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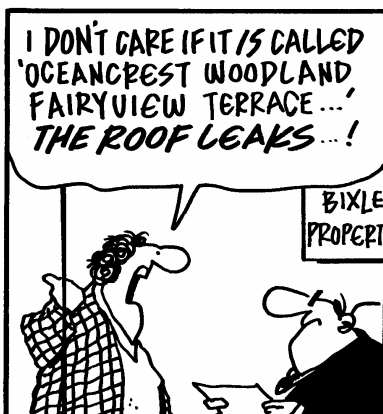
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Signature **Real Estate** Professionals

# Service For Life!<sup>®</sup>

"Insider Tips For Healthy, Wealthy & Happy Living..."

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## Seven Amazing Secrets To Keep Your Mind Sharp and Young

Did you forget where you put your car keys yesterday? Do you remember what you ate for lunch three days ago? Does it seem like simple things are getting harder to remember as you get older?

If so, you're not alone. Like any other part of our body, our brain shows signs of decline as we get older. Most people accept lower brain activity as just another part of aging. But it doesn't have to be this way.

Over the past 20 years, scientists have made astonishing discoveries to minimize or even eliminate the decline of brain activity. These discoveries identify preventative steps you can take to keep your mind vibrant, sharp, and strong. Here are a few surefire tips to keep your mind healthy for life!

**Exercise Regularly.** That's no surprise, is it? But did you know that people who are aerobically fit are brighter? Best of all, you can enjoy the benefits of exercise at nearly any age. Even a 55 or 60 year old will see improvement of mental fitness and a lowering risk of Alzheimer's disease by daily exercise.

**Take Antioxidants.** Antioxidants can help minimize brain decline as we get older. And the best antioxidant is Vitamin E. Take 400 IU of vegetable oil-based d-alpha-tocopherol Vitamin E every day. Avoid the synthetic forms of Vitamin E. Other antioxidants such as Vitamin C and beta-carotene also have been proven to help the brain, and even reduce the risk of stroke.

**Avoid Aluminum.** It's hard to imagine that we actually ingest metal in our diets on a regular basis. But we do. In fact, aluminum has been identified as a possible cause of Alzheimer's disease. How can you limit or eliminate aluminum in your diet? Most metals come from antacids and calcium supplements. First, limit aluminum-containing antacids. Second, eliminate calcium supplements with "oyster shell" or "natural source" on their label.

**Eat Fatty Fish.** What are "fatty fish?" No, they're not overweight fish. Fatty fish include salmon, mackerel, and tuna that are rich in Omega-3 fatty acids. Eating fatty fish may be the single most important change you can make to your diet. Eat at least four ounces of fatty fish, four times a week, and you will take a huge step in improving not just your brain's health, but your body's too.

**Drink Green and Black Tea.** What do the British know about tea that we "Yanks" haven't yet discovered (until now)?

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## Word Of The Month...

Studies have shown that your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends. You may even be able to fatten your wallet!

**cynosure** \sie' ne shoor\ (noun)

**Meaning:** an object that serves as a focal point of attention and admiration

**Sample Sentence:** Faith is a **cynosure** that can help you through stressful times.

## Southern Slang...

Rumor has it, the Atlanta School Board, feeling left out by the fuss over "Ebonics," decided to designate their own version of "southern slang." Here are a few excerpts from their dictionary:

**HEIDI** -- noun. Greeting.

**HIRE YEW** - Complete sentence. Remainder of greeting. Usage: "*Heidi. Hire yew.*"

**BARD** -- verb. Past tense of the infinitive "to borrow." Usage: "*My brother bard my pickup truck.*"

**JAWJUH** -- noun. A state just north of Florida. Capital is Hot-lanta. Usage: "*My brother from Jawjuh bard my pickup truck.*"

**MUNTS** -- noun. A calendar division. Usage: "*My brother from Jawjuh bard my pickup truck, and I ain't herd from him in munts.*"

**ALL** -- noun. A petroleum-based lubricant. Usage: "*I sure hope my brother from Jawjuh puts all in ma pickup truck.*"

## Did You Know...

- ◆ In order to enhance her walk, Marilyn Monroe would saw off a small portion of one of her high heels.
- ◆ Ants use the sun for navigation. Give an ant a "new" sun by using a mirror and a bit of polarized glass, and it will promptly change its course.
- ◆ A hundred years ago, there were as many people in the world as there were in India in 1999. Where are we heading?

They've learned that drinking tea can protect against vascular problems, including heart attack and stroke, and even lower risks of dementia! That's because teas contain flavonoids, which have powerful antioxidant properties.

**Drink Wine.** Hold on. Don't overdue it. I'm talking about only one glass a day. And if you don't drink, you can substitute wine with a delicious glass of natural grape juice.

**Eat Your Spinach!** Was Popeye on to something? It appears so. Studies have found that folate and Vitamin B12 are proven to protect the brain from aging. But if you don't like spinach, don't fret. Folate also is found in dried beans, seeds, soy, whole grains, and citrus fruits. And if those don't suit your fancy, or if your diet doesn't allow you to eat folate-rich foods, just supplement your diet with 400 to 600 mcg. of folate and 6 mcg. of Vitamin B12 per day.

## *Interest Rates are Low Now is a great time to buy!*

Our Signature Team is here with reliable services to assist you every step of the way.

*The Signature Team!*  
*"Quality Service is our Signature"*

## Do You Suffer From Insomnia?

If you can't seem to get a long, restful night's sleep, this article may be for you. A study by Brian Raudenbush, assistant professor of psychology at Wheeling Jesuit University tested two scents, jasmine and lavender, after learning that these pleasant aromas help aid relaxation, increase mood, and reduce anxiety. The study tested 20 volunteers who slept in a room scented with lavender, jasmine, or nothing. The volunteers who slept with jasmine or lavender slept more soundly and peacefully, with less tossing and turning, than those with no floral scent. They also reported being significantly more alert and calmer throughout the next day. Jasmine and floral scents are now available in spray form for your pillow. Sweet dreams!

## Is Popcorn Really That Old?...

Did you know that 5,600-year-old kernels of popcorn were discovered in a cave in New Mexico back in 1948? Many cultures have eaten and used popcorn in many different ways. The Aztecs decorated ceremonial headdresses and necklaces with popcorn. Native Americans would oil an entire ear of corn, place it in a fire to pop, and then eat it like corn on the cob. Some historians believe Native Americans brought popcorn to the first Thanksgiving. Later, colonial families ate popcorn with sugar and cream for breakfast. Today, Americans eat 17 billion quarts of popcorn each year, an average of 58 quarts apiece...and most of it at home.

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## Brain Teaser...

I am light as a bird and lovely as a flower. I sometimes last from year to year, and sometimes but an hour. I stop the swiftest railroad train, I break the strongest tree, yet I am afraid of fire. I always let the children play with me. What am I?

*(answer on bottom of last page)*

## Family Dining

A recent study at Harvard University found that children who regularly eat with their parents have healthier eating habits than those who don't.

When they dined together all or most nights of the week, children were one and a half times more likely to eat five daily servings of fruits and vegetables. They drank fewer sodas and ate less fatty and fried foods. They also took in more fiber, calcium, folic acid, iron, and other health-promoting nutrients.

## Today's Frugal Fact...

You will be amazed at how much you can save by using the rechargeable type batteries. Even though rechargeables have a higher initial cost because you have to buy the charger, you get to use them over and over again, giving you a lower cost per use.

Would you believe, for example, that four AA rechargeable batteries cost about 1 cent per hour of use. Compare that to 10 to 16 cents per hour of use for disposables! Wow! Well, I'm convinced, how 'bout you?

## Snoozing Pilot?

On a recent flight, an elderly passenger kept peering out the window. Since it was totally dark, all she could see was the blinking wing-tip light.

Finally, she rang for the flight attendant. "I'm sorry to bother you," she said, "but I think you should inform the pilot that his left-turn indicator is on and has been for some time."

## Quote Of The Month...

*"Life's battles don't always go to the stronger or faster man. But sooner or later the man who wins, is the man who thinks he can."*

**Vince Lombardi**

# Are You Really Buying "Organic Food"... Or Just Overpriced Hype?

When you go to the grocery store, do you automatically pick up those items that are labeled "organic" thinking they're healthier for you? In the past, there were no set rules for this type of labeling, but thanks to the USDA and consumer concern, new legislation was recently instituted.

Before legislation, it had become painfully evident that "organic" didn't always mean the same thing to all manufacturers. Contrary to popular belief, organic doesn't always mean grown naturally with no chemicals. Thankfully, the new standards give some guidelines.

The requirements for products to be labeled "organic" include meat, poultry, eggs, and dairy products from animals not treated with antibiotics or growth hormones. The new guidelines also state that organic produce must be free of most pesticides, certain fertilizers, and radiation. This does leave room for the use of some non-conventional pesticides, but at least now you know what you are buying. For a full copy of the organic food standards you can visit [www.usda.gov](http://www.usda.gov).

## Do You Have A Real Estate Or Home-Ownership Question You Want Answered?

Maybe you want to learn how much equity you've gained in your home. Or perhaps you have a tax or easement problem that requires professional assistance. Or maybe you just need a recommendation for a handyman, carpet cleaner, or plumber...

Either way, we love hearing from all of our good friends and clients who enjoy reading our monthly letter. And we're always looking to answer pressing questions you might have about *anything* relating to real estate or home ownership. If you have a question, tip or idea, please feel free to call us at **815-754-5050**. We're here to help!

## This Stunning Discovery Can Reduce Your Chance of a Heart-Attack

For years, health professionals have recommended drinking eight glasses of water a day to help lose weight, improve kidney function, and simply keep your body hydrated. Now a new study, published in the *American Journal of Epidemiology*, shows that drinking more than five glasses of water per day can dramatically reduce the risk of death from heart attack.

The six-year study conducted at Loma Linda University in California followed 20,000 healthy men and women ranging in age from 38 to 100. Researchers discovered that the women reduced their risk of dying from a heart attack by 41 percent when they drank more than five glasses of water per day. Men in the study were 54 percent less likely to suffer fatal heart attacks drinking the same amount. Other liquids, such as juice, milk, coffee, and alcohol had the opposite effect, almost doubling the risk of heart attack when consumed in large quantities. Researchers believe that because water is absorbed quickly into the bloodstream, it thins the blood and helps prevent clots that can block the arteries, whereas other liquids may thicken the blood and lead to clots in the arteries.

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## Thanks for Thinking of Us!

Did you know we can help you or any of your friends, family or acquaintances save time and money when buying or selling a home? Thanks for keeping us in mind with your referrals...and spreading the word!

## Crazy Lawsuit...

In January 2000, a "jury of her peers" awarded Kathleen Robertson \$780,000 after breaking her ankle, tripping over a toddler who was running amuck inside a furniture store. The storeowners were understandably surprised at the verdict, considering that the misbehaving little guy was Ms. Robertson's son.

## The Long Pause...

The German controllers at Frankfurt Airport are known as a short-tempered lot. They arrogantly insisted no pilot should get assistance taxiing or parking their aircraft. Here's an actual excerpt between Frankfurt Ground and a British Airways 747 (identified as "Speedbird 206") after landing:

**Speedbird 206:** "Good morning Frankfurt, Speedbird 206 clear of the active."

**Ground:** "Good Morning, taxi to your gate." The British Airways 747 pulls onto the main taxiway and stops.

**Ground:** "Speedbird, do you not know where you are going?"

**Speedbird 206:** "Stand by, ground, I'm looking up the gate location now."

**Ground** (impatiently): "Speedbird 206, have you never flown to Frankfurt?"

**Speedbird 206** (coolly): "Yes, in 1944. But I didn't stop!"

**Brain Teaser Answer:** Snow.

**THANK YOU** for reading our Service For Life!<sup>®</sup> personal newsletter. We wanted to produce a newsletter that has fun content and is valuable and beneficial to you. Your constructive feedback is always welcome.

**AND...** whether you're thinking of buying, selling, or financing real estate, or just want to stop by and say "Hi," We'd love to hear from you...

**Signature Real Estate Pro**

**820 S. 4<sup>th</sup> Street**

**DeKalb, IL 60115**

**815-754-5050**

**Carrie, Lee, Stacey, Ken**

# "Who Else Wants To Win A \$300 Transferable Gift Certificate"?

*Your chances to win are better than you think!*

**Sorry! No right answers from last months Trivia Challenge...The trivia question was:**

**Which of the 48 Contiguous States has the most shoreline?**

- a) California b) New Jersey c) Florida d) Texas

The answer is "C," Florida. So let's move on to this month's trivia question...

**When did McGruff, the crime-fighting dog, debut to "take a bite out of crime"?**

- a) 1960 b) 1970 c) 1980 d) 1990

*The first 2 people to call us with the correct answer will win! 815-754-5050*

## Real Estate Corner...

**Q. We are looking to buy a home soon. What are some signs of overall quality I should be looking for?**

**A.** It is always advisable to have a professional inspector look at a home before you purchase it, but you can do some of the legwork beforehand. You will need to look at the overall structure, the basic systems, and for any signs of previous damage. Here are some specifics to check:

- ❑ **Walls** – Be sure they are straight and show no signs of bowing.
- ❑ **Sturdy Floor** – Test for signs of improper flexing.
- ❑ **Sound Roof** – Does it appear to be relatively new and well maintained?
- ❑ **Quality Fixtures** – Pay particular attention to the baths and kitchen.
- ❑ **Electrical System** – Look for adequate outlets and in the main box for a minimum of 100 amps of service.
- ❑ **Heating And Cooling System** – Are all rooms connected, and is the system adequate?
- ❑ **Insulation** - Look for a minimum of R-19 in the roof. The walls can be less, but they need to be well insulated.
- ❑ **Quality Workmanship** – Look at the fine details. They will give you a lot of insight.
- ❑ **Water Damage** – Be sure water is draining properly outside, and that there are no signs of interior damage.

If these items look good to you and you are interested in the home, it is time to hire an inspector to take a more thorough look. They can often find "hidden" problems you may have missed. An inspector usually charges \$300-\$500. You can call the American Society of Home Inspectors at 847-290-6012 for a registered inspector in your area. It is also wise to ask friends, family, and your realty professional for inspectors they trust. If you are in the market for a home and need competent and caring representation, please call us at **815-754-5050**.

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