

Legal Lead Story: Free Lawyer (For a Day)

How many of you have a legal problem, matter, or question that you have put off because you lack the time to talk to a lawyer? Does the thought of an expensive consultation fee keep you from getting the legal direction and assistance you need? Well for one day hundreds of North Carolina lawyers can help you with these issues. On **Friday, April 4, 2008**, lawyers will be at eight call centers across North Carolina (Asheville, Charlotte, Fayetteville, Greensboro, New Bern, Raleigh, Wilmington, and Winston-Salem) answering phone calls for many types of legal matters. Lawyers will be available from **7 a.m. to 7 p.m.** and no appointment is necessary. The phone number is shown below and your call will be directed to the appropriate call center. I will be volunteering in the Greensboro call center.



The Public Service Day is part of an ongoing campaign by the North Carolina Bar Association to improve public access to lawyers and adequate representation in the legal system. You will likely see billboards, newspaper, TV commercials or even hear radio ads reminding you of this event. I encourage each of you to take advantage of this opportunity and get the help or answers you need with your legal concerns. At least for one day, the old adage “nothing in life is free” will be wrong! -OLO

Healthful Hints: Break Fast or Fast Break: Just Do It!

Breakfast apparently has two meanings. To some people it means a fast break for food to begin the day. To others it means breaking the overnight fast by eating or drinking. Both meanings are appropriate. Did you have breakfast today? Did you eat or drink something within 60 minutes of getting out of bed? I sure hope so...

Breakfast is still the most important meal of the day and for good reasons. A healthy breakfast helps your metabolism and your energy level to begin the day. Breakfast can control your mid-morning hunger pangs which lead to poor snacking habits and overall food choices the rest of the day. A good breakfast is a catalyst in any food program (a/k/a “diet”), be it to lose weight, gain weight, tone up, strengthen, improve cardio health, etc. We should all strive to eat a healthy combination of protein and carbohydrates every 2-3 hours and breakfast sets the tone for this pace. For more information on the importance of eating breakfast, visit <http://www.funflip.com/tag/Why-Is-It-Important-to-Eat-Breakfast>.

(See Healthful Hints on p. 2)



Healthful Hints (continued from p. 1)

One problem that permeates our society is the mad dash from home to work or school with only coffee, or a soft drink, or some packaged good (chips, candy bar, cookies, etc.) in hand. The logical follow-up to this start is a trip to the nearby convenience store (which can be a good choice depending on what you buy) or vending machine (usually a bad choice) in an effort to prevent or quiet the grumbling stomach. The grumbling stomach will then lead to overeating at lunch which continues the day's downward dietary spiral.

Breakfast is not best served in a can or a Styrofoam cup or a 20-ounce bottle nor is it ideally found in a fast food bag. The slogan "just grab something and go" is not good enough. In fact, it is not good at all. "Something" usually means whatever is convenient and we all know that the most convenient foods tend to be less than healthy. It is true there are times when you are on the road or otherwise busy and do not have the ideal healthy choices available. Therefore, the key is to make healthy breakfast a regular habit so the less-than-ideal breakfasts are the exception and not the rule.

Time is of the essence in the morning which directly affects the breakfast experience for most people. This means that you must think ahead and stock up on healthy and quick-to-prepare foods for that all-important first meal. First, be sure to drink water. Always begin with water. You should be getting 64 ounces of water per day so start the day with a 12-ounce serving to replace your morning coffee. Coffee is OK but it does not count toward your daily goal of 64 ounces of water. Once you have your water firmly in hand, try some of these quick hits to round out your "fast break" to start the day:

- Instant oatmeal topped with banana or raisins
- Cheerios or Total cereal with or without milk. If using milk, ditch the whole milk and opt for low fat or skim. If not using milk, just put the cereal in a bag and roll. Forget the many other sugar-coated cereals such as Frosted Flakes, Sugar Smacks, etc.
- Fresh fruit---ex: apple, banana, blueberries, grapes, grapefruit, orange, pear, strawberries
- String cheese
- Low fat yogurt
- Whole grain bagel or toast topped with peanut butter and raisins
- Egg white (dump the yolks) omelet and...for the filling, use last night's leftovers. Heat the leftovers in the microwave or in the skillet and fold them inside the egg whites. Add chopped onion and/or green pepper. Garnish with salsa. Other possible fillings: tuna, turkey, chicken. (See Healthful Hints on p. 3)



Check these websites:

www.televisiontunes.com/game.html You're your favorite television theme songs. Most of you real TV fans will love this one!

www.infoplease.com/yearbyyear.html Factual and history information for your year of birth. A good way to gain perspective on how much (or little) things have changed since you made your arrival to Planet Earth.

www.fcc.gov/cgb/consumerfacts/digitaltv.html and www.dtv2009.gov Learn about the future of broadcast TV. Rabbit ears and coat hanger antennas will soon be useless. Get digital or get a black screen! Deadline: February 17, 2009.

O'Neal Law Office News

FREE REPORT! [Click here](#) for your free report on your rights regarding your vehicle. If you have additional questions or would like to schedule a free consultation, call the O'Neal Law Office at (336) 510-7904.

Healthful Hints: (continued from p. 3)

- Shake or smoothie. Drop frozen or fresh fruit in your blender with a small handful of ice cubes. To thicken the texture, use a banana. To provide the liquid base, use low fat yogurt or milk (either low fat or skim) or fruit juice. For protein, add an egg, dry roasted unsalted peanuts, or some whey protein. Sprinkle cinnamon or nutmeg on top and blend away. Instant breakfast in less than a minute.
- Nutrigrain or multigrain frozen waffles. If you buy the fruit-flavored waffles, you can probably ditch the syrup. If you must use syrup, opt for the low-calorie variety.

For more healthy breakfast ideas, visit [http://www.cooks.com/rec/search/0,1-0,healthy breakfast ideas,FF.html](http://www.cooks.com/rec/search/0,1-0,healthy%20breakfast%20ideas,FF.html) and, when using recipes from this website or other sources, be sure to implement healthy substitute ingredients when possible. Whatever you choose to eat or drink for breakfast, make it healthy and be sure it tastes good. You have the whole rest of the day ahead of you. Make the most of it. -OLO

NOTE: The information in this newsletter is not intended to be legal advice nor is it intended as a substitute for consultation with an attorney. Specific conditions always require consultation with the appropriate legal professionals. To unsubscribe from the Law and Life Newsletter, send an e-mail to oneallaw@triadbiz.rr.com with "Unsubscribe from newsletter" in the subject line or e-mail text.