

June, 2013

Try This to Boost Optimism and Good Health

I've been focused lately on good health, and one of the things I've been reading about is how important mental attitude is to physical condition, in particular, *optimism*.

For instance, research has shown that optimism leads to better health through the reduction of the stress hormones, cortisol, GH and norepinephrine. Optimism is associated with happiness and better results in life, all of which naturally decrease stress and lead to an increase in serotonin and melatonin, which contribute to feelings of well-being.

One way to improve optimism is through self-talk. But can people who tend towards pessimism increase optimism with simple words? Studies show changing the way we talk about ourselves and others, does contribute to having a greater sense of well-being. Here are some simple strategies to increase optimism:

- Spin negative thoughts into positive thoughts and watch the energy dissipate. Instead of "I'm not very good at math," Say "I'm better at English than at math."
- Use language that expresses positive instead of negative perspectives on a situation. Instead of "I can't believe I screwed up on that project. I'm such an idiot." Say "I can't believe I screwed up on that project. I'm going to do better next time."
- Use affirmations. Silly? I don't know. It feels pretty good to me to remind myself that "I'm 100% here in the world to do good." Or "Today is about being grateful for what's going right."

I'm positive that life's too short to be miserable! Be optimistic and have more fun!

Lisa

Lisa Flashenburg
Your Real Estate Consultant For Life

P.S. Let me know if you feel more optimistic as a result of reading this! Email me at lflashenburg@LegalEdgeRE.com or call me at 781-975-0803.



I love to combine walking for health with a great cause. Just volunteered for the Medford Relay for Life and supported the June 15th MDA Walk at Lake Quonnapowitt in Wakefield. You end up feeling physically and mentally great when you participate!

Lisa's Local Ledger

News To Help You Save Time And Money

June 2013

Why Dogs Have A Short Lifespan

A veterinarian was called to examine a twelve-year-old Irish Wolfhound named Bobber. The dog's owners and their little boy, Caden, were all very attached to Bobber and they were hoping for a miracle.

The vet examined Bobber and found he was dying. He told the family he couldn't do anything for Bobber and offered to perform the euthanasia procedure for the old dog in their home.



As they discussed arrangements, the parents told the vet they thought it would be good for six-year-old Caden to observe the procedure. They felt Caden might learn something from the experience.

The next day, the family surrounded Bobber as the vet stood by. Caden seemed so calm, petting the old dog for the last time. The vet wondered if he understood what was going on. Within a few minutes, Bobber slipped peacefully away.

The little boy seemed to accept Bobber's transition without any difficulty or confusion.

Afterwards, everyone sat together for a while, wondering aloud why dogs' lives are shorter than human lives. Caden, who had been listening quietly, piped up, "I know why."

Startled, the vet asked him to continue. What he said next stunned everyone.

The six-year-old said, "People are born so that they can learn how to live a good life — like loving everybody all the time and being nice, right?" He continued, "Well, dogs already know how to do that, so they don't have to stay as long."

Lisa

**Take advantage of low inventory-
see what your house is worth today!**

INSIDE THIS ISSUE

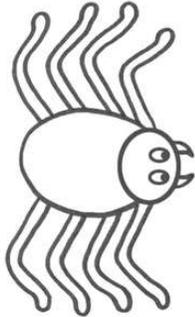
- Why Dogs Have A Short Lifespan
- Jottings About June
- June Quiz Question
- Salary Negotiations
- On The Road Again
- Cheap Ways To Eat Out
- Top Causes Of House Fires
- Determine Your Own Fate
- Reactive Beats Proactive
- The Science Of Memory
- A Close Shave
- The Founding Of Father's Day

Do you know anyone moving out of state? Call me to help sell their home

Jottings About June

June 6, 1844: The YMCA, today a worldwide movement of more than 45 million members from 124 national federations, was founded in London.

June 7, 1946: "Eensie Weensie Spider" by Yola De Meglio was copyright registered.



June 11, 1776: The Second Continental Congress appointed Thomas Jefferson, John Adams, Benjamin Franklin, Roger Sherman, and Robert Livingston to draft a declaration of independence for Britain's Thirteen Colonies.

June 19, 2006: The "first stone" of the Svalbard Global Seed Vault was laid, a facility to preserve a wide variety of plant seeds from locations worldwide in an underground cavern in Spitsbergen, Norway.

June 21: National Aboriginal Day in Canada.

June 25, 2009: Singer Michael Jackson died after a heart attack at his Los Angeles home. Authorities later declared his death a homicide caused by drugs.

June Quiz Question

Q: *How is the moon similar to a dollar?*

Everyone who texts, emails or calls in the correct answer by the last day of this month will be entered into a drawing for a \$25 gift certificate to Chili's.

May Quiz Question

Q: *Imagine you are in a sinking rowboat surrounded by sharks. How will you survive?*

A: *Stop imagining.*
Congratulations to:
Megan Stewart of
Acupuncture & Homeopathy
of Hingham

Father's Day: Sunday June 16

Salary Negotiations

Reaching the end of a job interview, the Human Resources person asked a young engineer fresh out of MIT, "And what starting salary were you looking for?"

The Engineer said, "In the neighborhood of \$125,000 a year, depending on the benefits package."

The interviewer said, "Well, what would you say to a package of five weeks of vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50 percent of salary, and a company car leased every two years say, a red Corvette?"



The Engineer sat up straight and said, "Wow! Are you kidding?"

And the interviewer replied, "Yeah, but you started it."

On The Road Again

A few facts to share with members of your car-pool:



- The first stop sign originated in Michigan in 1915. It had black letters on a white background. In 1922 a committee selected the octagonal shape that has been used in North America ever since. The eight-sided shape allows drivers facing the back of the sign to identify that oncoming drivers have a stop sign. It was also chosen so that it could be identified easily at night, since the original signs were not reflective.

- Reflective paint leaves a coating with thousands of little glass beads, designed to reflect light even at night. Reflective paint is used for highway signs, license plates, and lines in the road. All those little glass beads explains why crosswalk lines are slippery when wet!
- The first speed limit was created in the United Kingdom with the Locomotive Acts (automobiles were in those days termed "light locomotives"). The 1865 Act introduced a UK speed limit of 10 mph (16 km/h) which was then reduced to 4 mph (6 km/h) in rural areas, and 2 mph (3 km/h) in towns by the 1865 Act (the 'red flag act'). Passage of the Locomotives on Highways Act 1896, which raised the speed limit to a "furious" pace of 14 mph is celebrated to this day by the annual London to Brighton Veteran Car Run.

The secret of getting ahead is getting started. ~ Mark Twain

Cheap Ways to Eat Out

If you want to get out of the house and go out to eat but you're short on cash, here are a few things you can do to lower your tab.

- Eat a little before you go and then order a smaller meal or an appetizer at the restaurant.
- Don't order desserts or beverages. These quickly and significantly increase your bill.
- Whip up a cheap romantic dinner at home. Then head out later for dessert.
- Split your dinner. Restaurants may ask you to pay a "2nd plate" fee, but it will be way cheaper than a second meal.



**DO YOU WANT TO
WORK WITH OTHER
BUSINESSES THAT
GIVE OUTSTANDING
CUSTOMER SERVICE?**

Request a free copy of my **service directory**. All the businesses listed in it have a proven track record for providing the kind of outstanding customer service you deserve.

Top Causes Of House Fires

- **Cooking:** 40 percent of house fires are cooking-related incidents, such as an oven or stove left unattended.
- **Kids playing with fire:** It's important to teach kids about fire safety and to remove temptation by putting matches and lighters where they can't be reached.
- **Smoking:** Smokers who fall asleep with a lit cigarette in hand are one of the leading causes of household fire.
- **Heating:** A common cause of heating-related fires is small space heaters (electrical or fuel-based). These can cause fires by touching flammable material or by overheating electrical outlets.
- **Electrical:** Speaking of electrical problems, one of the leading culprits of fire is over-use of extension cords or appliances that pull too much power for the outlet size.
- **Candles:** Candles lit and unattended can be a problem when the candle burns to the level of a nearby flammable object, falls over, or melts the underlying surface.

“Lisa’s Legends’

Send me an interesting story, a short blurb about your & your business, something interesting that has happened recently to be featured here.

Congratulations to Tamara Cleary with a very successful Relay for Life fundraiser in Medford, raising \$70,000 for cancer research!

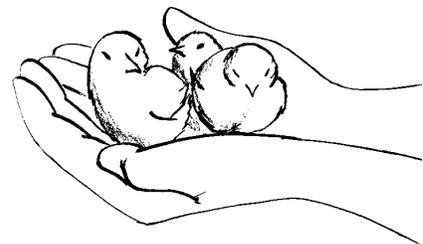


- **Fireplace:** This is an obvious source of problems that range from sparking, improper servicing of the fireplace (not cleaning it and letting the chimney get backed up) and cooking in the fireplace.
- **Dryers:** Improper dryer venting or overuse can cause lint build-up. Lint is flammable and if the vent is clogged and allows too much heat to build up, it will burst into flame.
- **Flammables in the House:** Be careful of where you place flammable materials (fuels, oils, etc.). Avoid possible sources of fire, including the dryer, heaters, and sparks.

Determine Your Own Fate

In ancient times there was a philosopher who had many disciples. One day a cynical man decided to humiliate him by asking him a question he couldn't possibly answer correctly.

The cynic put a recently hatched chick in the palm of his hand and asked the philosopher, in front of an audience, whether what he had in his hand was dead or alive. His intention, if the philosopher said “alive,” was to crush the chick and show the master to be wrong. If the philosopher said “dead,” then he planned to let the chick live.



In response to the question, the philosopher looked the cynic in the eye, smiled, and calmly replied: “The answer, my son, lies in your hands.”

Reactive Beats Proactive

In old Western movies, the good guy never shoots first. Usually the fellow in the black hat draws his gun—and then gets cut down by a faster shot from the good guy.

You might think that's just in the movies. But according to a report on MSNBC, scientists think there's some validity to the notion that we react faster than we act. In a series of experiments (set up as simulated gunfights) testing reaction speed, volunteers tended to move about 10 percent faster—approximately 21 milliseconds—when they were reacting to a partner's movement than when they were initiating an action.

Twenty-one milliseconds isn't much, but it may be enough to dodge a car or a charging lion. Although the reactive volunteers were faster, they were less accurate than their opponents—meaning maybe the good guy should have drawn first.

WELCOME NEW CLIENTS
Here are some of the new clients who became members of our "Real Estate Family" this past month. I'd like to welcome you!

Kara Burge

Janice Henderson

Isa Pal

We love recognizing our wonderful new friends and existing clients who are kind enough to introduce their friends, family and neighbors to us.

I'd rather be a failure at something I enjoy than a success at something I hate. ~ George Burns

The Science Of Memory

Memory can be elusive. But some scientists have identified an enzyme that may boost recall of forgotten memories—or help people purge those they don't want to retain.

Scientists studying the enzyme PKM-zeta have found that by blocking it in the brains of rats, they could force rats to forget certain learned behaviors, such as avoiding a liquid that made them ill. A team of researchers from Israel and the US did the reverse, injecting rodents with viruses that carried genes to stimulate production of PKM-zeta. The enzyme appeared to help the rats access behaviors that had passed from short-term to long-term memory.



Adapting the treatment to humans suffering memory loss (or wanting to erase traumatic memories) is a long way off, however.

Until scientists can determine exactly where specific memories are stored in the brain, manipulating levels of PKM-zeta or any other enzyme could have unexpected results.

As one scientist told the Science News website, "There's a reason why the brain keeps memory under tight regulation."

Free Reports!

- How To Sell Your House For The Most Money In The Shortest Time

Free Information!

- Protect Your Home From Burglars
- How To Buy A House With Little (Or No) Money Down

**Free Newsletter
Subscription!
See page 7**

A Close Shave

A good shave has been coveted for thousands of years. It started in the Stone Age, when sharpened flint-blade razors edged out Neanderthal seashells for hair removal.

Egyptians obsessed over hair removal in 3,000 B.C. They regarded a clean-shaven face as a sign of good breeding. And during the reign of Alexander the Great in 330 B.C., Greeks and Romans emulated the Egyptians by shaving their heads and beards. Across the ocean, Aztecs shaved with razors made from volcanic glass (obsidian).

Then came the breakthrough: In the late 1600s, steel blades were introduced in Sheffield, England. The world waited 300 years, until 1929, for the next innovation, when Col. Jacob Schick marketed the first electric shaver.



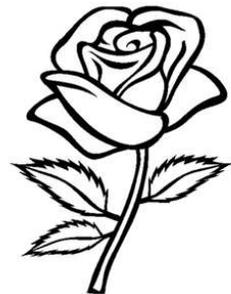
In the 1960s, disposable razors hit the market, and in 1971, Gillette began selling a twin-blade razor. Then, in 1998, Gillette introduced the Mach3 triple-blade shaver—after spending a reported \$750 million to develop it.

Strength does not come from physical capacity. It comes from an indomitable will. ~ Mahatma Gandhi

The Founding Of Father's Day

The founder of Father's Day was Sonora Smart Dodd, according to many historians. She was the daughter of a widowed Civil War veteran who had raised her on his own. Dodd came up with the idea when listening to a Mother's Day sermon in 1909. She held her own special tribute for her father on June 19, 1910, in Spokane, Washington, and began a campaign for an official celebration thereafter.

Initially the idea of Father's Day was met with skepticism in the US. But in 1926 a National Father's Day Committee was formed in New York City, and in 1966 President Lyndon Johnson signed a proclamation designating the third Sunday in June as Father's Day. But it wasn't until 1972 that President Richard Nixon officially recognized it as a national holiday. The holiday migrated to Canada soon after.



The official flower of Father's Day is the rose: red for fathers who are still living and white for fathers who have passed away.

LISA'S LOCAL LEDGER

Free Information Request Form

Please complete the box below and place check marks next to the free reports and information you'd like to receive.

Fax this form to 781-575-9995 or mail it to:

Lisa Flashenburg, 905 Turnpike St., Ste. A-1., Canton, MA 02021 or just call me at 781-975-0803

www.LegalEdgeRE.com

[email: Lflashenburg@LegalEdgeRe.com](mailto:Lflashenburg@LegalEdgeRe.com)

Name: _____ Phone: _____

Address: _____ Email: _____

City: _____ State/Province: _____ Zip/Postal: _____ Fax: _____

Please send me the requested free information selected below via Mail Fax Email.

Free Reports

- Protect Your Home From Burglars
- Five Deadly Mistakes Home Sellers Make
- Making The Move Easy On The Kids
- How Sellers Price Their Homes
- How To Stop Wasting Money On Rent
- How To Sell Your House For The Most Money In The Shortest Possible Time
- The 10 Dumbest Mistakes Smart People Make When Buying Or Selling A Home

Free Information

- Send me information about your free, no-obligation HomeFinder service.
- Send me the special computer report showing the features and sale prices of up to 15 of the most recent home sales near the following address:
_____, City: _____ or in
the _____ area.
- Please let me know the listing price and features of the home at the following address:
_____.
- Please let me know the selling price of the home at the following address:
_____.
- Please call me to arrange a free, no-obligation market valuation on my house.

*Do you have a family member or friend who would enjoy a free subscription to **Lisa's Local Ledger**? Provide me with their contact info., and I'll add them to my mailing list.*

Name: _____

Address: _____

City: _____ State/Province: _____ Zip/Postal: _____

Lisa's Local Ledger

Lisa Flashenburg
905 Turnpike St., Ste. A-1
Canton, MA 02021
www.LegalEdgeRE.com

Go Green: Recycle This Newsletter!

After you've enjoyed my newsletter, please recycle it by passing it along to a family member, friend, neighbor or coworker.

This newsletter is intended for entertainment purposes only. Credit is given to the authors of various articles that are reprinted when the original author is known. Any omission of credit to an author is purely unintentional and should not be construed as plagiarism or literary theft. Copyright 2013 Lisa Flashenburg This information is solely advisory, and should not be substituted for medical, legal, financial or tax advice. Any and all decisions and actions must be done through the advice and counsel of a qualified physician, attorney, financial advisor and/or CPA. We cannot be held responsible for actions you may take without proper medical, financial, legal or tax advice.

The Value of Online Shopping

When was the last time you investigated the cost of things you buy regularly? Most of us tend to buy automatically, picking up the same products we always have at the same stores. Sure we might notice when they're having a sale or not and pick up extras. But when was the last time you comparison shopped for that bottle of cleaner or box of trash bags? Not worth it, you say? Takes too much time? Well, what about shopping online for some of those common household items you pick up automatically each week or month?

For instance, a 3-pack of Lysol toilet bowl cleaner at Walmart online just \$3.94. Just one bottle of the same would cost around \$2.39!

The caveat is that for online purchases, there is usually a cost to shipping or the requirement to order over a certain amount of product for free shipping. Plan ahead and save hundreds of dollars a year!



is