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November, 2017

Who Are You Thankful To?

With Thanksgiving just past and the holidays before us, giving thanks is "in." Newscasters are giving thanks on national TV, patrons in the grocery store line are giving thanks to one another, and many people are posting their reasons for being thankful on social media.

But just because it's the season for expressing thanks, and we're feeling thankful, that doesn't necessarily mean we're really *being* thankful.

For many, feeling thankful at this time of year just means we're glad that we're benefiting from the good things we have in our lives.

But being genuinely thankful requires looking past the *things* we are grateful for, and identifying the *source* of what we are grateful for.

For many people that source is spiritual. For many others, the source is more secular. Either way, I hope you will join me in delving deep into the reason you feel thankful, and remember to thank the source of that goodness in your life, be it family, freedom, spirituality, or individual reasons.

I am thankful to each and every one of you for allowing me to meet you, get to know you, and make a connection with you. You are the source of the rich social abundance I have in my life, and without you, I would be poorer.

Warm Regards,

Lisa

Lisa Flashenburg, Your Real Estate Consultant For Life

P.S. If you ever feel like just saying hi, you can send me a quick text or email, or we can talk for a while. Reach me at lisaf@LegalEdgeRE.com or 781-975-0803.



Do something for someone else, and your heart will feel happier during the start of this busy holiday season. Perhaps drop some food items off at your local food bank, open a door for someone, call someone that you haven't spoken to for a while and just say hello. This makes a great foundation for a happy holiday season.

Lisa's Local Ledger

News To Help You Save Time And Money

November 2017

Lending A Hand...

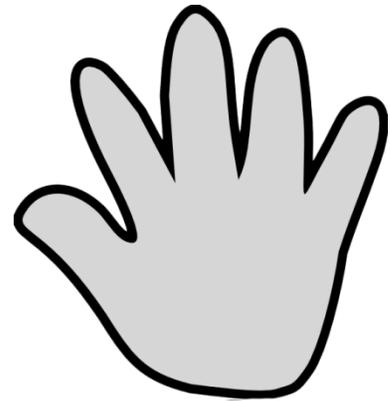
When Mrs. Klein told her first graders to draw a picture of something for which they were thankful, she expected to see pictures of turkeys or of bountifully laden Thanksgiving tables.

What took Mrs. Klein aback was Douglas' picture. Douglas could usually be found following in her footsteps as they went outside for recess. Douglas' drawing was simply a hand.

The class was captivated by Douglas' image. Mrs. Klein asked the class, "What do you think about this hand?" "I think it must be the hand of God that brings us food," said one student.

"A farmer," said another, "because they grow turkeys."

Lavinia said, "It looks more like a policeman, and they protect us. I think it's supposed to be all the hands that help us, but



Douglas could only draw one of them."

Winter is a great time to start getting ready to down size for the coming year. Call me for tips and ideas.

INSIDE THIS ISSUE

- Lending A Hand...
- Marvelous Mindfulness
- November Quiz Question
- Lost Luggage
- Make Fried Foods A Little Healthier
- Why Zombies Are Popular
- The Case Of The Talking ATM
- That Little Red Wagon—Radio Flyer
- Why Do We Call Soft Drinks Soda?
- Bad Grammar
- Girl Pulls Sword From Lake—Excalibur?
- J.P. Morgan's Negotiation Tactics
- Who's Healthier—Early Bird or Night Hawk?

In her pleasure at finding the class so responsive, Mrs. Klein had forgotten to ask Douglas. While the students were working on their next project, she leaned over his desk and asked whose hand it was.

Douglas mumbled, "It's yours, Mrs. Klein."

Then Mrs. Klein recalled that she had taken Douglas by the hand from time to time; she often did that with the children.

She never thought it would have meant so much to Douglas until he reminded her how important her small gestures could be without her even knowing.

~ Adapted from *Reader's Digest* Lisa

November Quiz Question

Q: *What is a group of domestic turkeys called?*

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

The 99 Restaurants

October Question

Q: *What is the sub-title to the book Frankenstein?*

A: *The Modern Prometheus*

Marvelous Mindfulness

A survey of 1,051 people from Dignity Health, a large health care system, found that 87 percent of respondents believe that practicing mindfulness can benefit not only one's own physical and mental health, but also the people they interact with, causing a positive ripple effect.

Mindfulness is defined as a state of active, open attention to the present. It's being conscious of what your body and mind are doing in this moment, rather than being distracted by other thoughts. Dieters might be familiar with this concept. Many diets require mindful eating, as opposed to mindless or automatic eating while doing other things, like watching TV.



To practice becoming more mindful, Dignity Health encourages people to set aside two minutes every day to “check in” with yourself. Take this time to reflect on your relationships and the purpose or meaning behind your work and daily activities.

Then expand that awareness to other times, such as when you're in the kitchen or driving. Practice being “in the moment” at those times and you'll find yourself gaining more clarity and control.

Ninety-seven percent of survey participants said they believe mindfulness has a positive impact on their health, and 95 percent believe it has a similar beneficial effect on their mood. They said they believe it makes them calmer, happier, and leads to better sleep.

You can try it yourself, even right now. Check in with your body, your relationships, even your attitude.

Lost Luggage

At the airline check in at London Heathrow, Guy had three bags. He put them down and said to the service representative, “I'd like you to send this one to Los Angeles, that one to Hong Kong, and the last one to Durban.” Her face showed signs of confusion before her training took over, and she said, “I'm afraid we can't do that, sir.”

“Why not?” Guy demands, “You did the last time I flew with you.”

Make Fried Foods A Little Healthier

All oils are 100% fat, meaning that they all have 9 calories per gram. Oils that claim to be "light" are making a statement about their flavor, not their calories. However, what's in those calories still makes some oils healthier than others.

Healthy oils include olive, sunflower, canola, grape seed, safflower, walnut, flaxseed and peanut.

Not all of these oils are good for frying, though. In fact, if you heat certain oils past a certain temperature, they can become unhealthy. For high-temperature cooking, such as deep frying, stick to canola, sunflower or peanut oil.

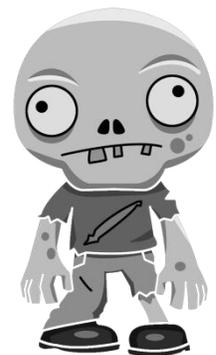


Why Zombies Are Popular

It is probably not the reason you think. Shows like *Night of the Living Dead*, as well as newer versions like *The Walking Dead* series enjoy popularity because of a little fact you can take with you to movie night: zombies might not be as popular as they are in today's culture, if it weren't for one big copyright mistake.

Back in 1968 when George Romero's *Night of the Living Dead* was released, the film was originally called *Night of the Flesh Eaters*. When the name was changed, the distributor forgot to place a copyright symbol next to the new name and date. According to copyright law at the time, leaving the symbol off meant it automatically entered the public domain.

The film's entry into the public domain became the ultimate distribution tool, because theaters, video stores, and TV stations could air it at no cost. You can even download it on YouTube today. Wide distribution led to wild popularity, which let zombies chew their way into our popular culture.



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!

Brian Provost

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

People of excellence go the extra mile to do what's right. —Joel Osteen

The Case Of The Talking ATM

A repairman who got stuck inside an ATM in Corpus Christi, Texas used the receipt slot to dispense notes asking for help!

It's reported that the man was sent to repair a door lock in the room that contained the Bank of America ATM, but forgot to bring his cell phone, and a necessary device used to open the door from the inside.



The man's note read: "Please help. I'm stuck in here, and I don't have my phone. Please call my boss", with the number written below.

A user received the note along with his receipt and called the police. Corpus Christi police officer Richard Olden says he could hear "a little voice" coming from the ATM. He had to kick down the door to release the man, who has not been named.

Everyone is said to be OK, and no harm came to any money.

That Little Red Wagon—Radio Flyer

It's an odd name for a wagon—the Radio Flyer. Here's how it came about: Antonio Pasin was a craftsman in Chicago in 1917, mostly selling phonograph cabinets. He built some small wooden wagons to carry around his tools as he went to client's homes.

After he received numerous requests from customers to buy the wagons as well, he refocused his business on the wagons. His business grew until the Liberty Coaster Company, named in honor of the Statue of Liberty, was formed in 1923. The demands for these original wooden wagons, dubbed the "Liberty Coaster," quickly outpaced production.

Incorporating the mass manufacturing techniques of the auto industry, Pasin began making metal wagons out of stamped steel in 1927. In the same spirit of freedom as his Liberty Coaster, Pasin decided to rename the new steel wagons, Radio Flyer, as a tribute to two famous men of the day: Marconi (who broadcast the first transatlantic radio signal, and Lindbergh completed the first solo, non-stop flight across the Atlantic.

In 1930, the company was renamed Radio Steel & Manufacturing. In 1987, Radio Steel changed its name to Radio Flyer, and in 2015, *Fortune Magazine* named Radio Flyer number one in the top 25 best small businesses for which to work.

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Why Do We Call Soft Drinks Soda?

Some call it soda. Others say soft drink, fizzy drink, soda pop, or just pop. But why does it have all these names?

The “soft” in soft drinks is an adjective used in relation to a hard drink. The beverage is not soft like a pillow. Rather, it is nonalcoholic, unlike a hard drink, which is a distilled alcoholic beverage.



Bathing in and imbibing natural mineral water were ancient practices, said to improve health. Later, Arabic chemists experimented with soft-drink concoctions that combined these mineral waters with crushed fruit, herbs, or flowers in water. When combined with healthy herbs, soft drinks were said to be therapeutic. Dandelion and burdock — a traditional British soft drink — has been around since at least the 13th century.

The modern-day sugary sweet, calorie-laden soft drinks didn’t develop until the 18th century, when scientists synthesized carbonated water — also known as soda water.

The “soda” part of the word is derived from the sodium salts within the synthesized water, used to reduce the liquid’s acidity. Another term for soda water is seltzer, named for Selters, a German village known for its mineral hot springs.

As the soft-drink industry grew, so did the vocabulary associated with it. Soda was often sold in a part of pharmacies called “soda fountains.” Perhaps it was part of pharmacies as a left-over legacy from being a healthy mineral water. The employees who worked these fountains were called “soda jerks.” This was not meant as an insult. Soda jerks pulled — or jerked — on the machines to draw out the beverage.

Bad Grammar

A wife asked her husband to go to the grocery store. “Buy one carton of milk, and if they have eggs, get six.”

A short time later the husband returned—with six cartons of milk. The wife asked him, “Why on earth did you buy six cartons of milk?”

The husband replied, “They had eggs.”

Lisa’s Legends

Who do you know that has a project that is making an impact on the world, or has received a promotion or an award and deserves some recognition?

Congratulations to:

Jack Sayer for receiving his 25 year membership pin in the Order of the Eastern Star

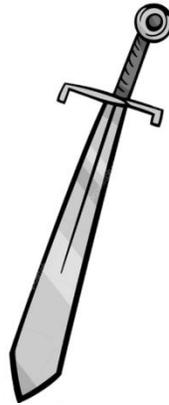
Thank you to everyone who has contributed to hurricane or natural disaster funds over the past few months. You may not know the recipients, but you have made their lives a little better

Girl Pulls Sword From Lake—Excalibur?

A 7-year-old girl in Cornwall, England, is making news after reportedly pulling a four-foot sword out of the same lake that King Arthur's Excalibur blade is said to have been tossed.

Matilda Jones was swimming around Dozmary Pool in Bodmin Moor, Cornwall, when she caught sight of metal beneath the water's surface, *The Sheffield Star* reported. "She was only waist deep when she said she could see a sword," Matilda's father, Paul Jones, told the *Star*.

"I told her not to be silly and it was probably a bit of fencing, but I looked down and realized it was a sword. It was just there laying flat on the bottom of the lake," he said.



According to one version of the ancient story, Excalibur was presented to him by the Lady of the Lake. The powerful sword, which carried magical powers, could only be possessed by the rightful sovereign of Great Britain. After being mortally wounded, the king ordered the sword be thrown back into the lake, where it was caught by a hand emerging from the water.

Could Matilda's sword be a thing of history and lore? Her father suspects not. Though its discovery makes for a pretty cool story, he estimated that it's only 20 to 30 years old. "It's probably an old film prop," he suggested.

J.P. Morgan's Negotiation Tactics

J. P. Morgan loved to negotiate. Once, he told a jeweler friend of his that he was in the market for a pearl stickpin. Some weeks later, the jeweler found a perfect pearl. He put the stickpin in a beautiful box and sent it to Morgan, along with a bill for \$5,000. The next day, a messenger brought the box with the stickpin in it back to the jeweler, along with a note from Morgan:

"I like the pin, but the price is too high," the note read. "If you will accept my check for \$4,000, which the messenger has on him right now, I will buy the pin."

Disgusted, the jeweler refused the check, and opened the box to reclaim the pin. Inside the box, the stickpin was missing, and in its place was a check for \$5,000.

If the jeweler had accepted, Morgan would have purchased for \$4,000, but he was clearly willing to pay \$5,000!

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LISA'S LOCAL LEDGER

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Who's Healthier—Early Bird or Night Hawk?

Are you the early bird who gets the worm or the night owl burning the midnight oil? The answer may have an impact on your health—and even your career.

One study cited in *U.S. News & World Report* found that teens who are early to bed and early to rise tend to be in better health than their peers who stay up late and sleep in, even if they get the same amount of sleep. And other studies suggest that morning people do better at resisting fatigue, anxiety, and depression, while nighthawks appear to suffer higher rates of insomnia and ADHD. The stay-up-late crowd may also have a higher propensity for substance abuse, addictive behaviors, and mental health problems.



But being a night owl has its advantages, too. Research also indicates that they can have higher IQs, more stamina during the day, better reasoning and analytical skills, and greater creativity and productivity. These traits, along with an inclination toward more risk-taking, seem to contribute to night owls having a higher average level of financial and career success.

The Mayo Clinic website notes that our sleeping habits are governed by the body's natural 24-hour cycle, known as the circadian rhythm. Some people have a slightly longer light-to-dark ratio, making them night owls; others with a short cycle tend to be early risers. However, the cycle can shift over a person's lifetime: Young children are usually early birds, then become nighthawks as teenagers, then gradually transition back to being morning people as adults. Ultimately, more of the world's most successful people say that they're morning people than night people.

We think in generalities, but we live in details. —Alfred North Whitehead

Work is a part of life, not the point of it. —Sean Adams

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