



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

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David Showalter's...

Pleasantly Practical

Healthy, Successful & Fun Living...

Could Optimism be the Secret to Living a Longer, Happier Life?

Recent scientific research now confirms the secret ingredient to a longer life—an optimistic attitude. And there's even better news...anyone can learn to be more optimistic.

A Dutch study found that optimistic people live longer; in fact, almost 30% longer than pessimists. Scientists found an increased risk of cardiovascular disease, heart attack, stroke, and weakening of the immune system associated with pessimism.

Researchers at the Mayo Clinic, reporting on a 30-year study, found that optimistic people live about 19 percent longer than pessimists do. These findings come from studying 839 people living in Minnesota. The researchers found people classified as "optimists" had significantly better survival rates. Optimists were less likely to develop depression, sought medical help when needed, and took better care of themselves.

So how can you become more optimistic? Here are six tips for becoming a more optimistic person:

1. **Set Specific Goals.** A study of happy people found they set goals and consistently take action.
2. **Project A Cheerful Voice.** Research has shown people feel the emotion they are acting. Use a positive voice.
3. **Use Positive Language.** Use upbeat words: *opportunity, challenge, recharging, success, can do, solution.*
4. **Practice Good Posture.** Optimists have good posture, stand tall, walk briskly, and take big steps.
5. **Focus on Solutions.** When a difficult situation comes up, focus on the solution, and put it into action.
6. **Be A Role Model.** When you act as a role model for your co-workers, employees, family, and friends, you'll become more optimistic.

Does your client want to sell quickly?

Buyers sometimes fail to notice quality real estate because typical photos cannot display truly valuable features and assets.

Elevated photography often provides the optimum perspective!

By applying these six steps to your life, you can change your thinking, and reduce your risk of physical illness and live a longer, and more fulfilling life.

Amazing (and a bit strange) Facts!

- ✓ Peanuts are one of the ingredients in dynamite!
- ✓ There are 293 ways to make change for a dollar.
- ✓ No word in the English language rhymes with **orange, silver or purple.**
- ✓ A cat has 32 muscles in each ear!
- ✓ Tigers have striped skin, not just striped fur!
- ✓ Al Capone's business card said he was a used furniture dealer.
- ✓ A dragonfly has an average lifespan of just 24 hours.
- ✓ A dime has 118 ridges around its edge.
- ✓ John Lennon's first girlfriend was named Thelma Pickles.

Unusual Cleaning Tip!

Here's the *Cream of Clean*. To clean and polish aluminum pots and pans, simply fill them with water, add two tablespoons cream of tartar. Boil for five or ten minutes, then wash and dry as usual. You won't believe your eyes!

How To "Bake" A Clogged Drain

Instead of spending money on those harsh drain cleaners, try this homebrew solution: Sprinkle a half-cup baking soda down your drain. Then, add a half-cup white vinegar and cover the drain with a plate or lid for five minutes. Finally, pour five cups of boiling water down the drain. Voila! Your drain will clear.

Is Bigger Really Better?

Some people believe in mind over matter. And that health and wellness are all in the mind. But a study at Ohio State University proved this axiom may indeed be correct.

Subjects complaining of pain were given two treatment forms of the same medication: either three 200-milligram tablets, or one 600-milligram tablet. Even though the doses and medication were identical, participants reported better pain relief when they took the single, larger tablet.

Maybe bigger is better!



Love To Shop? You Could Get Paid To Do It

According to *ShopSmart* Magazine, there are more than 1.5 million secret shoppers across the country who help companies check out such things as the friendliness of sales people and wait times in a restaurant.

"If you enjoy shopping and want to make extra cash, mystery shopping might be worth a try," says Lisa Lee Freeman, Editor-in-Chief. "But be wary of scams and don't expect to make big money or receive lots of free stuff." *ShopSmart* offers these tips on how to get started:

- Don't get ripped off. Watch out for scams that come through e-mail, in newspapers or online.
- Find real jobs. Visit websites run by the Mystery Shopping Providers Association (www.mysteryshop.org) or Volition (www.volition.com), where secret shoppers go to find work.
- Sign up with as many companies as you can. If a company asks you to pay, decline and move on.
- Get certified. Consider getting a certificate from Smiley University at www.aboutfacecorp.com.
- Do a background check. Before taking an assignment, check out the company with the Better Business Bureau.
- Keep good records. Be sure to separate fees, which are subject to income tax, from reimbursed expenses, which typically are not. Get expert tax advice.

How much can you earn? Assignments usually pay around \$10 to \$25 or can be twice that if you need to have special expertise. Before you sign up, remember – products you buy as part of an assignment usually have to be returned!

Famous Last Words...

If you're prominent in any field, be careful what you say. It just may become a famous quote...

- ✓ "I'm just glad it'll be Clark Gable who's falling on his face and not Gary Cooper." (Gary Cooper on his decision not to take the leading role in "Gone With The Wind.")
- ✓ "Stocks have reached what looks like a permanently high plateau." (Irving Fisher, Professor of Economics, Yale University, 1929)
- ✓ "Everything that can be invented has been invented." (Charles H. Duell, Commissioner, U.S. Office of Patents, 1899)
- ✓ "This 'telephone-thing' has too many shortcomings to be seriously considered as a means of communication. The device is inherently of no value to us." (Western Union internal memo, 1876)

Could It Possibly Be TRUE?

Could you imagine working at a company with a little over 500 employees where...

- ✓ 29 have been accused of spousal abuse...
- ✓ Seven have been arrested for fraud
- ✓ 19 have been accused of writing bad checks...
- ✓ 117 have bankrupted at least two businesses...
- ✓ Three have been arrested for assault...
- ✓ 71 cannot get a credit card because of their bad credit...
- ✓ 14 have been arrested on drug charges...
- ✓ Eight have been arrested for shoplifting...
- ✓ 21 are current defendants in lawsuits...
- ✓ In 1998 alone, 84 were stopped for drunk driving.

Can you guess what organization could possibly have this type of record over the course of its history? It's the 535 members of your United States Congress...the very same group that perpetually cranks out hundreds upon hundreds of new laws designed to keep the rest of us in line!

5 Tips For Saving A Bundle On Your Auto Insurance...

Do you remember the last time you shopped for auto insurance? If you can't remember, chances are you're paying too much. Insurance rates vary from category-to-category and from year-to-year. Unless you shop frequently, you could easily be paying double for the very same coverage. Here are five helpful tips you can use to cut insurance costs:

- **Shop Around.** Most consumers seek insurance quotes from just one or two companies. To get the best rates, check at least four companies or agents. You can make comparisons at www.insweb.com.
- **Consider A Higher Deductible.** Ask your agent to give you several deductible scenarios and compare the costs of each. *Consumer Reports* magazine reports that most people have a \$250 deductible on collision and comprehensive. And that's too low, given today's repair costs. With a \$1,000 deductible, for example, you can save as much as 40 percent on collision and comprehensive.
- **Consider Your Car's "Profile."** Choose a safe car by checking safety records from the Insurance Institute for Highway Safety at www.iihs.org. A sports car will cost considerably more to insure than a family sedan. Drive a car that costs less to begin with, costs less to repair, and is less popular with thieves.
- **Ask For Discounts.** Most consumers are unaware of the many discounts available to them. The Insurance Information Institute, at www.iii.org, lists many discounts you may not know about.
- **Drive Safely.** Obviously, insurers give better rates if you've had no moving violations in the past three years. Completing a certified defensive-driving course can reduce your premium in some states.

Thanks for Thinking of Me!

Buyers are searching for value. Elevated photography reveals assets that can't be shown in typical photos.

Realtors and sellers have been very pleased with the results.

Buyers notice the outstanding photos and ask for showings which results in many properties going to closing.

Please keep spreading the word.
Your photo orders are much appreciated!

Thought For The Month...

"Make the most of yourself, for that is all there is of you."

Ralph Waldo Emerson

How many ways can you read the word REALTOR downward starting from the letter R on top? Don't skip around, but always read from letter to adjoining letter!

```
      R
     E E
    A A A
   L L L L
  T T T T T
 O O O O O O
R R R R R R R
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Next question- The Body Of An Average Adult Has Approximately How Many Square Feet Of Skin?

a) 82 sq. feet b) 58 sq. feet c) 18 sq. feet
d) 24 sq. feet e) 126 sq. feet

No need to grab your tape measure folks because the correct answer is "C," 18 square feet.

The number of realtors? 64

How Many Toothpicks Can Be Produced From A Cord Of Wood?

a) 75,000 b) 750,000 c) 7,500,000
d) 75,000,000 e) 750,000,000

You may e-mail your answer or call sales@villevue.com (540) 476-1074

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

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"Tips for Healthy Living"

David suggests that you could check with your doctor first!

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it, don't waste them away on exercise. Everything wears out eventually, speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable slop.

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body, and you have body fat, your ratio is 1 to 1. If you have 2 bodies, your ratio is 2 to 1, etc.

Q: What are advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain = Good.

Q: Aren't fried foods bad for you?

A: You're not listening. Foods are fried these days in vegetable oil. In fact, they're permeated with it. How could getting more vegetables be bad for you?

Q: What's the secret to healthy eating?

A: Thicker gravy.

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

I hope this has cleared up any misconceptions you may have had.

Above tips from The PearlyGates list by Pastor Tim (grin)

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