to their doctors to find out when it will be available.

THE COOKIN' CORNER...For October!

Beef up your greens! This healthful salad is light, but satisfying, and truly delicious. Even the meet-and-potatoes man of the house will beg for a repeat!

Preparation and cooking time: About 10 minutes (excludes marinating time). Serves 4 people.

- ✓ **1 lb. Beefsteak cut ½ inch thick**
- ✓ **1 (8 oz.) bottle low-fat or light Caesar salad dressing**
- ✓ **1 head Romaine lettuce, torn into pieces**
- ✓ **½ small head radicchio lettuce, torn into pieces**
- ✓ **1 cup herb or garlic seasoned croutons**
- ✓ **¼ cup grated Parmesan cheese**

PLACE steak in zipper-locking plastic bag. Shake dressing well; reserve 1/3 cup dressing; pour remaining salad dressing (2/3 cup) over beef. Close bag forcing out air; refrigerate and marinate 1 ½ to 2 hours.

Remove beef from marinade; discard marinade. Broil or grill steak 3 minutes from source of heat for 3 to 5 minutes per side, or until center is still pink. Cool. Slice across the grain into ¼-by 1-inch strips.

In large bowl, toss Romaine lettuce, radicchio lettuce and croutons with remaining Caesar dressing. Add beef. Sprinkle with Parmesan cheese and serve.

Nutrition per serving: calories 185, Fat 19 grams, sodium 282 mg.

© 2000 Certified Angus Beef, LLC

FREE Legal Advice Is Only A Phone Call Away...If You Have A Legal Question!

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have any question about anything related to the law, please feel free to call our office at (512) 343-2572. We're always here ready to help our clients!

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

- ◆ *Prayer can freshen you up every evening and send you out renewed each morning. It releases and keeps power flowing freely and seems able even to normalize the aging process.*
- ◆ *Tell yourself that you like your work. This will tend to make it a pleasure instead of a drudgery.*
- ◆ *God's peace deeply imbedded in your mind can often have a tranquilizing and healing effect upon nerves and tension.*

Vehicle Facts

According to the U.S. Census Bureau, 9 out of 10 Americans have at least one car, van or truck at home for personal use; the Department of Transportation (DOT) reports that the average motor vehicle owning household has 1.8 vehicles. There are a total of 157 million household vehicles in the United States, an increase of 10 million from 1988. The DOT also says the miles traveled, per vehicle per year, have increased from 10,200 miles in 1988 to 11,400 miles in 1994.

(Continued) 22 Tips For A Safe Halloween! Homeowners:

1. Remove from your yard any ladders, hoses, dog leashes, flowerpots or other items that children could trip on
2. Keep pets inside; they may bite if frightened by the noise and commotion.
3. If using real candles in a jack-o'-lantern, place pumpkin away from where trick-or-treaters may stand
4. Place paper or cloth decorations away from any candle flame
5. Provide healthier alternatives to candy, like fruit rolls, mini-boxes of raisins or popcorn
6. Consider offering nonfood treats like pencils, stickers, coins or erasers

Drivers:

1. Proceed slowly all evening
2. Have a designated driver for adult parties

New Pill Could Stop Mates From Cheating...

Get ready, America, for the Monogamy Pill, it could stop wandering mates from straying! Scientist have discovered that the hormone vasopressin has the potential to keep partners faithful.

Sold commercially as Pitressin, it is used as an anti-diuretic for kidney problems but could shake up society like no other drug since the Pill.

What's more, experts have successfully used genetic manipulation to make lab animals more receptive to the effects of this monogamy hormone. "This is a major breakthrough," declared **Dr. Israel Lederhendler**, head of the division of neuro-science and behavioral science at the National Institute of Mental Health.

A top team at Emory University in Atlanta discovered the monogamy effects of the hormone in animals then took their experiments one exciting step further.

They took a normally unfaithful male mouse and implanted DNA molecules to make it more receptive to the effects of vasopressin.

The stunning results: The mouse became faithful and devoted to just one partner. And get this, ladies: The mouse not only stuck with his mate, he worked hard to make her happy.

"He began grooming her and kept by her side in what could be considered a clear sign of affection and bonding," said **Dr. Larry Young**, the head researcher.

Dr. Elliott Albers, a leading expert on vasopressin at Georgia State University, believes it could also work on people. "Dr. Young's work is an extraordinary breakthrough," he declared, "and offers the potential of being able to apply this knowledge to human monogamy."

Continued...

How to Treat Hyperactive Children *Without* Drugs...

chocolate, and caffeine, and found that the behavior of nearly half improved significantly. Allergies to dairy products, wheat and processed sugar have also been linked to ADHD. One good way to tell if these foods influence your child's behavior is to observe your child's behavior is to observe your child's handwriting before and after eating them.

If allergies are a problem, the writing will often change dramatically. Other signs of a possible food allergy include overly sensitive skin, nasal stuffiness, under-eye circles, eczema and food cravings.

A deficiency of vitamin B6 can cause ADHD-type problems and supplementing with it can reduce them. A good daily dose is 200 mg. The minerals magnesium and calcium are also very helpful. Calcium is needed for proper nerve transmission. And your body cannot make good use of either B6 or calcium without magnesium.

Find a daily multi-mineral preparation that includes calcium, copper and zinc, and 50 mg. of magnesium. I also recommend a good daily multivitamin capsule that provides plenty of the antioxidants vitamins A, C, and E.

The Hidden Secret To Looking Younger...

If you are seeking the fountain of youth, then look NO more! Simply start having more inter-personal relations with the one you love. An energetic love life can erase the signs of aging, says an expert. "Improving the quality of one's sex life can help a person look between four and seven years younger," said author of "Secrets of the Super Young," psychologist David Weeks. "Sex releases hormones the body associates with pleasure. Among them are endorphins, which are natural painkillers that also alleviate stress." Lovemaking also induces contentment and better sleep, he explained both good for your complexion. Weeks studied 95 people who all looked young for their age. "Of course what you eat and exercise also contributes to a youthful appearance," he added.

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 case during the nine years that followed, say researchers.

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 client newsletter. If you have a question regarding *car accidents, buying or selling real estate, wills, trusts or probate* please feel FREE to call us 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 voice mail. We’ll send you or a friend our Special Report for FREE!

The Top 10 Scariest Movies Of ALL Time!

If Halloween has you in the mood for a hair-raising horror film, consider these films compiled from multiple top 10 lists, detailed in chronological order.

Nosferatu (1922) [One of the early Dracula movies.]

Psycho (1960)

Night of the Living Dead (1968)

The Exorcist (1973) [Now that was a scary movie.]

The Texas Chainsaw Massacre (1974)

Halloween (1978)

Alien (1979)

The Shining (1980)

A Nightmare on Elm Street (1984)

The Blair Witch Project (1999)

“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.

THE LEGEND OF ZORRO (PG)

Antonio Banderas tells me it was “a monster shoot with a crew of a thousand” and warns that this sequel to *The Mask of Zorro* is “a little bit darker” than the original.

But whether your heart beats faster for Banderas or **Catherine Zeta-Jones**, the good news is that they’re both back breathing new life into the old tale of California’s dashing masked hero of yesteryear. It’s been years since we last saw them – Zorro is trying to keep his promise to lead a normal life. But troubles begin again with the arrival of a villainous **Rufus Sewell** – and a threat that could change history.

PRIME (PG-13)

Originally a **Sandra Bullock** film, this comedy now stars **Uma Thurman** as Rafi, a just divorced 37 year old who’s having an affair with a 23 year old painter.

The couple paint the town red, until Rafi confesses the affair to her therapist, played by **Merrill Streep**, who just happens to be the 23 year old’s mom. Oops. Uma herself admits that she read the script, thinking, “Sandra’s smart, what’s wrong with this?” But she loved it and makes the role her own.

THE WEATHER MAN (R)

Nicolas Cage stars as a local TV weatherman who has some real storm clouds on the horizon. He’s gearing up for a big network job, becoming estranged from his wife and alienating his children.

Nic says it’s the drama he’s been wanting to make - “not saccharin or B.S., but really dealing with a family.”

If You Or Someone You Know Was Recently Injured In A Car Accident Make Sure To Give Them This Newsletter...So They Can Read THIS!

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!* Call our office at (512) 343-2572 to set up your FREE auto accident audit consultation!

How To Beat The Price Hike At The Gas Pump!

Don't blow a gasket as fuel prices continue to soar out of control. The Federal Energy Information Administration reports that gas prices are some 40 cents higher than a year ago.

But steering clear of the highest prices is now possible, thanks to the Internet. Web users can log onto find the cheapest pumps in their neighborhood. Often, they'll find prices fluctuating 20 percent within a few blocks.

At **www.GasBuddy.com**, motorists can type in the ZIP code of their local area for the lowest prices. The site allows consumers to share information, which is gathered from more than 170 websites across the country, each tracking local prices.

For special offers try **www.FuelEconomy.gov**, which has links to websites that post deals like "Wacky Wednesdays" offering five cents off per gallon as well as the prices at local gas stations.

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.

**Selling Your House?
You May Qualify for Free Legal Assistance!**

Free legal assistance offered if you are selling real estate in Travis and Williamson County. While certain restrictions do apply, you can come in and discuss our services free of charge. As a thank you just for coming in, we will give you a copy of "The Insider's Guide to Selling Your Home Without a Realtor" written by Andrew and Talia Traub (this offer is available to you whether you use a realtor or not).

So call our office at (512) 343-2572 to set up your free consultation.

Should Young Children Take a Multi-Vitamin?

Nutritionists generally agree that children don't need vitamin supplements if they eat a well-balanced and varied diet.

But a multi-vitamin with minerals is helpful for picky eaters, such as toddlers and very young children who will only eat a few favorite foods and refuse most fruits and vegetables.

Pediatrician Andrea McCoy suggested a chewable multi-vitamin tablet that contains no more than 100% of the recommended daily allowance of any given vitamin and also includes iron. Each pill should also contain less than 1 gram of sugar.

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

"Andrew Rocks" – Mrs. Jamie Odiorne

TidBits for Today...!

is a FREE monthly
newsletter from your
friends at
The Traub Law Office
7719 Wood Hollow Drive
Suite 200
Austin, TX 78731
(512) 343-2572
www.attorney-austin.com

What's Inside?

1. A New Alternative To A Hysterectomy.
2. Tips for a Keeping Your Kids Safe At Halloween!
3. How to Treat Hyperactive Children
Without Drugs...
4. The Secret To Lookin' Good, Living Longer, and
Greater Vitality!
5. How to Beat The Price Hike At The Gas Pump!

"The *Answers* To These And Many Other
Questions Are Inside The October 2006"