

David Showalter's...

Pleasantly Practical

Healthful, Successful, & Fun Ideas...



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

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Shopping Tips:

Trying to save money when shopping often means spending a lot of time instead. Here are seven ways to shop thriftily without spending extra time:

1. **Shop with a list.** Obvious? Yes, but it's still true. Making your list ahead of time helps prevent guesswork and trips back to the store for something you forgot. If you keep to the list, you can avoid making impulsive buys.
2. **Buy quality.** Being frugal means *getting the best value for your money*. Quality items work better and last longer. You can buy one great pair of shoes to wear for years instead of going shopping to replace them every season. In general, having fewer, better things means you spend less.
3. **Know your brands.** If you know which brands are *usually* the best deal, you have a better chance of getting a value even if you don't compare prices that day.
4. **Shop at discount stores.** Shop at places that always offer discounted prices. Stores like Marshall's or TJ Maxx offer everyday discounts on apparel and household goods. You can search a department in just 10 minutes if you are looking for something in particular.
5. **Let the internet work for you.** Even when shopping locally, first look at [Amazon](#) or [Epinions](#) to check prices and product reviews. Take advantage of free shipping.
6. **Check the store's return policy.** Ask if you need the receipt, how many days you have, and if you can receive a full refund instead of store credit in case you return the item.
7. **Stick to the plan.** Department stores put the men's section on the first floor by the door. They understand most men just want to buy something fast, and not wander around the store browsing. Let that be your strategy. Choose a time when the store won't be so busy (not Saturdays), and then go. Don't get distracted by other good deals — only come home with the item you planned to buy.

adapted- <http://smallnotebook.org>

Vocabulary Word:

Studies have shown that your income and wealth are directly related to the size and depth of your vocabulary. Here's a word with which you can impress your friends and colleagues and maybe even fill your wallet!

Effrontery \ef-front-er-y\ (noun)

Meaning: shameless, boldness, insolence

Sample Sentence: The politician had the **effrontery** to ask the people he had insulted to vote for him.

Today's Quote:

"The problem with quotes on the internet is you cannot confirm their validity. - Abraham Lincoln (wink)

Party Anyone? Tips for Eating Smart:

You will be surprised at how easy it can be to have fun and enjoy yourself without overdoing it at the food table. Here are a few helpful tips:

- Eat slowly.
- Don't arrive at the party hungry.
- Don't socialize near the food table.
- Contribute a dish that is low fat.
- Only eat the items that you really love.
- Take small portions.
- Don't nibble for the entire night.

Government Web Sites:

There are over 27,000 government web sites covering nearly every topic you can imagine. Here's one that could help you:

Travelers can check for weather-related delays using the Federal Aviation Administration's web site www.fly.faa.gov. It's a cool site that shows current general airport conditions at airports across the country. You do need to check with your airline for information on your specific flight. There's also a link to Frequently Asked Questions about flying.

Make Housecleaning A Breeze With These Helpful Hints:

We all hate it, but it has to be done. Don't spend your weekend inside cleaning. Here are nine helpful hints to get the job done with speed and precision, so that you can get out and enjoy your free time!

- ✓ **Establish a regular cleaning schedule.** If you try to fit it in between activities, you'll never get the whole job done.
- ✓ **Begin with machines first.** Get the clothes washer or dishwasher started so that it will be ready to empty by the time you are done with other tasks.
- ✓ **Put all your cleaning products in a tote you can carry around.** Have a tote for upstairs and one for downstairs.
- ✓ **Clean your home from top to bottom.** Dust first, vacuum last.
- ✓ **Use your time wisely.** Spray cleaning solutions on fixtures and mirrors, so that the cleaners can begin to work while you are cleaning other areas.
- ✓ **Use the right tools.** A damp sponge will get pet hair off upholstery. Cloth diapers are excellent dusting cloths. Wearing cotton gardening gloves will make mini-blind dusting a snap.
- ✓ **Pick up the clutter.** Clean off all the surfaces before you start so you can work faster.
- ✓ **Remove temptation.** Get rid of the table or place where all of the daily junk is piled. You are more apt to put items away if this spot isn't available.
- ✓ **Get the family involved.** Assign chores to your family members. If they are involved in the cleaning, they may be less likely to make the mess!

Following these simple tips can help you reduce your cleaning time and make the job much easier. You will notice the difference!



Trivia Tease...

Forward I Am Heavy,
Backward I Am Not.
What Am I?

(trivia answer is on the last page)



Sleep Tight:

If you're not getting a good night's rest to help you be alert during the workday, think about changing how you sleep.

Health experts say that the best position to sleep in is on your side, curled in a fetal position. Rest your head on a pillow, which should hold the head level with the rest of your body. The second-best sleeping position is flat on your back with your head resting on a pillow. Try to avoid sleeping on your stomach, a position that could strain your neck and back.

Real Life Classified Ads:

1. Auto Repair Service: Free pick-up and delivery. Try us once, you'll never go anywhere again.
2. Dog for sale: eats anything and is fond of children.
3. The hotel has bowling alleys, tennis courts, comfortable beds, and other athletic facilities.
4. Toaster: A gift that every member of the family appreciates. Automatically burns toast.
5. Stock up and save: Limit: one.
6. Man wanted to work in dynamite factory. Must be willing to travel.

How to Avoid Health Club Rip-offs:

We all know that exercise is important for our health, but wading through those health club contracts can be enough to discourage anyone. If you decide that you want to join a health club, do your homework. When you first go to the club, be prepared; their job is to sell you a long-term membership. Here are a few tips to remember before you sign on the dotted line:

1. **Don't sign a long-term contract or pay for more than 30 days in advance.** If the club closes (as many frequently do), you don't want to get stuck with trying to get a refund on a pre-paid membership.
2. **Don't fall for "free membership" contests.** It's all a sales pitch, and we all know, "there ain't no free lunch!" Read the fine print.
3. **Take the contract home and read it.** Do not sign anything at the club. This will give you an opportunity to review it thoroughly and decide if the club is really the right place for you to exercise.
4. **Get promised incentive deals in writing.** If a salesperson offers you that "special" deal, be sure that you are really going to get it.
5. **Remember that in most states you only have three days to cancel your contract with no consequences.** So, be sure that you have reviewed everything before you sign a contract.
6. **Call your state consumer agencies or Better Business Bureau to see if there are any outstanding complaints that have been filed against the club.** These are good sources for information.

Follow these simple steps and your health club experience can be productive and rewarding, not to mention increase the quality and length of your life.

The Power of Encouragement:

A group of frogs were hopping through the woods when two of them fell into a deep pit. When the other frogs gathered around the pit, they agreed their situation was hopeless.

Unwilling to accept this fate, the two frogs jumped with all of their might. Some of the frogs shouted into the pit that it was hopeless, and that the two frogs wouldn't be in that situation if they had been more responsible. Finally, one of the frogs lay down at the bottom of the pit and died.

The other frog continued to jump with every ounce of energy he had while his companions yelled for him to die. The weary frog jumped harder and finally leapt from the pit. The other frogs asked him, "Why did you continue jumping?" He explained to them that he was deaf, and he had thought they were cheering him on.

Your encouraging words can lift someone up and help them make it through the day. Your destructive words can cause deep wounds; they may be the weapons that destroy someone's desire to continue trying.

"There is life and death in the power of the tongue." If you have words of kindness, praise, or encouragement speak them to, and about, others now.

Someone, somewhere, is waiting for your encouragement.

Tidbits:

1. Humans, if they are very sensitive, can detect sweetness in a solution of 1 part sugar to 200 parts water. Some moths and butterflies can detect sweetness when the ratio is only 1 part sugar to 300,000 parts water.
2. An elephant's trunk can hold more than 5 liters of water.
3. In any given week, an average of 2.3 million Americans are on a paid vacation.
4. Human adults breathe about 23,000 times each day.

Houses are Much Larger:

According to the U.S. Census Bureau, the most recent average single-family home completed had 2,469 square feet, 769 more square feet than in the 1970's. Here are other stats:

- ✓ 39 percent of homes sold had 4 or more bedrooms, almost double the rate of 20 years ago.
- ✓ 26 percent of homes sold had 3 or more bathrooms, triple the rate from 1986.
- ✓ The average price of a new home this year was \$305,900. In 1950, it was \$11,000. Oh, how times have changed!

Airline Humor:

"Your seat cushions can be used for flotation, and in the event of an emergency water landing, please paddle to shore and take them with our compliments. Thank you for flying Delta Express. We hope that you've enjoyed giving us your business as much as we enjoyed taking you for a ride."

Answer To Trivia Tease:
The Word "Ton".

THANK YOU for reading my Pleasantly Practical Newsletter. We intend to produce newsletters that have great content and are fun and valuable to you.

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Photography Tip:

To create a painterly effect with moving water, mount your camera on a tripod and slow the shutter to an exposure of one second or longer.



David's Photograph for This Issue

Practical Goals:

Slow down and savor

You wait all week until 5:00 p.m. on Friday, then before you know it, it's Monday morning and time to start another work week. What happened to the weekend? According to *Health*, you can slow down time by living in the present. Research has shown people who take time to savor simple things – like eating breakfast – instead of hurrying through life, experience more happiness and fewer negative feelings. Time may go by at the same rate, but the weekend and weekdays seem more enjoyable and relaxing.

Thanking your way to health

A thankful spirit increasingly looks beneficial to good health. A study in the University of Texas *Health Leader* found people who daily wrote what they're grateful for reported fewer health complaints than those who focused on what displeased them. Other studies have shown an attitude of gratitude can lead to better marriages and assist in recovering from heart attacks. Increase the effect of gratitude by limiting negative comments that undermine thankfulness and by daily considering what you're grateful for – even if you don't feel it at the moment.

Sense of purpose results in a better life

"Living the good life" means more than just having money. MarketWatch.com reports that people who claim they're enjoying the good life have another important ingredient – a sense of purpose. A study found that of those enjoying the good life, 82 percent feel a sense of purpose in their daily lives. One way to start developing a sense of purpose is to envision where you want to be in two, three, or even 200 years into the future.