

April 2018

How Do You Define Success?

Our ideas about success are evolving. Perhaps as little as 20 years ago, success primarily meant having a solid, good paying job and a decent amount of respect. It didn't matter so much if you loved your job, as long as you were making money.

Then for a while, especially in the 1990's and early 2000's, success came to be defined by doing something you're passionate about. It came to mean breaking out of the corporate environment, being your own boss, doing something "amazing," "big," or "purposeful." The idea was, "Do what you love and the money will follow." Many self-help gurus found success promoting that philosophy. After all, who doesn't want to get rich doing what they love? It's an easy sell.

The challenge of pursuing that philosophy is figuring out what you love and how that applies to making a living in the real world. It's a philosophy that has left many people feeling frustrated by their lot in life, because it's not an easy thing to figure out.

Today the tide seems to be turning towards a more moderated definition of success. It's one where we do not need to constantly strive for more, constantly reach for some idealized "passion" for our work, or even have super high paying jobs.

A successful person might be a high school teacher who is effective in the classroom and has a solid retirement plan and loves having his or her summers free. It might be an entrepreneur who gets enough freelance work to support his family, while still having enough time to enjoy the family. It could be a middle manager who enjoys not having the intense responsibility of a higher-profile position. Or a programmer who gets to work with like-minded people at a tech company and has lots of friends there.

Success these days seems to be more about putting *enough* in the bank, while doing something you're good at, but not necessarily passionate about. Perhaps it's a sign of the times that we're putting security over the passionate pursuit of work perfection. Of course, there's nothing wrong with pursuing your passion, but there's also nothing wrong with doing something you're good at, and having it be good enough.

What do you think?

Sincerely,

Lisa

Lisa Flashenburg, Your Real Estate Consultant For Life

P.S. If you like this idea, let me know. I'd like to hear about your experiences. Contact me at: lisaf@LegalEdgeRE.com or 781-975-0803.

Celebrating seeing signs of spring!



Lisa's Local Ledger

News To Help You Save Time And Money

April 2018

A Magic Ring

One day a king decided to teach a lesson to his son, a young and arrogant prince. He said, "Son, there is a ring that I want you to bring to me. I wish to wear it for my birthday, which gives you six months to find it."

"If it exists anywhere on Earth, sire," replied the prince, "I will find it and bring it to you. But what makes the ring so special?"

"It has magic powers," answered the king. "If a happy man looks at it, he becomes sad. If a sad man looks at it, he becomes happy."

The king knew no such ring existed, but he wished to give his son a taste of humility.

Spring passed, then summer, and still the prince searched for the ring. On the evening of the king's birthday, the prince took a walk in one of the poorest quarters of the city, still searching. He passed by a merchant who had begun to set out his wares on a shabby carpet. "Have you by chance heard of a magic ring that makes the happy wearer forget his joy and the broken-hearted wearer forget his sorrows?" asked the prince.

He watched the merchant take a plain gold ring and engrave something on it. When the prince read the words, his face broke into a smile. That night the city welcomed the king's birthday. The king called for his son.

He said, "Have you found what I sent you for?" All the king's ministers laughed, for they were "in" on the joke.

But to everyone's surprise, the prince held up the ring and said, "Here it is!"

The king snatched the ring and read the inscription, which said: "This too shall pass." Suddenly his smile vanished as he realized the prince had succeeded. The words on the ring indeed would make the happy man sad, and the sad man happy.

~ Lisa



Still a Seller's market. If you are thinking of selling, give me a call for tips on getting ready!

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Scientists Turn Peanut Butter into Diamonds

Dan Frost of the Bayerisches Geoinstitut in Germany was trying to replicate crystalline structures believed to exist in the lower mantle of the Earth.



During his research, Frost discovered a laboratory process that extracts the oxygen from carbon-dioxide. In the earth, this happens naturally, and when the left-over carbon is subjected to intense pressure, it can turn into diamonds.

To replicate this in the lab, Frost's team needed a carbon-rich material, which they could subject to high pressure. They chose ordinary peanut butter. During the experiment, diamonds did actually emerge under extremely high pressure.

The experiment was done to demonstrate how turning carbon-rich materials into diamonds can be useful in superconductors and quantum computing.

April Quiz Question

Q: Which character is the first to speak in the original "Star Wars" movie?

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 Yard House

March Question

Q: How many time zones are there in the world?

A: 24.

"He who laughs, lasts." ~ Mary Pettibone Poole

Décor for a Tight Budget

When moving into your first home, you probably have a tight budget for decor. Fortunately, a few targeted pieces – aside from the basics of a couch, dining table, and bed – will go a long way towards giving you a high design look on a low budget:

- 1. Rugs.** Spend a bit of your budget on a few nice accent rugs. They add color and depth to your space, and set off your few furnishings.
- 2. End/coffee tables.** Even a plain old couch can be enhanced with end tables or a coffee table that has the look you want.
- 3. Lamps/lighting.** Search for interesting lighting that makes a statement without being expensive, including lamps, pendant lights, wall lights, etc. There are many low-cost look-alikes that add character to a space.
- 4. Paint.** After getting your accent rugs, couch, and lighting, it's time to choose paint colors. When matched to your furnishings, painting completes your décor.
- 5. Plants.** When you lack a lot of furniture and other decor, purchase plants to fill in the empty spaces.

International Travel with Your Mobile Phone

If you are travelling overseas and would like to use your mobile phone, you have a number of options. **Do you need to be contacted on your current phone number while traveling?** Ask your carrier if they offer *global roaming packs* that include calls, text and data (at an extra cost). Questions to ask your carrier:

1. What countries can I use the pack in?
2. How much does it cost and how am I charged for it? Some packs are charged on a per day basis, while for others you pay an upfront fee for a set amount of inclusions that last a set number of days.
3. What are the inclusions? Some packs include calls, text and data. Some just include limited data, which can be used up quickly if you'll need your phone for navigation.
4. What are the charges for going over the inclusions and how do I track my usage?
5. When my roaming pack expires, what rates will I get charged for calls, text and data?

Watch out for automatic opt-in settings for roaming which can result in huge charges. **If you don't need your current phone number**, you can also buy a local SIM card for your phone at your overseas destination, and use free local Wi-Fi.

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.

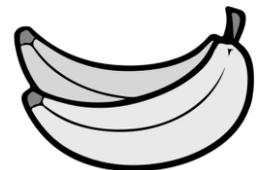
"We accept the love we think we deserve." ~Stephen Chbosky

Do Refrigerated Bananas Keep Longer?

If you're like a lot of people, you buy a bunch of bananas, and before too many days go by, you end up with squishy, brown-spotted fruit which is only good for banana bread.

Can you put bananas in the refrigerator to keep longer, say a week instead of a few days?

Yes. Bananas do not like cold. When bananas get cold, they instantly stop ripening. If you put them in the refrigerator, the fruit inside the peel will stop ripening at the level of ripeness you put them in. The skin, however, will turn brown and splotchy (which is not an indication of the fruit inside).



So, if you like the taste of green bananas, and you put green bananas in the refrigerator, four or five days later when you pull them out, you'll still have green bananas on the inside (that woody tasting fruit), even though the outside looks brown. You won't be able to ripen them further by putting them out on the counter. They'll simply go bad.

Warm Up with Quick Black Bean Soup

Here's an easy, tasty soup with a Mexican flavor that the whole family will love.

Ingredients:

- 3 tablespoons olive oil
- 1 medium onion, chopped
- 1 tablespoon ground cumin
- 2 -3 cloves garlic
- 2 cans black beans
- 2 cups chicken or vegetable broth
- Salt and pepper
- 1 small red onion, chopped
- 1/4 cup cilantro, coarsely chopped or finely chopped



Directions:

1. Sauté the onion in olive oil. When the onion is translucent, add cumin.
2. Cook 30 seconds, then add the garlic. Cook for another 30 to 60 seconds.
3. Add 1 can of black beans and 2 cups of vegetable broth. Simmer, stirring occasionally.
4. Turn off the heat. Transfer ingredients to a blender and blend together.
5. Add the second can of beans to the pot with blended ingredients and bring to a simmer.
6. Serve soup with red onion and cilantro for garnish.

Free Reports!

- How Sellers Price Their Homes

Free Information!

- The 10 Dumbest Mistakes Smart People Make When Buying Or Selling A Home
- How To Buy A House With Little (Or No) Money Down

Free Newsletter Subscription!

See page 7

Not a Medical Emergency, Yet

"Doc, you've got to help me," a patient demanded.

"You'll be fine," the doctor replied. "You have a cold, and it should clear up in a few days."

"But I'm miserable," the patient whined. "Isn't there something you can give me?"

"Just go home and get some rest," said the doctor.

"Come on doc, there's got to be something," the patient pleaded. "I hate feeling this way."

"Well, there is something," the doctor said. "Why don't you go home and take a hot bath, then put on your swimsuit and run around the block a few times."

"Doc, are you crazy? If I do that, I'll catch pneumonia," the patient complained.

"I know. But pneumonia," the doctor said, "is something I can treat."

Five Reasons To Work Your Core

Strengthening your core (the muscles from your hips to your shoulders) is like giving yourself a full-body makeover. You'll feel smarter, younger, and better all over. Here are five benefits for a "hard core" workout:

1. **It reduces and prevents pain.** A strong core stabilizes you and works like a natural brace for your joints. It prevents sagging, which puts more strain on joints and can pinch nerves.
2. **It makes you look taller and thinner.** When you strengthen your upper back and shoulders, the muscles are pulled back and down, removing any trace of a hunch.
3. **It delays the aging process.** A strong core keeps your body aligned, so you can function properly. It helps you hold the stomach in, which has been shown to reduce strain that ages your body faster.
4. **It improves mental function.** Having a stable and aligned spine allows your brain to receive your body's messages more efficiently. An erect posture has been shown to make you feel more confident.
5. **It improves balance.** Stabilizing your core hones your fine motor skills, so you can react quickly and stay balanced on unstable surfaces.

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?

Some upcoming local fundraisers:

Judi Burten Bicycles Battling Cancer

<http://bndfr.com/8tXvz>

Paige & Gwen Littlehale
30 Hour Famine Fundraiser

<https://youth.worldvision.org/participant/37989>

<https://youth.worldvision.org/participant/37990>



"Every man dies; not every man lives." ~ William Wallace

Climate Spurred Migration From Africa

Humans migrated out of Africa some 60,000 years ago. Until recently, scientists believed the move was spurred by a wet climate that created pathways to Eurasia. New studies, though, show that migration may have occurred for the opposite reasons—to escape an increasingly dry climate.

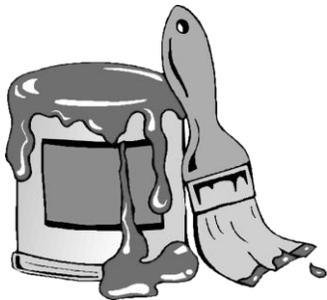
The *Sci-News* website reports that researchers analyzed the Horn of Africa's climate 200,000 years ago by studying a core of ocean sediment taken from the western end of the Gulf of Aden, off modern-day Somalia. They looked at chemicals created by a type of algae that changed composition depending on water temperature. The team determined that the climate in the Horn of Africa some 70,000 years ago shifted from a wet phase to one that was drier and colder than it is now. The transition would have prompted early humans to migrate from Africa to the Middle East and Asia.

What Good Does It Do To Recycle Paint?

In many places around the world, latex paint is considered a hazardous waste and must be disposed of properly. Canada, the US, UK, Australia, and many other countries offer paint recycling programs that are easy for consumers to utilize. For instance, many local hardware stores allow you to drop off un-needed paint.

This begs the questions, why is paint considered a hazardous waste, and what good does recycling do? Surely no one wants your half pint of old brown garage paint, do they?

The answers may surprise you. Apparently, one gallon of improperly disposed of paint has the ability to pollute up to 250,000 gallons/1,000,000 liters of water. That happens when the chemicals in paint seep into the water table. If you dump your paint into the street drainage, you're risking some nasty pollution downstream that contributes to the overall quality of the environment.



There are estimates that more than 250 million gallons (close to a billion liters) of household paint are sold per year, which is about half the total amount sold for all construction. That's a lot of paint, so even a small fraction of home owners dumping their paint can cause unforeseen problems.

When you properly recycle your paint, what happens to it? Most often, the highest quality of latex paint is sorted out and turned back into recycled paint that can be used. Recycled paint is environmentally preferable to new paint, while still maintaining comparable quality.

In many cases, reusable paints of the same color are pumped into a tank where the material is mixed and tested. The paint is adjusted with additives and colorants as necessary. Finally, the paint is fine filtered and packaged for sale at a much cheaper price for use where exact color matching is not vital. Non-reusable paint can be made into a product used in cement manufacturing, thereby recycling virtually 100% of the original paint.

Recycling one gallon/3.7 liters of paint could save 13 gallons/50 liters of water, 1 quart of oil, and 250,000 gallons/1,000,000 liters of water pollution, 13.74 pounds of CO₂, save enough energy to power the average home for 3 hours, cook 6 meals in a microwave oven, or blow dry someone's hair 27 times.

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!

Roberto Dominguez

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

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. You can take a picture of the form and email or text it to me, or just send me the title(s) you want.

Call me: **781-975-0803** Email me: **lisaf@LegalEdgeRE.com**
www.LegalEdgeRE.com

Name: _____ Phone: _____

Address: _____ Email: _____

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

Please send me the requested free information selected below via Mail 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: _____

Modern Heat Waves Pale Against Permian Era

If you think it's hot these days, be grateful you're not living on the plains (or anywhere else on Earth, for that matter) a few million years ago. Scientists at Southern Methodist University in Dallas estimate that temperatures in central North America, which was then close to the equator, may have soared as high as 165 degrees Fahrenheit during the Permian period, about 270 million years ago.



During that period the land mass of Earth was fused into a single vast continent that scientists call Pangaea. The searing heat would have made life impossible for all but the smallest microbes, and is a possible cause of a mass extinction that ended life in the Permian era.

Other scientists, though, aren't convinced, noting that measurements taken from ancient sediment may overstate temperatures because of the presence of salt in the samples, which can retain heat at higher levels than air.

Kid-Friendly Exercises

Physical fitness should start early. As worries about obesity and nutrition fill the media, parents are taking more active steps to ensure that their children learn good exercise habits while they're young. Here are a few simple routines from Parenting.com that can promote good health and fun for your entire family:

Faux Pushups. Have your child get into a raised pushup position. Then say the alphabet, high-fiving your child with each letter (alternating hands).

Sit-ups. Take a ball and lie down facing each other, feet touching. Sit up together and pass the ball to your child at the top of the sit-up, then go back down. Repeat back and forth for as long as you can.



Water balloon walk. Fill a water balloon and have your child hold it between his or her knees. Then challenge the child to walk without bursting it or dropping it.

Kid Lunging. Have your child take the longest step he or she can with one foot, then stop for a moment all stretched out. Then have the child stand up straight and take a step with the other foot. Try walking to the car or the park, lunging all the way.

Bicycle. Your child lies on the floor, lifts his or her legs, and moves them in a circular motion like riding a bicycle. Ask him or her to say "ha-ha-ha" in time with the movements. This can be particularly effective in helping younger kids head off tantrums.

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