



A FREE Monthly Newsletter From Your Friends At The Traub Law Office

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

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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. Thank YOU!

Eating Walnuts Might Save Your Life!!!

Here is a great little secret that could help you lower your chances of getting a heart attack. Eating walnuts after a high-fat meal might protect your heart better than olive oil does.

Researchers reporting in the *Journal of the American College of Cardiology* had 24 people dine on salami-and-cheese sandwich and high-fat yogurt. Half the diners chased the meal down with 40 grams of walnuts, while the other half sipped 5 tsp. of olive oil.

Ultrasound studies conducted immediately afterwards revealed that eating walnuts preserves the elasticity of blood vessels (making them more flexible) after a fat-filled meal better than consuming olive oil.

Researchers went on to say that although both the olive oil and walnuts decreased the inflammatory process in the arteries flexible, which is extremely important for lowering your risk of developing high blood pressure and other associated heart diseases.

Why You Need To Take A Deep Breath!

New research in the journal *Thorax* shows that chronic hostility and anger can lead to decreased lung function and accelerate the natural decline in lung power that normally occurs with age.

These findings are from a study of 670 men whose anger levels and lung function were monitored over an eight year period. Researchers went on to say that anger can alter nerve and hormonal processes, which can trigger chronic inflammation and damage the lungs.

So then next time you decide to get bent out of shape about something just take a deep breath and count to ten.

Would You Like More Energy To Burn?

Last fall, Australian scientists discovered something rather alarming about breakfast: It's not the most important meal of the day. Not by a long shot, if you exercise regularly. Especially not if you workout later in the day and want to fuel athletic performance and progress.

In fact, their 10 week study of 23 active men revealed that, when it comes to fitness, the day's most essential meals are the ones consumed before and after exercise.

"If you have to choose one of the other, focus on the pre-workout meal," says **Jose Antonio, Ph.D.**, chief executive officer of the *International Society of Sports Nutrition* (ISSN). The reason is simple. When you exercise, you break down muscle tissue. In order to repair itself and grow stronger, that tissue needs amino acids, which are supplied by your blood.

Your muscles also need energy (in the form of glucose), which you get from eating carbohydrates. "That's why the pre-workout meal is so important it creates a concentration of nutrients when your muscles need it most,"

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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. Mario Ortez, Kyle Odiorne, Jamie Odiorne, Dominic Audino, Michael Myers, Trent Cox, Brent Devere, and Ted Esquibel

To Your Good Health In 2007...

New Drug Stops Alzheimer's...

A new Alzheimer drug which will soon be hitting the market has shown to stop the progression of the memory robbing disease that may soon change the lives of 4.5 million Alzheimer victims and their loved ones.

Called Alzhemed, the drug fights Alzheimer's by attacking its cause-amyloid peptide, a molecule that gradually erodes brain function. In animals, the drug has been shown to clear amyloid from brain cells. And early studies have shown that Alzhemed stops Alzheimer's progression in about half of the people who take it.

"This drug is attacking the cause of Alzheimer's the disease," said Dr. Paul Aisen, an Alzheimer's specialist at Georgetown University. "If it works, it will change the course of the disease and that will represent a real breakthrough. Alzhemed could become the new paradigm for Alzheimer's treatment." Results of further human trials are due later this year.

Your Kids Make You FAT!

Here's the reason that the parents of young children always seem to gain weight, they eat more fatty foods, according to a new study from the *University of Iowa*.

Adults living with children eat an entire pepperoni pizza-worth of extra fat each week compared to those in child free homes, researchers found.

Parents of young kids eat about 5 grams of extra fat every day compared to adults who live without children. The researchers say parents of young children appear to buy more fast food and snacks then allow their children to dictate their food choices.

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 Balboa 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.

Would You Like More Energy To Burn? (continued...)

says **Jeffery Stout, PhD.**, president of ISSN. The best pre-workout meal varies, depending on whether you're going to lift weights or train aerobically. Here's what to eat and when to eat it:

Running or Cycling: Eat a bowl of All-Bran cereal with skim milk, peaches, and apples and drink a glass of apple juice. Scientists at *Loughborough University*, in England, found that runners who ate this low-glycemic (slow-burning) meal three hours before they ran were able to run eight minutes longer than after eating a meal rich in simple carbohydrates, which digest quickly for fast energy.

Limiting simple carbs prior to exercise prompts the body to burn fat as fuel, sparing the primary source of energy for muscles, say researchers. "It also provides a steady release of energy, so you don't crash before your workout ends," says Antonio.

Weight Lifting: Drink a fruit smoothie with whey protein, a rich source of amino acids. A study at the *University of Texas Medical Branch* found that lifters who drink shakes with carbs and amino acids 30 minutes before exercising synthesized more protein than lifters who drank the same shakes afterwards.

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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 Learning To Entertain With Confidence.

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, and buying and selling 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 voice mail.

**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:

- 1. 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.
- 2. 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.
- 3. 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.
- 4. Alcoholic drinks:** (other than red wine) apply a solution of white sprits and hot water.
- 5. Lipstick, foundation & nail enamel:** Rub softly with a cloth soaked in turpentine or alcohol. Wash as directed.

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.

½ cup oil

1 ½ cups self-rising cornmeal

1 can golden corn

3 eggs

1 cup grated cheese

1 hot pepper, chopped

1 cup buttermilk

¾ 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*.

Need Breast Cancer Surgery? Then Make Sure To Get A Second Opinion!

If you're diagnosed with breast cancer and surgery has been recommended, make sure to get a second opinion or even a third from specialists such as radiologists, pathologists and oncologists as soon as possible.

That's the advice of researchers at the *University of Michigan* who found that different opinions changed patients' treatment plans more than half the time.

While some of the 149 patients in the study underwent more aggressive surgery after getting a second opinion, 11 women slated for a mastectomy were able to undergo breast-sparing surgery instead.

Would You Like More Energy To Burn? (continued...)

In short, "They gained more muscle in less time," says Stout. Their shakes contained 35 grams of carbs and 6 grams of amino acids. To duplicate it, blend one scoop of whey protein (available at any nutrition store) with 1 tsp. flaxseed oil (a rich source of antioxidants and anti-inflammatory compounds), ½ cup fat-free yogurt, and 1 cup apple juice.

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, wills, trusts, probate, or buying or selling real estate 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.

The Last King of Scotland (R)

They're already talking Academy Award honors for Forest Whitaker, who did some talking of his own in preparing for his dramatic role as the late African dictator Idi Amin. Whitaker tells us he "met with Amin's brothers, sisters, ministers, girlfriends... hundreds of people" and understandably was given hugely different opinions of the psychotic cold-blooded madman and his reign of terror.

Still others saw him as the benevolent and heroic leader who changed Uganda and who thought of himself as "the most powerful figure in the world."

James McAvoy, Kerry Washington, Simon McBurney and Gillian Anderson co-star. You'll be amazed at the contradictions and have to make up your own mind about one of the most fascinating and frightening leaders of all time.

The Dead Girl (R)

What a cast: **Toni Collette, Mary Beth Hurt, Marcia Gay Harden, Brittany Murphy, Piper Laurie, Giovanni Ribisi, James Franco, Mary Steenburgen, Josh Brolin** and more.

They star in five separate stories about unrelated women whose lives come together after a young woman is murdered. It's a heavy-weight and sometimes uncomfortable drama watching different women navigating through their fears, desires and misfortunes.

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 Tamar 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!

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.

Turn the engine off **IMMEDIATELY!**

Make sure that everyone in your car is conscious and hasn't sustained any cuts or lacerations.

If you have small children in the car make sure that they're OK.

If you have a cell phone **call 911** for help.

If you smell gas fumes get out of your car at once.

Before getting out of your car make sure that no other car is coming.

If you're OK to get out of your car check on the other driver.

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.



The Traub Law Office is now a Chicago Title Fee Office!

If you are buying or selling a home, contact us for the 10 best reasons to have us assist your closings, including having two real estate attorneys available, fast and prompt response, and much more...

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. Just remember, slow and steady always wins the weight loss race. If you want to see better results on your next diet program just make better food choices when you eat. It's just that simple!!!

"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 2007 Issue!