



David Showalter's...

Pleasantly Practical

Healthy, Successful & Fun Living...

David has the necessary equipment, skill and motivation to deliver outstanding real estate photography for a fair price.

Fall - 2008

Inside This Issue...

Try These 10 Quick Ways To Increase Your Energy....Page 1

Save A Bundle On Water Heater Energy Costs....Page 2

Here's Another Easy Home Energy Saving Technique....Page 3

This Valuable Safety Tip Could Prevent Serious Injury....Page 3

Trivia QuestionPage 4

Fun? Word PuzzlePage 4

David's Real Estate Photograph for This IssuePage 4



10 Quick Ways To Boost Your Energy Level!

One of the great secrets to boosting your energy is taking action. Just by simply changing something in your life and doing something different you'll increase your energy flow. Action gives you energy.

Sometimes we get bogged down with situations, habits, or people that drain our energy. What can you do? Begin by committing to spend time doing things that support your goals. Surround yourself with people who believe in you, and avoid situations and people who drain you. In addition, here are 10 quick steps you can take *today* to boost your energy:

1. **Write Down 10 Things That You Like Doing.** You can ramp-up your personal and professional energy level by focusing your attention on what you like doing. Motivation increases energy.
2. **Take A Walk.** Taking a 10-minute brisk walk will increase your energy level up to two hours, reported California State University researchers. Experts say increasing your physical activity (whether it's swimming, running, dancing, or biking) will boost your energy level.
3. **Organize Your Space.** Clear out the clutter in your workspace. Clear off your desk and keep it organized. When you clear out clutter you are creating space for new things to enter your life and by doing this you'll increase your energy and prosperity.
4. **Eat Healthy Meals and Take Vitamins.** Eat a balanced diet and take vitamins with minerals to ensure you're getting all the nutrients your body needs. Also, make sure you're getting enough magnesium (300 milligrams) by eating almonds, cashews, whole grains, bran, and fish – particularly halibut.
5. **Turn Off The Negative News.** Reduce your daily diet of negative news (TV, newspaper, radio, the Internet), which can cause additional stress and fatigue. Focus your attention on the positive things happening in our world, and in your life.

Property unnoticed is property unsold.

Typical photos frequently fail to display valuable features and assets. Buyers may bypass those listings seeking more value.

Elevated photography often provides the optimum perspective to arrest the buyer's attention!

Word of The Month...

Studies have shown that your income and wealth is directly related to the size and depth of your vocabulary. Here's this month's word, so you can impress your friends and colleagues, and maybe even fatten your wallet!

ambient \AM-bee-unt\ (adjective)

Meaning: Encompassing; present or existing on all sides.

Example Sentence: At dawn, the **ambient** light shone through the stained glass window.

Bumper Sticker Chuckles...

Here are some recent sightings:

- Eat Well, Stay Fit, Die Anyway
- Body by Nautilus, Brain By Mattel
- Boldly Going Nowhere
- CAUTION: Driver Legally Blond
- If You Lived In Your Car, You'd Be Home By Now
- Forget World Peace, Visualize Using Your Turn Signal
- HANG UP AND DRIVE!

Helpful Hints Make Homemaking Easier...

Throughout history, people have discovered tricks that can make life easier in the kitchen. Here are a few that have been passed down:

1. Stuff a mini-marshmallow in the bottom of a sugar cone to prevent ice cream drips.
2. Use a meat baster to squeeze your pancake batter onto a hot griddle and you'll get perfectly shaped cakes every time.
3. To keep potatoes from budding, place an apple in the bag where the potatoes are stored.
4. To prevent eggs from cracking, add a pinch of salt to the water before hard-boiling.
5. To get more juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing.

6. **Explore Your Creative Side.** Do you like to play a musical instrument? Do you like to paint? Is there a hobby you thought you might like to try? Exploring your creative side stimulates your mind and can increase your energy by releasing endorphins (the feel good proteins occurring in the brain).
7. **Use Good Clean Humor.** Think about how you feel after you've had a really big laugh. Laughing is good for your heart, reduces stress, and increases your energy.
8. **Take A Power Nap.** Taking a short 20-minute nap when you're feeling tired can give your brain a rest and invigorate you...and a short power nap won't keep you up late at night.
9. **Pump Up Your Fluids.** Even a little dehydration can leave you feeling tired and lethargic. Pour yourself a tall, cool glass of water.
10. **Get a Good Night's Sleep.** Make sure you get sufficient rest, which, for the average person, is eight hours. Keep your sleep area dark to reduce any disruptions. A good night's sleep goes a long way to keeping your energy level high.



Choose The Right Water Heater And Save On Energy Costs

Many homeowners consider only the size of the tank when choosing a new water heater—sometimes ignoring the energy factor and other efficiency measures that could cost money in the end.

The first decision in purchasing a new water heater is the fuel source. A natural gas unit will cost less to operate than an electric unit will, and the price difference can be paid back in energy savings in a few months. If you have an unshaded, south-facing location, you might consider a solar water heater, which is environmentally friendly.

Instead of concentrating on size, estimate how much hot water your family uses. Here are the average gallons of hot water per use: Bath or long shower (20 gallons), dishwasher (12 gallons) and washing machine (32 gallons). Remember, doing research *before* your heater fails will enable you to select one that meets your specific needs.

Handy Phrases To Use At Work...

It always happens. You're looking for the perfect retort to a dim-witted co-worker, and it comes to you. Problem is, it's long after the opportunity has gone. Here are a few phrases that may help you make your point at the office:

- I don't work here – I'm a consultant.
- Thank you. We're refreshed and challenged by your unique point of view.
- I will always cherish the initial misconceptions I had about you.
- The fact that no one understands you doesn't mean you're an artist.
- I'm out of my mind, but feel free to leave a message.
- I don't know what your problem is, but I'll bet it's hard to pronounce.
- Some day, we'll look back on this, laugh nervously, and change the subject.

A Simple Explanation of Baseball

This is a game played by two teams, one out, the other in. The one that's in sends players out one at a time to see if they can get in before they get out. If they get out before they get in, they come in, but it doesn't count. If they get in before they get out it does count.

When the ones out get three outs from the ones in before they get in without being out, the team that's out comes in and the team in goes out to get those going in out before they get in without being out.

When both teams have been in and out nine times the game is over. The team with the most in without being out before coming in wins unless the ones in are equal. In which case, the last ones in go out to get the ones in out before they get in without being out.

The game will end when each team has the same number of ins out but one team has more in without being out before coming in!

(From Pastor Tim 5/23/08)

Save With This *E-A-S-Y* Energy Tip

When was the last time you cleaned your thermostat coil? One year ago? Five years ago? Are you asking yourself, "*what in the world is a thermostat coil??*"

Your thermostat regulates your home heating and cooling system. When the coil inside the thermostat cover is dirty and dusty it won't give an accurate reading. The dust interferes with the coil's ability to sense temperature changes. Room temperature changes make the coil curl and uncurl, thus activating your heating or cooling unit to turn on or off.

Here's how to easily clean your thermostat coil. Simply remove the thermostat cover and clean the coil by blowing away the dust or gently wiping it away with a cotton swab. If you have a clock or timer thermostat, make sure to replace the batteries twice a year.

Thanks for Thinking of Me!

Elevated Photography reveals assets that can't be shown in typical photos and buyers see more value.

When buyers notice the outstanding photos they ask for showings and you know how important that is.

Keep spreading the word. Your clients will understand and appreciate the efficiency of Elevated Photography.

Realtors and sellers have been very pleased with the results.

Garage Door Home Safety Tip...

Make sure to test your garage door openers monthly to ensure the safety features are working properly. To run the test, simply place a 2" x 4" board on the floor of the garage in the door's path. If the door does not properly reverse when it strikes the board, you will want to have the door serviced as soon as possible.

And, make sure the wall switch for the door is at least five-feet from the ground. You don't want young children playing with the door and becoming injured.

Finally, keep your automatic door openers safely locked in your automobile away from children or would-be thieves who could use the opener to enter your home.

In Which U.S. State Are the Most Automobiles Registered?

- a) Texas
- b) New York
- c) Michigan
- d) Florida
- e) California

Call or Email (see below) me right now with your answer!

Bounce This Around!

1. Eliminate odors in dirty laundry. Place a sheet of Bounce at the bottom of a laundry bag or hamper.
2. Deodorize shoes or sneakers. Place a sheet of Bounce in your shoes or sneakers overnight.
3. Golfers: put a Bounce sheet in your back pocket to keep the bees away.
4. Eliminate odors in wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket.

A Real Picker-Upper

A teacher had just given her primary grade class a science lesson on magnets. In a follow-up test, one question read: "My name starts with M, has six letters, and I pick up things. What am I?" She was a bit surprised to find half the class answered this question with the word "Mother".

Answers for Can You Do It?

Attic balcony bar bath cellar closet
column den foyer garage garret
kitchen loft nook pantry patio porch
spa stairs study suite theatre

THANK YOU for reading my Pleasantly Practical newsletter. I want to produce a newsletter that has great content and is fun and valuable to you. Your constructive feedback is always welcome.

David W. Showalter

Cell - (540) 476-1074
Home/office - (540) 828-3379
E-mail - sales@villevue.com

David's Real Estate Photograph for *This Issue* *William Clark's wedding gift to his son Charles, photographed in Butte, MT* *(I didn't have my bucket van:-)*



"Can You Do It?"

In this column are hidden the names of 22 different parts of a house. You will find some of them where one word ends and another begins; others are within words.

The Garretsons wanted to find a knowledgeable agent to show them suitable properties. Ms. Balcon, when contacted by her cell, arranged to meet them at a country estate.

When they reached the address, they loved the beautiful setting. They headed to the house. The distance to the roof was high, but the pillars reached the span. Trying the doorbell produced a beautiful chime.

Inside there was a table where you could both eat refreshments and enjoy the view. "Well, often I like to sit down with a glass of tea to sip or chat with a friend," spoke Mrs. Garretson. As they came to another room she said, "Oh, this is the place to assemble my kit chenille bedspread." That tickled Mr. Garretson. Then it was time to close the door and move on.

"The stable will be a good place to have our stud yearling horse," thought the son. Inside the barn he noticed a place where it looked like some animal had spat iodized salt or else the sugar aged and was hard.

But his Mom was saying, "I like the small garden. I see no okra, but there's plenty of corn." Just then she felt something rub at her leg – a friendly dog. However, Mr. Garretson was eyeing the neighbor's plane and thinking that most airstrips for small planes are not next door!

Then Ms. Balcon handed them the papers and said, "This info ye receive may be helpful in your decisions."

When they were ready to leave, they said, "Ms. Balcon, you have been helpful – thank you for the tour. This place just may suit everyone!"