



David has the necessary equipment, skill and motivation to deliver outstanding real estate photography for a fair price.

Autumn 2009

## Inside This Issue...

Protect Yourself From Lightning Strikes....Page 1

Researchers Uncover Possible Weight Loss Secret....Page 2

Here's A Secret Recipe That'll Make Your Mouth Water!....Page 3

They Spent How Much, On What?....Page 3

IN AMERICA..... Page 4

David's Photograph for *This Issue*....Page 4



David Showalter's...

# Pleasantly Practical

Healthful, Successful & Fun Living...

## Protect Yourself And Your Family From Lightning

It can happen in any season, including winter. And its effects are potentially deadly. In 2007 alone, there were 47 reported lightning fatalities in the United States. Forty percent of those deaths were in open areas, 28 percent occurred under trees, 11 percent on a ball field and 4 percent on a boat.

According to the National Weather Service, the chance of getting struck by lightning in a year is only about 280,000-to-1. But that doesn't mean you shouldn't take precautions with the first inkling of an approaching storm.

Lightning also causes property damage. The Insurance Information Institute says there were 256,000 lightning claims in 2007, costing about \$882 million in insured losses.

Here are some specific things you can do to protect yourself and your property from the devastating effects of lightning.

If you are outside:

- Seek cover in a car, protected building, or find the lowest spot in the area. Lightning usually strikes the highest point of the locality. If there is no shelter, stay away from tall objects. You're safer crouching down in an open field than you are under a tree.
- If you are in the water, get out immediately! If you are boating, get to shore. If that's impossible, go inside the cabin or lie on the bottom of the boat, and don't touch metal objects.
- If you're golfing or fishing, drop any metal clubs and rods. Do not stand in a small, isolated shed or other structure in an open area. Move away from a motorcycle, scooter, golf cart, or bicycle. Stay clear of wire fences, clotheslines, metal rails, or pipes.
- If you feel your hair standing on end or your skin tingling, lightning may be about to hit you. Crouch down and make yourself into the smallest target possible.

### Property unnoticed is property unsold.

Inadequate photography disappoints sellers, buyers, and their agents.

**Elevated photography** helps to set property apart so buyers notice!

## Statesman...

A politician thinks of the next election:  
A statesman, of the next generation.

(James Freeman Clark)

## Word of The Month...

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

**Prescient** \preh-shent\ (adj)

Meaning: having or showing advance knowledge of what is going to happen.

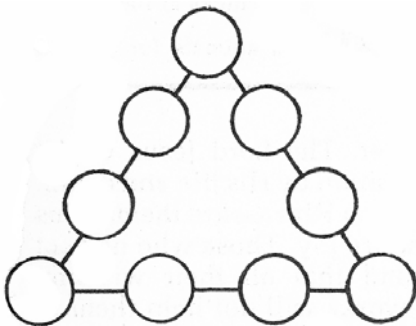
Example Sentence: Every morning Walter would review the advance copy of the foreign financial markets and issue **prescient** warnings to his colleagues at the stock exchange.

## Mind Teasers

My voice is tender, my waist is slender and I'm often invited to play. Yet, wherever I go I must take my bow or else I have nothing to say.  
What Am I?

## Nine Circles

See if you can write the numbers from 1 to 9 (once each but only once) in the nine circles so that each side totals 17.



Need answers to mind teasers?  
Find them on page 4

- Don't assume you are safe if a thunderstorm appears to be far away. Lightning can bolt out of the edge of a storm and strike victims even if it isn't raining yet. In fact, lightning has been known to strike from as far as 20 miles away!

If you are inside:

1. Do not use the telephone during a storm. Also, shut off electrical appliances such as TVs and stereos. Electric current can surge not only through electrical outlets, but also through cable TV and stereo wires.
2. Shut down your computer, but don't stop there. Most lightning strike damage to computers doesn't come through the electrical wires, but through the phone lines; and most surge equipment is helpless against it. If your computer has a modem, unplug the phone connection from your computer.
3. Stay away from open doors and windows. Also, stay away from stoves, metal pipes, and sinks. Since water conducts electricity, never take a bath or shower during a storm.



## Researchers Uncover Possible Weight Loss Secret...

Researchers say their mouse study of how to regulate fat in the body may point to potential strategies for human weight loss. Reporting in the journal, *Nature Genetics*, the scientists from the Gladstone Institute of Cardiovascular Disease and the University of California San Francisco, said one key step in fat regulation is the production of triglycerides, the major component of fat and stored energy in mammals. An enzyme called DGAT carries out this process.

In the study, mice engineered not to produce DGAT made less triglycerides than normal mice, but were still healthy. When the normal mice ate a high-fat diet, they became obese. When the engineered mice ate the same meals, they were lean and resistant to heavy weight gain, the researchers found. "This may point to a potential strategy for weight loss," said a senior investigator.

### They Spent How Much, On What?

It's true. Some years ago, these items were approved in the U.S. Budget agreed upon by the House and Senate Committees, and approved by the White House:

- ◆ \$240,000 grant for development of a 2-headed stethoscope,
- ◆ \$112,350 for brass polish for the Marine Corps band servicing the White House,
- ◆ \$84,425 printing allocation for posters to commemorate Bernard W. Trencher, the first settler of Muskegon Heights, MI.
- ◆ \$2,075,000 to establish The Skateboard Hall of Fame in Palo Alto, California,
- ◆ \$26,500 grant for improving the packaging of fly paper,
- ◆ \$3,000,000 allocation to the District of Columbia to promote a Miss District of Columbia Pageant in year 2000,
- ◆ \$12,600 to replace the waffle irons in the Congressional dining room,
- ◆ \$615,000 for renovation of a skating rink in Plattsburg, NY,
- ◆ \$770,000 grant to the College of the Pacific to study the effects of the 1994 devaluation of the Mexican peso, and its effect on the US ball bearing industry,
- ◆ \$5,325,000 allocation to the National Institute of Health to study alcohol consumption on college campuses.

### Random Tips For Happy, Healthy Living...

**Hospital Stays:** When you mail get-well cards to hospitalized friends, write their home address as the return address. That way, if they've gone home, the card will still reach them.

**Dry Skin:** Hot water tends to dry your skin, so opt for warm showers and baths. Leisurely soaks in the tub are luxurious, but long baths can strip moisture from dry skin – especially in the winter months.

**Your Car:** A full tank of gas helps save wear and tear on your fuel pump, which is located in the gas tank and depends on the gas for lubrication. When your car's fuel tank is less than a quarter full, you risk damage to the pump.

### Here's A Tasty Secret Recipe...

## Fantastic Turtle Brownies

**First Ingredients:** For brownie Layer  
4 ounces semisweet chocolate, chopped  
1 ounce unsweetened chocolate, chopped  
1 stick (1/2 cup) unsalted butter, cut into pieces  
1 cup packed brown sugar  
1 teaspoon vanilla  
2 large eggs  
3/4 cup plus 2 tablespoons all-purpose flour  
1/4 teaspoon baking powder  
1/2 teaspoon salt

**Second Ingredients:** For caramel-pecan layer  
3/4 cup granulated sugar  
1/3 cup light corn syrup  
3 tablespoons water  
1/3 cup heavy cream  
1 teaspoon vanilla  
1 1/2 cups pecans (6 ounces)

**For Garnish** (if desired): 1 ounce semisweet chocolate

### DIRECTIONS:

Preheat oven to 350 degrees. Add butter and flour to a 9-inch square baking pan, tap off and discard excess flour.

#### Making Brownie Layer:

In a heavy 1 1/2 quart saucepan, melt chocolate and butter over low heat, stirring, until smooth and remove pan from heat. Cool mixture to lukewarm and stir in brown sugar and vanilla. Add eggs, one at a time, beating well with a wooden spoon until mixture is glossy and smooth. In a bowl, sift together flour, baking powder, and salt and add to chocolate mixture, beating just until batter is combined well. Spread batter evenly in pan and bake in middle of oven 30 to 35 minutes, or until a tester comes out clean. Cool brownie layer completely in pan on rack.

#### Making Caramel-Pecan Layer:

In a heavy 3-quart saucepan, bring sugar, corn syrup, water, and a pinch of salt to a boil over moderate heat, stirring until sugar is dissolved, and boil mixture, without stirring, until it turns a golden caramel. Remove pan from heat and carefully add cream and vanilla (mixture will bubble up and steam). Stir in pecans and quickly pour mixture over brownie layer, spreading evenly. Cool brownies completely in pan on rack.

#### For Garnish:

In a double boiler or metal bowl set over a saucepan of barely simmering water, melt chocolate, stirring until smooth and remove top of double boiler or bowl from heat. Transfer chocolate to a small sealable plastic bag.

Squeeze chocolate

into one corner of bag and with a sharp knife, cut a tiny slice off corner to form a small hole. Squeeze chocolate decoratively over brownies.

**Chill brownies**, loosely covered, until caramel is firm, at least four hours. Cut chilled brownies into 16 squares and remove from pan while still cold. Let brownies come to room temperature before eating. Brownies keep for five days, covered and chilled in one layer.

### Everyone Wins!

Elevated Photography reveals assets that cannot be shown in typical photos. That attracts attention.

Buyers see more value and ask to be shown your listing. We all know how important that is!

Keep spreading the word. Your clients will understand and appreciate the efficiency of Elevated Photography.

Realtors and clients have been very pleased with the results.

## The Sign...

A boss complained at a staff meeting that he wasn't getting any respect from his subordinates. Later that morning, he went to a local card shop and purchased a small sign that read, "I'm The Boss." He brought it back to the office, mounted it on his door and left for lunch. When he got back, he found a note taped to the sign that said, "Your wife called, she wants her sign back!"

## Quotes...

You can tell more about a person by what he says about others than you can by what others say about him.

(Leo Aikman)

"Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out."

(Proverbs 10:9 E.S.V.)

"If one does not know to which port one is sailing, no wind is favorable."

"There are souls in this world which have the gift of finding joy everywhere and of leaving it behind them when they go."

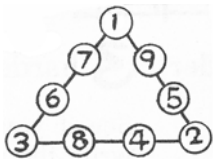
(Frederick Faber)

## Answers To Mind Teasers...

What Am I?

I am a Violin.

Nine Circles



**THANK YOU** for reading my Pleasantly Practical newsletter. I intend to produce newsletters that have great content and are fun and valuable to you. Your constructive feedback is always welcome.

**David W. Showalter**

Cell - (540) 476-1074

Home/office - (540) 828-3379

[E-mail - sales@villeview.com](mailto:sales@villeview.com)

## IN AMERICA.....

**In America** drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front.

**In America** folks order double cheeseburgers, large fries, and a **diet coke**.

**In America** banks leave both doors open and then chain the pens to the counters.

**In America** we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.

**In America** we buy hot dogs in packages of ten and buns in packages of eight.

**In America** we have drive-up ATM machines with Braille lettering.

## EVER WONDER

Why the sun lightens our hair, but darkens our skin?

Why women can't put on mascara with their mouth closed?

Why is 'abbreviated' such a long word?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons?

Why is it that the man who invests all your money is called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

Now that you've smiled at least once, it's your turn to spread the stupidity and show this to someone you want to bring a smile to (maybe even a chuckle)...in other words, show it to everyone. We all need to smile every once in a while.

## David's Photograph for *This Issue*

