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October, 2012

Who Would You Rather Be?

One sunny day while walking on the shore of a white sand beach a horse discovered an ornate bottle buried halfway in the sand. The horse leaned down and nuzzled the bottle with his nose when a genie rose from the bottle. The Genie thanked the horse for freeing him and offered the horse a single wish.

The horse said, "I wish you could make me more beautiful."

The genie said, "I am more than ready to make you more beautiful. Tell me in what way you want to be changed."

The horse said, "It seems to me that I am not well proportioned. My neck is too short. If you can make my neck a little longer, my upper body will be infinitely more beautiful. And if you can make my legs much longer and thinner, then I will look infinitely more beautiful in my lower body."

The genie said, "I understand!" Then he zapped the horse and voila! He became a camel.

The horse was so disheartened that it started to cry, "Oh genie, I wanted to become more beautiful. Why have you turned me into an ugly camel?"

The genie said, "This is exactly what you asked for."

The camel cried, "No, I don't want to be a camel. I wish to be a horse. As a horse, everybody appreciated my good qualities. Nobody will appreciate me as a camel."

"What did people appreciate about you as a horse?"

The horse described the things he and others loved about his being a horse. So the genie said, that sounds like a very fine creature. Would you like to become that creature?

Yes, said the camel. And so the genie turned him back into himself and the horse was happy.

Sincerely,

Lisa

Lisa Flashenburg
Your Real Estate Consultant For Life

P.S. If you're like me, everyday you try to do a bit more to improve yourself. Feel free to send me your happy thoughts at lflashenburg@legaledgere.com or call me at 781-975-0803



It's pumpkin time!

Lisa's Local Ledger

News To Help You Save Time And Money

October 2012

The Reward That Keeps On Giving

His name was Fleming and he was a poor Scottish farmer. One day, while trying to eke out a living, he heard a cry from a nearby bog. He dropped his tools and ran to the bog. There, mired to his waist in muck, was a boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy that Farmer Fleming had saved.

"I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," the farmer replied, waving off the offer. At that moment, the farmer's own son came to the door of the family hovel.

"Is that your son?" the nobleman asked.

"Yes," the farmer replied proudly.

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"I'll make you a deal. Let me take him and give him a good education. If the lad is anything like his father, he'll grow to a man you can be proud of."

And that he did. The farmer's son graduated from St. Mary's Medical School in London, and went on to become the noted Sir Alexander Fleming, the discoverer of Penicillin.

Years afterward, the nobleman's son (the one rescued from the bog) was stricken with pneumonia and was saved by Penicillin. The nobleman's son's name? Sir Winston Churchill.

You never know what effects you'll have on the world tomorrow by your actions today.

Lisa

October Quiz Question

Q: *I'm full of holes, but still hold water. What am I?*

Everyone who faxes, 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 Panera

September Quiz Question

Q: *The person who makes it, sells it. The person who buys it never uses it. The person who uses it doesn't know it. What is it?*

A: *A coffin.*

Fall Into October

United Nations Day is celebrated internationally on October 24th for the purpose of informing the people of the world as to the aims, goals, and achievements of the UN. It commemorates the origin of the United Nations Organization on October 24, 1945 when the UN Charter was ratified by almost all permanent members of the Security Council.

World Teachers Day is celebrated every year on October 5th to commemorate teachers' organizations throughout the world. It celebrates the essential role of teachers in providing quality education at all levels and focuses attention on teacher preparedness worldwide. It also commemorates the anniversary of the 1966 signature of the UNESCO/ILO Recommendation Concerning the Status of Teachers.

Halloween (a shortening of All Hallows' Evening) also known as Hallowe'en or All Hallows' Eve, is a holiday observed around the world on October 31, the night before All Saints' Day. The Christian feast of All Hallows' Eve, according to some scholars, incorporates traditions from pagan

harvest festivals and festivals of the dead, like the Celtic Samhain. Other scholars maintain that the feast originated independently of Samhain.

I like nonsense; it wakes up the brain cells. ~Dr. Seuss

Halloween Tongue Twisters

- He thrusts his fists against the posts and still insists he sees the ghosts.
- Creepy crawler critters crawl through creepy crawly craters
- Dracula digs dreary, dark dungeons.
- Ghostly ghouls gather gleefully to golf on ghostly golf courses.
- Gobbling gargoyles gobbled gobbling goblins
- Horribly hoarse hoot owls hoot howls of horror in Halloween haunted houses.
- If big black bats could blow bubbles, how big of bubbles would big black bats blow?

6 Weird Facts About Technology

1. To have your picture taken by the very first camera you would have had to sit still for 8 hours!
2. The technology contained in a single game boy unit in 2000 exceeds all the computing power that was used to put the first man on moon in 1969.
3. The cigarette lighter was invented before the match.
4. Surgeons who grew up playing video games make 37 percent fewer mistakes.
5. Windmills always turn anti-clockwise. Except for the windmills in Ireland!
6. Technically speaking, crystal glass is actually a liquid that flows very slowly.

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Do you realize if it weren't for Edison we'd be watching TV by candlelight? ~Al Boliska

The Cold Facts

Cold season is coming. Most colds begin in late August or early September, increasing slowly for a few weeks, then remaining high until March or April. The increase may be due to the opening of schools and to cold weather, which prompts people to spend more time indoors and increase the chances that viruses will spread from person to person. Also the most common cold-causing viruses survive better when humidity is low—during the colder months of the year. Cold weather also may make the nasal passages' lining drier and more vulnerable to viral infection entering the body.

Hand washing is the simplest and most effective way to keep from getting rhinovirus colds. Not touching the nose or eyes is another. Other than breathing in someone else's sneeze—hand to face contact is the most common way of transferring the virus into your body.

Individuals with colds should always sneeze or cough into a facial tissue, and promptly throw it away. Also, because rhinoviruses can survive up to three hours outside the nasal passages on inanimate objects and skin, cleaning surfaces with a disinfectant might help if someone in the house has a cold.



Personal Productivity Trick

If you tend to procrastinate, or drag your feet getting a task done, here's a simple technique that might help: Start using a timer.

If you avoid tasks like cleaning the house, set the timer on your stove or phone for 15 minutes, then make an agreement with yourself to clean like mad for just those 15 minutes. The timer has a way of making the task more bearable because it has an end time. You can "bear" it for 15 minutes. It's likely that you'll keep going after that 15 minutes.

Likewise, if you drag your feet finishing projects like writing an article, you can set your timer and promise to go at 100% effort for that time, then reward yourself with a break.

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When you write down your ideas you automatically focus your full attention on them. Few if any of us can write one thought and think another at the same time. Thus a pencil and paper make excellent concentration tools. ~Michael Leboeuf

Pumpkin Carving Tips

Transfer Your Design: Use a pumpkin template or draw your own design on a piece of paper. Affix it to the pumpkin, and trace the design by poking holes with a sharp awl, needle tool, or T-pin.

Carve the Features: Remove the template and carve along the pattern with a miniature saw or linoleum carving tool. If you want to make holes in the pumpkin for eyes, use a drill with a 1/2-inch or 3/4-inch spade bit. You can start with holes, then shape the holes into different designs

Light the Pumpkin: Use string lights (white Christmas lights) wrapped around a glass jar, and secure the wires with tape. Cut a hole in the hollowed-out pumpkin for the cord, and place jar inside. If using a candle, place it in a glass or votive holder, and cut a hole in the back of the pumpkin for ventilation (or leave the top off). Prevent exposed areas of the pumpkin's flesh from turning brown by applying a film of Vaseline.



Avoid 'Vicarious' Success

Success breeds more success, or so they say. But a study reported in the *Journal of Experimental Social Psychology* seems to suggest that watching other people succeed lowers the motivation to strive for success on your own.

In an experiment, a group of test subjects watched videos of people completing a series of puzzles. Another group was shown videos where the puzzles were not solved, and a third group watched no videos at all. Then the groups were asked to complete similar puzzles themselves.



Subjects who had watched the puzzles get completed actually had the lowest rate of completion, compared with the other groups. Scientists call this "vicarious goal satiation," explaining that watching others achieve goals can provide a sense of achievement that drains the motivation to accomplish goals on one's own.

The lesson (with some skepticism): To prime yourself for success, focus on what you need to do, and don't get distracted by others' efforts, successful or not.

Much good work is lost for the lack of a little more. ~Edward H. Harriman

Liking Living Alone

More people are living alone, according to sociologist Eric Klinenberg's book, "Going Solo: The Extraordinary Rise and Surprising Appeal of Living Alone." Ray Suarez and Klinenberg discuss the emerging demographic, so-called "singletons," and what he calls the "biggest unnamed social change of the last 50 years."

According to Klinenberg, "Now the most privileged people on earth use their resources to separate from one another, to buy privacy and personal space."

Who's living alone? Some are young professionals who are in relationships, but prefer separate living spaces. Others report that after the death or divorce of a spouse, they prefer to live alone, often purchasing a home on their own and enjoying the benefits of not having to defer to someone else about vacation plans, or other things.

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!

Paul and Katie Caminiti
referred by Kevin Connelly

Margaret Sadler referred by
Dave Flashenburg

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

Your Body Is A Laser

What if you could shoot a laser out of your body? The concept isn't as crazy as it sounds (although it may not ever be practical for use in hand-to-hand combat). Two Harvard physicists have manipulated human cells to produce a concentrated beam of light like a laser.

The scientists took cells from a human kidney and engineered them to produce molecules of GFP (green fluorescent protein), which enables jellyfish to glow naturally. Then they positioned the cells between two very tiny mirrors, and triggered them with bursts of low-energy blue light. The little mirrors forced the light produced into a coherent beam, which is more or less the definition of a laser.

These minuscule lasers could ultimately prove useful in enabling humans to control electronic implants in their brains, the scientists say, and may end up be used to destroy cancer cells—from the inside.

NEW FEATURE

Lisa's Legends

Send me an interesting story you've seen, a short blurb about your or your business or something interesting that has happened to you recently and you'll be featured in this column!

Wedding congratulations this month to:

Ron Isenstein;

Jonathan Karelitz

Hope you both had fabulous events!

One-Liners

- We never really grow up. We only learn how to act in public.
- I thought I wanted a career. Turns out I just wanted paychecks.
- You do not need a parachute to skydive. You do need a parachute to skydive twice.
- I used to be indecisive. Now I'm not so sure.
- Do not argue with an idiot. He will drag you down to his level and beat you with experience.
- How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?
- If I agreed with you, we'd both be wrong.
- I always take life with a grain of salt. Then a slice of lemon and a shot of tequila.
- Whenever I fill out an application, on the line that says, "In case of emergency, please notify____," I write *doctor*.

LISA'S LOCAL LEDGER

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Lisa's Local Ledger

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A Doctor-Recommended Exercise!

Here is a miracle exercise recommended by an actual doctor. You can do this standing or sitting down. Do it in front of a mirror, or better still, with someone else. Here's how:

1. Raise the corners of your mouth an inch, take a deep breath and hold it for 10 seconds. You are now smiling. If other people are watching you, don't be alarmed if they start smiling too.
2. Now push out your breath using your amazing abs in short exhalations. You're now laughing. Unless those around you are curmudgeons, they may laugh along with you.

This simple muscular action of inhaling, raising the corners of the mouth, and then exhaling in rhythmic, short bursts causes the diaphragm to bounce up and down, pats the liver on the back, and pleasantly vibrates the stomach. The heart, which rests above the diaphragm, begins to pump at a slightly faster rate, sending oxygenated blood coursing throughout your body. The effect is a general feeling of well-being. Smiling also boosts your immune system, lowers your blood pressure, raises your serotonin levels and makes you more attractive. More important than this, however, is the effect on others who observe you going through this exercise. They feel better, too. This triggers happy emotions within you, and the stage is set for any number of pleasant things to occur.

All this from one simple little exercise!

