



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

Winter 2011

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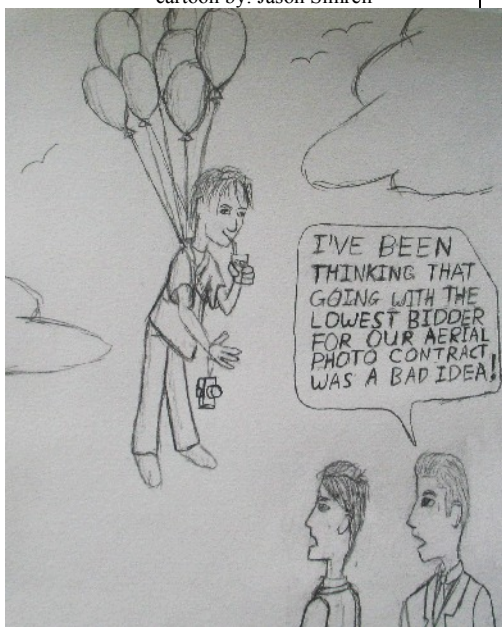
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cartoon by: Jason Simrell



David Showalter's...

Pleasantly Practical

Healthful, Successful & Fun Living...

Follow These Tips for Successful Flying

With millions of passengers taking to the skies every month, adverse weather conditions that cause delays, and a U.S. air traffic control system that desperately needs to be modernized, there's no doubt about it: Air travel can be frustrating.

There are steps, however, you can take to reduce your chances of encountering problems. Here are "defensive flying" tips provided by the Aviation Consumer Protection Division and others:

Double-check foreign document requirements. Some countries — like Chile, Kenya, and India — require a visa for entry; others, like South Africa, won't allow entrance unless a traveler's passport contains at least two blank, unstamped pages. You need to be aware of those requirements before you make your flight reservations or you could get stuck Stateside, according to a source at the U.S. Department of State Bureau of Consular Affairs. For a complete list of entrance regulations, visit www.travel.state.gov/travel.

Fly early in the day. You'll avoid the "ripple effect" of delays. Besides, if you book the last flight of the day, you could get stuck overnight.

Shop for fares. Book your flight well in advance. In general, the longer you wait, the more expensive your trip. Go to the airlines' web sites and check out other sites such as www.expedia.com, www.travelocity.com and www.orbitz.com. If you're planning a complicated itinerary or have specific needs, talk to a professional travel agent.

Pack smart. It saves time if you don't check a bag. But make sure you check the Transportation Security Administration website (www.tsa.gov) for the latest carry-on rules and carry your government-issued photo ID.

continued >

EXCEPTIONAL PHOTOGRAPHY

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Word For The Month...

Experts say a strong vocabulary is a sign of higher intellect and advanced culture. Here's this month's word, so you can impress your friends and colleagues...

Cohort \ˈkoh-ˈhort\ (noun)

Means: A band or group of individuals

Sample Sentence: Michael and his cohorts are planning to form an Internet-based company after graduating from college.

If You Think 99.9% Is Good Enough, Read This...

- ♦ 12 newborns would be given to the wrong parents each day.
- ♦ 114,500 mismatched pairs of shoes would be shipped each year.
- ♦ 18,322 pieces of mail would be mishandled every hour!
- ♦ 2,000,000 documents would be lost by the IRS each year.
- ♦ 2 planes landing at Chicago's O'Hare airport would be unsafe every day.
- ♦ 315 entries in Webster's Dictionary would be misspelled.
- ♦ 20,000 incorrect drug prescriptions would be written each year.
- ♦ 880,000 credit cards in circulation would turn out to have incorrect cardholder information on their magnetic strips.
- ♦ 291 pacemaker operations would be performed incorrectly this year.

There are six things the LORD hates, seven are detestable to Him:

1. haughty eyes,
2. a lying tongue,
3. hands that shed innocent blood,
4. a heart that devises wicked schemes,
5. feet that are quick to rush into evil,
6. a false witness who pours out lies and
7. a person who stirs up conflict in the community.

Proverbs

Make sure you purchase your ticket under the exact name that appears on your ID. It might seem obvious to you that Betsy is a nickname for Elizabeth, but it may not to a skycap, a desk agent, or a security officer — any one of whom could ask you to show identification with that name before boarding, says Delta Air Lines public-relations representative Katie Connell.

Plan for delays. Chances are, it will happen to you. Don't take it out on airline personnel; they're just doing their jobs. Take plenty of reading materials – and your patience.

If the airline does lose your bag, report it to them *before leaving the airport*. Insist that they fill out a form and give you a copy, even if they say the bag will be on the next flight. Ask them to deliver the bag when it is found.

When all else fails and you do have problems, there is a complaint process. If you have concerns about airline safety, call the Federal Aviation Administration at 1-800-255-1111. If you're concerned about aviation security, register your comments with the Transportation Security Administration at www.contact.tsa.dhs.gov/default.aspx.

For complaints about airline service, call the Aviation Consumer Protection Division (ACPD) at (202) 366-2220 or send an email to airconsumer@dot.gov. You can also write to: Aviation Consumer Protection Division, C-75, U.S. Department of Transportation, 1200 New Jersey Ave., SE, Washington, D.C. 20590.



Winter photography tips- Keep spare batteries in an inside pocket because warm batteries perform best. Warm a cold camera slowly to reduce the risk of damage from condensation. Avoid using your breath to blow dust or snow from a cold camera because condensation will likely form on the cold surfaces. Better yet, stay where it is warm and let David work out the details. (grin)

Are We Getting Too Much Iron?

It's in our pastas, cereals – even potato chips and candy bars. By federal mandate all flour is fortified with iron. But now scientists think we may be eating too much of it.

Iron overload may contribute to everything from chronic fatigue syndrome to infertility, from heart disease to cancer. Iron deposits can end up in the arteries, the liver, and other organs. "It's a real hazard to take in too much iron," says Eugene Weinberg, a microbiologist who has spent 30 years researching iron and its effects.

The National Institute of Health is studying whether Americans should be tested for iron overload. If you have questions, ask your doctor.

Gasoline Is Expensive:

Here's More To Think About...

A bottle of Diet Snapple for \$1.29 per 16 oz. equals \$10.32 per gallon,
Gatorade for \$1.59 per 20 oz. equals \$10.17 per gallon,
STP Brake fluid for \$3.15 per 20 oz. equals \$33.60 per gallon,
Vick's Nyquil for \$8.35 per 6 oz. equals \$178.13 per gallon,
Evian *water* at \$1.49 for 9 oz. equals \$21.19 per gallon...for *WATER!*

Quotes About Friendship...

"Hold a true friend with both of your hands."

– Nigerian Proverb

"You cannot skin the other fellow without losing your hide of self-respect."

– Unknown

"It takes a long time to grow an old friend."

– John Leonard

"Friends are God's way of taking care of us."

– Unknown

A Stampede of Carniverbs

Provide the animal-verb which best matches the definition of each of the following. The numbers are the amount of letters in the word. Don't louse up!
By Rex Stocklin

- ___ Parrot ___ To repeat by rote (6)
- _____ Complain (6)
- _____ To strike with great force (3)
- _____ To advance a baserunner (3)
- _____ To harass or annoy persistently (6)
- _____ To offer for sale by calling out in the street (4)
- _____ To give way; falter; recoil in fear (5)
- _____ To become silent (4+ up)
- _____ To chatter (3)
- _____ To eat greedily; devour (4)
- _____ To store away for future use (8 + away)
- _____ Avoid; evade (4)
- _____ Betray, desert/ inform on associate; work as a scab (3)
- _____ To lose one's nerve (7 +/- out)
- _____ To bewilder; baffle (7)
- _____ To alight on an elevated resting spot (5)
- _____ Move, proceed, or act ineffectually & clumsily; (8)
- _____ To force out of hiding, flush out (6)
- _____ To act mischievously (6)
- _____ To escape from (3)
- _____ To draw blood ; extort money (5)
- _____ To punch (4)
- _____ To bore a hole (5)
- _____ To go against; resist (4)
- _____ To stretch the neck for a better look (5)

Rental Cars

Here are two important things I've learned from experience with rental cars.

Before you go out of town and rent a car from a rental agency, do your homework regarding insurance coverage. The rental companies really want you to purchase their coverage, which adds to the cost of your rental. This is an enormous profit center for rental companies. In most cases, your personal auto insurance already covers rentals (if you are driving). Check your policy before your trip.

About the gas...they always ask you if you want to fill the gas tank yourself or if you want them to do it for you. Always opt to refill it yourself, because if you don't, one of two things could happen: 1) no matter how much gas is left, they will charge you for a FULL tank of gas, OR 2) they will refill the tank at a cost of two to three times more than at the pump.

Show Maximum Value!

Sellers understand that
While typical photos provide
Typical results....
Superior photography attracts buyers!

Sellers and agents win at closing!

Did You Know...

- An iron ball would take more than an hour to sink to the deepest point of the ocean.
- Rubber bands last longer when refrigerated.
- There are 293 ways to make change for a dollar.
- A shark is the only fish that can blink both eyes.
- The longest one-syllable word in the English language is "screeched."
- On a Canadian two-dollar bill, the flag flying over the Parliament Building is an American flag.
- There are more chickens than people in the world.
- No word in the English language rhymes with "month," "orange," "silver," or "purple."

Stampede of Carniverbs Key

- | | |
|-------------------|-----------------|
| 1. Parrot | 13. Rat |
| 2. Grouse | 14. Chicken out |
| 3. Ram | 15. Buffalo |
| 4. Bat | 16. Perch |
| 5. Badger | 17. Flounder |
| 6. Hawk | 18. Ferret |
| 7. Quail | 19. Monkey |
| 8. Clam up | 20. Fly |
| 9. Yak | 21. Leech |
| 10. Wolf | 22. Slug |
| 11. Squirrel away | 23. Drill |
| 12. Duck | 24. Buck |
| | 25. Crane |

A righteous man may have many troubles, but the LORD delivers him from them all. Psalms

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.

David W. Showalter

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Free Help For Smart Consumers

Do you know how to choose a home-improvement contractor? Or a long-distance telephone plan? Or what to do if you're stuck with a bad car or a leaky dishwasher?

The 2010 *Consumer Action Handbook*, produced by the Federal Citizen Information Center, is a great resource. It tells how to be a smart consumer, plus where and how to complain if you hit trouble. You can find addresses for companies from AAMCO to Zenith. There's even a sample complaint letter.

You can order multiple copies -- for free -- or download the entire handbook (or just sections you are interested in) by going to www.consumeraction.gov. Another plus -- the web version is updated constantly.

David's Industrial Photograph for *This Issue*



A Bedtime Treat

Drinking a glass of warm milk as a sleep aid sounds like an old wives' tale, but according to AskMen.com, it really works . . . Warm liquids tend to relax the body and milk contains tryptophan amino acid, which promotes sleep . . . A good night's sleep not only makes you more mentally focused, it also helps to reduce levels of cortisol, which contribute to belly fat . . . Other foods that help with sleep are cottage cheese, oatmeal, peanuts or peanut butter, and grapes . . . Eating these foods one to two hours before bedtime is best.