

## September 11<sup>th</sup>

In New York City, five years after thousands of people were killed in the worst terrorist attack that destroyed the World Trade Center, a memorial will feature, a steel and bronze sculpture called "The Sphere" which once stood in the fountain of the Trade Center Plaza. It will serve as a temporary memorial to the victims and their fallen fire and police rescuers.

The sculpture was damaged by falling debris, but organizers say that it will likely serve as the centerpiece of a permanent memorial. When first installed in the early 1970's, the piece was meant to symbolize "world peace through international trade."

- In Washington, D.C., a memorial at the point of impact will honor and remember the 189 people killed at the Pentagon.
- In Shanksville, Penn., the National Park Service is working with victim's families on a memorial near the crash site of the fourth hijacked plane. It will honor the 40 passengers who fought the terrorists and successfully thwarted their plan to crash into the White House.

## Events for September 2006

**September 4:** Labor Day

**September 11:** The 5<sup>th</sup> anniversary of the deadliest terrorist attacks on United States soil.

**September 15:** POW/MIA Recognition Day

**September 23:** Rosh Hashanah: Celebration of the Jewish New Year

**September 23:** First day of Fall

**October 2:** Yom Kippur

## 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!

## How To Be A Smart Tele-Shopper

**Whatever You Do, Don't Be Taken!!!** The offers are tempting, but don't leave yourself vulnerable to every infomercial, shopping program and "call now" opportunities on the tube.

New York consumer columnist Laura Shanahan says, "Sure, you can get some great buys, but impulse purchases can backfire big-time." Here are her top 10 tips for savvy tele-shopping:

- 1. Realize that selling items below "list price" is not special to these programs and commercials.** Your local stores almost certainly are stocked with items below list.
- 2. Keep in mind, too, that a term such as "comparable value" can be very subjective and therefore may have little value.**
- 3. Avoid hard-to-judge items,** such as jewelry, unless there is a liberal return policy and you're dealing with a well established company. There is a vast range in the quality of gemstones. Two amethysts, for example, may be the same exact size, but hundreds of dollars apart in terms of quality.
- 4. Try to choose shopping shows that people you personally know** have had positive experiences with

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## How To Be A Smart Tele-Shopper

not the one that advertises the most or has the flashiest format or prettiest pitchwomen (or handsomest pitchman!).

**5. Stick to items such as small appliances** and house-wares, whose retail value you can easily check by brand, or at least by features, in your own local stores.

**6. Start small.** Whatever you do, don't make your first purchase with any company a big-ticket item. Let the company prove itself to you before you go in deeper on another purchase.

**7. Don't get suckered into buying more than you need** by offers of discounts on multiple quantities. Remember, if you buy more than you need, even the lowest price is no bargain at all.

**8. Keep in mind that "hurry, limited quantity!"** and "only if you call now...pitches may not be entirely accurate."

**9. Ask if the company reserves the right to substitute another item for the one you order, in case of shortage.** Even if it's simply another color, will you be happy with the substitute? While you should be informed if substitute items may be sent, always ask first, and make it clear if you want **ONLY** what you order.

**10. Always ask for the name of the person you're dealing with,** and make a note of it. Also, jot down the time and date of your call and any other information you're given relevant to your purchase.

In fact, you might want to tell the operator relevant to your purchase. Or tell the operator you're recording the transaction, and be prepared to do so, before you give out your credit card information.

However, if he or she objects, you might do well to terminate business at that point and hang up.

***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: Thomas Shelton, Gerald Smith, Jon Paul Hernandez, Walt Reep and more!

## Simple Ways To Get Rid of Varicose Veins

Varicose veins plague millions of Americans, primarily women over the age of 30. After 50, almost half of all people suffer from the unsightly and often painful condition.

Fortunately, a few simple nutritional and lifestyle measures can reduce symptoms and in some cases cause varicose veins to disappear.

These bulging, distended vessels develop when the valves, which ordinarily keep blood pools, expanding the vessel and leaking into surrounding tissue.

Aggravated by long periods of standing or sitting, varicose veins are similar to hemorrhoids and usually occur on the inside of the leg and back of the calf.

They can be much more than a minor inconvenience. In severe cases, they may protrude through the skin, causing painful aching and muscle cramps, swollen joints, skin ulcers, vein inflammation, and even dangerous blood clots.

The worst cases may require surgery, such as vein stripping. This is an in hospital procedure that requires anesthesia, and carries the risk of forming new varicose veins.

Luckily, most people with this problem can benefit from some simple, natural measures. Eating a healthy low-fat high-fiber diet full of fresh fruits, vegetables and grains. These foods are packed with bioflavonoids, which strengths blood vessels.

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## Attention

### 10 Easy Steps For Reaching Your Ideal Weight...

**1. Keep a food and exercise diary.** Writing down what you eat is one of the best ways to prevent poor food choices. Logging your workouts is also very helpful.

**2. Get more sleep.** Aim for at least eight hours every night. You will stay healthier, feel better and have more energy.

**3. Eat breakfast.** Skipping meals is a mistake if you're trying to lose weight. Make breakfast well-rounded with some protein, and some fiber. If you're not hungry, go small, half a bagel, juice and a banana, but do eat.

**4. Eat at least five servings of fruits and vegetables daily.** They're healthy energy boosters and are relatively low in calories.

**5. Drink plenty of water.** It helps you flush toxins, break down fat and stay strong and healthy. I suggest 10 to 12 eight ounce glasses everyday.

**6. Eat scheduled meals, even when you are not hungry.** This helps you avoid hunger buildup and an out-of-control binge.

**7. Get moving before dinner.** A quick walk curbs stress, burns calories and curbs appetite.

**8. Establish a kitchen curfew.** When the clock strikes 8 p.m., turn off the kitchen lights and tell yourself it's closed until morning.

**9. Breathe.** Your body needs plenty of oxygen to thrive. Start each morning with three deep, long breaths, and then every few hours, take two more.

**10. Smile. Laugh. Enjoy the day.** You'll be surprised at how much easier it is to achieve your weight loss goals when you keep a positive attitude.

## Get Rid of Varicose Veins

In addition, the extra fiber helps prevent the development of both hemorrhoids and varicose veins. Try doses of these widely available supplements to reduce symptoms:

\* **Vitamins E.** 400 IU, up to three times a day. Helps improve circulation to the legs.

\* **Vitamin C.** 500 mg. two times a day.

\* **Rutin. 500 mg. twice daily.** This bioflavonoid helps improve the strength of small blood vessels and capillaries.

\* **Butcher's broom.** One 470 mg. capsule up to three times daily. This herb helps reduce the pain of varicose veins.

\* **Ginko biloba.** 60 mg. three times daily to promote good circulation.

\* **Gotu kola.** One 500 mg. capsule twice daily. This herb helps reduce the inflammation and swelling of veins.

## Should You Pay Your Kids For Good Grades?

Most child experts, even those who believe in allowances, say NO because it links money to good behavior, thus encouraging your children to demand payment for doing right in other settings like at family get-togethers or in church, for example. But many parents disagree. They feel that this practice is a way of celebrating a job well done. If you opt to pay for good grades, consider these "going rates."

### A's - \$10, B's - \$5, C's and Below - 0

Some parents also include an additional \$10 bonus for straight A's. "Children get such positive reinforcement from money, and if it's such a bad idea, why is it normal practice in the business world to reward good performance with bonuses and raises?" Asks Adrain Brown, a successful professional in the insurance industry and father of two.

## THE COOKIN' CORNER...!

Chicken & cherry delight! Here's a perfect low-cal meal for a summer evening. The cherries provide a tangy flavor contrast that suits the delicate chicken breast to perfection.

**Preparation and cooking time: About 45 minutes.**  
**Serves 4 people.**

- ✓ 1 ½ cups pitted and coarsely chopped Northwest fresh sweet cherries
- ✓ ¼ cup chopped onion
- ✓ 1 tsp. chopped fresh sage
- ✓ ½ tsp. each salt and chopped fresh thyme
- ✓ 4 (4 to 6 oz. each) boneless, skinless chicken breast halves
- ✓ 3 tbsps. olive oil
- ✓ 2 tbsps. white wine vinegar
- ✓ 1 ½ tps. garlic salt
- ✓ ½ tsp. coarsely ground pepper

**COMBINE** cherries, onion, sage, salt and thyme; mix well. Cut a pocket on the thicker side of the chicken breast; sprinkle lightly with salt, if desired. Stuff each chicken breast half with cherry mixture; close pocket opening with metal skewers or wooden picks. Combine oil, vinegar, garlic salt and pepper; mix well. Marinate stuffed chicken breast ½ hour in refrigerator. Broil or grill chicken breast, brushing with marinade, until fully cooked and juices run clear when sliced.

**OVEN METHOD:** Brown stuffed chicken in oven-safe skillet on both sides. Bake at 375 degrees 12 to 15 minutes or until juices run clear.

**Nutrition per serving:** calories 305, Fat 14.3 grams, sodium 1,130 mg.

From SUNSET RECIPE ANNUAL, 2001  
Edition by the Editors of Sunset Magazine.

## Inspirational Thoughts By Norman Vincent Peale For September 2006 *Positive Thinking Every Day!*

- ◆ *As you go through life, do not practice subtraction, but instead add up your blessings, opportunities, possibilities. In so doing, you will be relaxed, outgoing, and successful.*
- ◆ *God only helps those who help themselves. So the best way to be sure that God will take care of you is to take pretty good care of yourself.*
- ◆ *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.*

### It's Safer On The School Bus!

The Insurance Corporation of British Columbia says children are safer riding the bus than being driven to and from school by parents. If you must drive your kids, these tips may be helpful:

1. Keep to the low speed limits established for school zones.
2. Obey the "No Stopping" and "No Parking" regulations posted near the school.
3. Keep children in the back seats rather than the front.
4. Use the proper safety seats for very young children.
5. Don't be distracted by your children's artwork or papers while driving. Tell them that you will be able to give them your full attention once you get home.

### **FREE Legal Clinic Q & A Night!**

The first Wednesday night of each month, we host an informal *Q&A night* where we discuss important legal issues like Wills, Trusts Probate, Contracts, Buying and Selling Real Estate, and Car Accidents.

It's our way of acknowledging the community by providing FREE legal advice to your friends and family members.

This month's FREE Legal Clinic will be held on Tuesday, September 12<sup>th</sup>, at 5:00 p.m. Just call our office to RSVP!

### Labor Day: The First Celebration

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884, the first Monday in September was selected as the holiday. As labor organizations grew in size and power, so did the idea of Labor Day. In 1885 Labor Day was celebrated in many industrial centers of the country.

## Are Your Packing On The Pounds And Don't Know Why? You Could Have Snack Amnesia!!!

“Snack Amnesia?” That’s what happens when you forget what you eat between meals.

A nutrition center in Cambridge, England, secretly tracked the food intake of a group of women and discovered that while they accurately remembered what they ate at their meals, they forgot about 36 percent of the snacks they had eaten.

Overall, the women in the test remembered consuming only 87.5 percent of the calories they took in during the previous 24 hours.

## Picture Perfect Weight Loss

Here’s some great news, you can shed unwanted pounds forever with a new, easy-to-follow plan that uses pictures to help you choose lower calories but delicious foods, says a top weight-loss expert.

Dr. Howard Shapiro author of the best selling book, “Picture Perfect Weight Loss” says “Seeing is believing!” “By using pictures of the caloric equivalents in food, you can learn to make intelligent lower calorie substitutions and lose weight.”

“If you make the right choices, great eating and weight loss go hand in hand!” He calls his plan “Food Awareness Training.”

Once you’ve seen the picture, the image helps guide you to lower calorie choices,” says Dr. Shapiro, who’s helped New York City fire fighters and policemen shed hundreds of pounds on his program.

You don’t have to change your lifestyles to see results. You can find intelligent choices in the

## How Planets Got Their Names

Ever wonder where the planets got their names? Like many of the days of the week, they were named after Roman and Greek gods. **MERCURY** was named for the winged Roman deity of travel because it moves through the sky so quickly.

**VENUS** is the namesake of the Roman goddess of love because it was considered the brightest and most beautiful heavenly body.

**MARS**, with its angry red color, was named for the Roman god of war.

**JUPITER** was given the name of the king of the Roman gods because it is the largest planet in the sky.

**SATURN** was the Roman god of farming and the father of Jupiter.

**URANUS** bears the name for the Greek god of the sky.

**NEPTUNE**, a blue planet, was named for the Roman god of the sea.

**PLUTO**, the smallest planet in our solar system and farthest from the sun, was named after the Roman god of the underworld, who was able to make himself invisible.

### *Picture Perfect Weight Loss Continued...*

most sophisticated restaurants or your favorite fast food spots. There are no forbidden foods, no calorie counting, no wrong time of the day to eat.

Whether you’re a busy executive with lots of working lunches, a stay-at-home mom, a student of desk-bound to your computer, this program will work for you.

To help you make the right food choices, Dr. Shapiro offers these simple tips:

**1. Be label conscious.** Read before you buy. Check the calorie content first, then check for serving size.

**2. Learn label lingo.** The brightly colored package of potato chips shouts: “NO cholesterol!” But no potato chip would have no cholesterol, since vegetables don’t contain cholesterol. Still those chips are likely to have lots of calories from fat.

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## Top Websites for Teenagers...

We've all heard about violent, destructive web sites that can lead teens astray. But the Net's not all nasty, here are websites geared for teens which are friendly, helpful, educational and just plain fun.

1. [www.HowStuffWorks.com](http://www.HowStuffWorks.com)
2. [www.Child.net/class101.htm](http://www.Child.net/class101.htm)
3. [www.Inkspot.com/young](http://www.Inkspot.com/young)
4. <http://forum.swarthmore.edu/dr.math/>
5. [www.aquiz.com](http://www.aquiz.com)
6. <http://kidsnetgames.miningco.com>

### 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, wills, trusts, probate, contracts, or buying and selling real estate* 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!

### 4 Great Tips To Avoiding Varicose Veins

1. Avoid prolonged sitting or standing.
2. If possible, when you're sitting, elevate your legs to increase blood drainage.
3. Exercise or walk daily. I recommend ½ hour at least five days a week to help prevent both varicose veins and hemorrhoids.
4. When possible, wear elastic stockings to help support dilated veins.

### "Why Not Go Out This Weekend And Watch A Great Movie ...Bill Harris tells you what's HOT & 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 1 video authority presents his written review.

#### MIAMI VICE (R)

**Jamie Foxx** and **Colin Farrell** revive the pounding (it had a No. 1 soundtrack) 1980's cop series that starred Don Johnson and Philip Micheal Thomas as super-slick Miami vice officers. This slick part hasn't changed, but now our heroes are posing as boat racers and outlaw smugglers out to bring down a drug trafficking network, battling the bad guys on land, sea and air. In the bedroom too, as Farrell romances the wife of a major drug importer. Foxx says: "there's undercover- and then there's which way is up?" This one is "which way is up?"

#### LITTLE MISS SUNSHINE (R)

Here's a darkly funny (dysfunctional) family road comedy which had co-star **Toni Collette** "laughing and crying a the same time" just from reading the script. Toni's married to **Greg Kinnear**, a self-help guru who could use a little himself, and her brother, **Steve Carell**, is a suicidal scholar just jilted by his lover. When daughter **Abigail Breslin** wants to enter a California beauty contest, the whole crazy clan climbs into a vintage VW bus for a family road trip they, and you, won't soon forget.

#### THE ANT BULLY (PG)

An animated adventure about a shy youngster who torments an anthill, until the wizard ant (**Nicolas Cage**) shrinks the boy to any-size, where he learns a few lessons and helps his industrious new friends. Celebrity voices include **Julia Roberts**, **Meryl Streep**, **Lily Tomlin**, **Paul Giamatti** and **Alan Cumming**.

### **Fast Start Secrets Smart Weight Loss!!!**

- 1. Any reason for eating is O.K.** if you crave food, eat. Just eat the healthiest and lowest-calorie foods that you find satisfying.
- 2. There are no bad foods**, but there are alternatives.
- 3. There are no “correct” portions.** Hunger varies from person to person.
- 4. An eating plan** needs to suit your tastes and lifestyle.
- 5. You’re never on a diet.** You’re simply learning how to make satisfying food choices.

### **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 of your head and neck.
- 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 all the new clients to my firm and “*Thank You*” for being my client. If you would like to receive a **FREE** Auto Accident Handbook just call the 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.

## **Is Your Business In a Slump?**

Need more customers? Want your current customers to come back more often and buy more when they do? Do you have a marketing system creating sales as easily as turning on a hose?

Call Talia at 914-2572 for a free consultation or email her at [taliat@taliapampromotions.com](mailto:taliat@taliapampromotions.com).

*Picture Perfect Weight Loss Continued...*

**3. Be aware of the subtle art of marketing.** The color of food packaging influences the lure of certain foods. Yellow is a proven attention-getter. Red stimulates appetite. Green suggests products that are environmentally sound. Orange is easy to find. Knowing this will alert you to what foods, in which packages are luring you.

**4. Stock your freezer and pantry with lower calorie choices.** Fruits, vegetables, low-calorie beverages, low-calorie frozen deserts like non-fat yogurt or sorbet, Creamsicles, frozen fruit bars that contain up to 100 calories.

**5. Go Fish!** Fish is an incredibly good source of complete protein, rich in vitamins and low in calories.

“Andrew is easy to talk to, very professional and knowledgeable and prepares an excellent estate package” – L.M.

***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](http://www.attorney-austin.com)

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**“The Answers To These And Many Other  
Questions Are Inside The September 2006 Issue!”**