



David Showalter's...

Pleasantly Practical

Healthy, Successful & Fun Living...

Tips For Staying Healthy On On Your Next Flight...

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

Spring 2009

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You love to travel, but you know flying can also be a source of health problems. Commonly known ailments include colds and respiratory infections, joint aches and jet lag. If you have certain risk factors and you take very long flights, you may also be subject to deep vein thrombosis. Try these tips to make your next trip a healthy one:

✓**Avoid The Common Cold:** The air on most airplanes is 50 percent re-circulated – including airborne germs. Worse yet, humidity on airplanes is usually 10 percent or lower – which makes it easier for viruses and bacteria to attach to the mucous membranes lining your nose and mouth. To protect yourself, try this: swallow one-half of a dropper of *echinacea* along with two grams of vitamin C the day before, the day of, and the day after your flight. Drink 16 ounces of water before your flight and at least 12 ounces during your flight. And remember to wash your hands often.

✓**Stop Backache and Neck Pain:** Place a rolled blanket behind your lower back. Consider using a U-shaped neck pillow. And try these two exercises during your flight: 1) Head circles: tilt your head gently in a circular motion to the front (chin down), then to the right, then back, then to the left, and front again. 2) Shoulder circles: shrug your shoulders in a circular motion up, back, and down.

✓**Lower Your Risk Of Deep Vein Thrombosis:** To keep blood from pooling in your legs and lower body, take periodic walks during your flight. As you walk, stand on your toes and rock back and forth on your heels. (OK, you may get some funny looks.) Do heel rocks while in your seat – lifting your heels and rocking them back and forth to your toes. You might also try leg lifts and straight leg exercises.

✓**Beating Jet Lag:** Try taking melatonin, a natural supplement, to reset your biological clock after your arrival (check with your physician first). Before your new bedtime, take one to three mg. of melatonin. Continue each night for two days if you're still having trouble adjusting. In flight, avoid alcohol, caffeine, and sleeping pills. None of these will help you restore the natural cycle of day and night and, in fact, they might slow your adjustment down even more.

Property unnoticed is property unsold.

Inadequate
photography
disappoints
sellers, buyers,
and Realtors

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results noticed
by buyers!

Now That's RICH!

During his NBA career, Michael Jordan made over \$300,000 per game, or \$10,000 per minute, assuming he averaged about 30 minutes per game.

Assuming another \$40 million in endorsements, he made \$178,000 a day (working or not)!

Assuming he slept seven hours a night, he made \$52,000 every night.

If he went to a movie, he would pay \$7 for a ticket, but he would make \$18,550 during the show.

He made \$3,710 while watching an episode of "Friends."

If he wanted to save up for a new Acura NSX sports car (\$90,000), it would take him 12 hours.

If you were given a tenth of a penny for every dollar he made, you could be living comfortably at \$65,000 a year.

In his final year, he made more than two times as much as all the past presidents of the United States for all of their combined terms.

That's AMAZING, don't you think?

Well, before you get too impressed...

Michael Jordan would have to save 100% of his income for 270 years to have a net worth equivalent to that of Microsoft Chairman Bill Gates!

Popular Pups...

Faithful and loving family dogs remain the most popular in the minds of dog owners. Since 1991, Labrador Retrievers have taken top billing as the number-one registered dog with the American Kennel Club.

Yorkshire Terriers are number two, overtaking Golden Retrievers and German Shepherds. Not since the Boston Terrier hit the top 70 years ago has a small breed worked its way to such a high spot on the list. Interest in smaller breeds is growing. Turns out portable, pint-sized pets fit today's dog owners' lifestyle.

How To Beat Carpal Tunnel Syndrome

Carpal tunnel syndrome (or CTS) occurs when there is pressure on the median nerve that travels through the tunnel formed by the wrist's carpal bones. The tunnel also houses tendons. When the membrane covering the tendons swells, the compressed median nerve causes pain and other symptoms.

Ergonomic changes in offices and factories have reduced the number of carpal tunnel syndrome cases diagnosed each year. Still, it's a painful, frustrating condition if you get it. Here are a few suggestions for dealing with CTS:

1. Minimize activities that make symptoms worse. Wear a forearm splint at night to keep your wrist from bending. Swollen membranes can shrink, relieving pressure and discomfort for people with mild to moderate CTS.
2. If this isn't effective, a doctor can inject a small amount of cortisone into the tunnel. Usually the condition improves in a few days, but no more than three injections per year should be given.
3. Surgery is considered if splints and shots haven't reduced the pain. Doctors writing in Health News say the surgeon cuts the transverse carpal ligament to relieve pressure on the nerve. Up to 90 percent of patients report that the operation is successful and pain is gone. It may take several months to regain hand strength.



Staying Safe From Tetanus...

All wounds and abrasions carry a risk for tetanus. Doctors at UCLA Medical Center recommend these guidelines to keep you protected from the disease: Make sure your tetanus immunization is up-to-date.

Get a booster shot every ten years, such as at age 30, 40, and 50. And if you get a skin wound or a scratch on your eye, make sure to get a tetanus booster.

Helpful Household Tips...

Bananas: To ripen bananas quickly, put them in a brown paper bag with an apple or two.

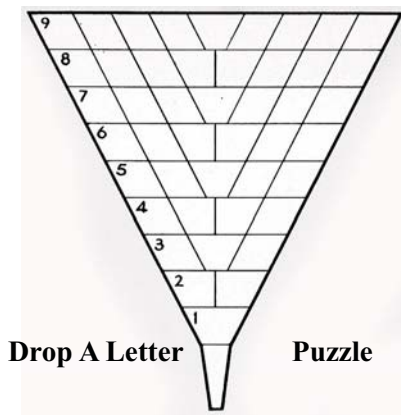
Garbage Disposals: Keep the blades sharp the easy way. Simply toss several ice cubes into your garbage disposal, then process as usual.

Easy Peel Eggs: Here's a neat egg trick. Hard-boiled eggs will peel more easily if you boil them in salted water.

Beautiful Crystal & Glassware: To clean a glass vase or crystal, simply fill it with water and drop in one extra-strength denture cleaner tablet. Let the vase soak for a few hours and then rinse out with water. Voila! Beautiful crystal.

A sealed envelope: Put in the freezer for a few hours, then slide a knife under the flap. The envelope can then be resealed. (hmmmmmm...).

Use **vertical strokes** when washing windows outside and **horizontal** for inside windows. You can then see which side has the streaks. Straight vinegar will get outside windows really clean. Don't wash windows on a sunny day. They will dry too quickly and will probably streak.



Start on row 9 with a word that means most surprising. For each line following, drop a letter from the word on the line above it to make a word that means: (8) a bird; (7) gazing fixedly; (6) lightweight cord; (5) sudden pain; (4) make music vocally; (3) wrongdoing; (2) inside; (1) me, myself.

How to Be A Good Neighbor

It's easy to be a good neighbor. Use some common sense and treat others as you would want to be treated. Here are some really simple steps to help you be a better neighbor.

Step One.

Say hello and use your neighbor's first name. If you are uncomfortable with this, call your neighbor, "Mr. Johnson." If they tell you to call them by their first name, do as they wish. If you don't know their name, ask and introduce yourself. Wave to them or just nod your head at them when this is not possible.

Step Two.

Don't be noisy late at night. You have to live a little, so there may be times that you are noisy. It's best to do your loud activities during the daytime hours. I'm sure you've been kept awake late at night by a loud neighbor, it's really annoying.

Step Three.

If you're having a BBQ, invite your neighbor. They will probably appreciate the gesture.

Step Four.

Have your children give your neighbor a "Springtime Basket." It's a really nice gesture. It doesn't have to be over the top, just a few pieces of candy and a hand made card. When giving your neighbor Holiday cards, there's no need to mail them, just stop by. This can provide a nice opportunity to chat.

Step Five.

Clean up your yard. If you have kids, you know how challenging this can be. Keep toys picked up, or at least located in an appropriate spot. We have our kids place their outdoor toys in the sandbox. It's still outside, but it's not a cluttered mess.

Step Six.

Help your neighbor out. If they are working on a project, give them a hand for a few minutes. A neighbor would be especially thankful if you were to help them with moving a heavy item. An hour or two helping your neighbor paint may be well received. Plowing your neighbor's driveway after a heavy snowfall would be very kind.

Step Seven.

Keep yard trimmings and tree leaves from your yard, in your yard. Chopped up grass blown on my lawn doesn't bother me a bit, but it does bother some people. If your tree's limbs are rubbing your neighbor's garage roof, trim them. You wouldn't want your neighbor's tree to damage your roof.

Step 8.

Talk to your neighbor before building fences or other projects on the property line. This may not be legally necessary, but we're talking about consideration, not legality. Compliment your neighbor on their new vinyl siding or plants out in the front yard. Everyone likes an occasional compliment.

Tips: If your friends or family are visiting and you see your neighbor, introduce them. Elderly neighbors may not have the mobility to perform certain tasks, like mowing the lawn. Why not give them a hand? **Say hello and smile often!**

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When love and skill work together, expect a masterpiece -- *Anon*

Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, "I will try again tomorrow." -- *Anon*

Do not let what you cannot do interfere with what you can do.

-*John Wooden*

Did You Know...

- The great pyramids of Egypt now stand a full three miles south of the spot where they were originally built. That's how much the earth's surface has shifted in the last 4,500 years.
- A strand of spider web is stronger than an equal diameter of steel.
- There are sand dunes in Arcachon, France, that are 350 feet high.
- The whale has the slowest metabolism of all animals. Despite its great size, it lives on one of the smallest of all creatures, the microscopic plankton found throughout the sea.

Who's Leading Who...

For years, each morning at about 11:30 AM the telephone operator in a small Sierra Nevada town received a call from a man asking the exact time. One day, the operator summoned the nerve enough to ask him why the regularity. "I'm a foreman of the local sawmill," he explained, "every day I have to blow the whistle at noon, so I call you to get the exact time."

"That's really funny," she replied, "all this time we've been setting our clock by your whistle!"

THANK YOU for reading my Pleasantly Practical newsletter. I intend to produce newsletters that have great content and are fun and valuable to you. Your constructive feedback is always welcome.

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David's Interior Photograph for *This Issue*



101 Uses for a Banana

As I was scrubbing my floor clean from the remnants of breakfast (which included bananas), it came to me. Bananas are a very useful food. Here are a few ideas I came up with:

- 1) The obvious: portable snack. Yum. Its ergonomic design also allows it to be eaten easily.
- 2) Hair gel. You would be absolutely amazed what a baby's hair can do with a little dab of banana thoroughly smushed in.
- 3) Nonslip coating for handles and grips on various tools. Once banana dries, it's much like a rubberized coating (almost impossible to get off).
- 4) Nonskid coating for floors. You know that expensive rubber mesh stuff you put under rugs to keep them from walking off? Just smash a little banana on the floor where you want the rug, allow to dry, and place the rug on top. It will NEVER move.
- 5) Matte finish for shiny edges on furniture. It's semi-permanent, and you won't have to do so much polishing.
- 6) Two words: banana bread.
- 7) Evidently, it's a great facial...my babies all have great skin, and they smash banana on their faces on a regular basis.
- 8) Frozen bananas are great for teething babies.
- 9) Mashed banana also makes great glue, if you're in a pinch. Just don't get whatever you glued wet again.
- 10) Banana chips are one of my favorite snacks.
- 11) Goat snacks. They love to eat banana peels- think it's candy.
- 12) Pretend telephones.
- 13) Smoothies.

Okay, I'm a bit shy of 101 uses. If you have any ideas, please add them! Adrienne Spenrath

(Drop A Letter Answer #9 - STARTLING)