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*Sunliner Realty Group, Inc*

# Service For Life!<sup>®</sup>

*“Insider Tips For Healthy, Wealthy & Happy Living...”*

## 7 Secrets Of Successful Love Relationships

Have you ever noticed how happy some couples are, while others struggle to stay together? It’s not that happy couples are better than others or their lives are any easier – but they do know how to consciously manage their relationships to keep the love thriving. Here are 7 proven strategies anyone can use right now to create a closer, more fulfilling relationship with your mate.

1. **Decide To Be Happily In Love.** It sounds overtly simplistic, but couples who make a conscious decision to be in love actually *are* more in love. Treat your partner the same way you did when you first met. Make a list of all the things you love in that person, and you’ll soon find yourself focusing on the positive and nurturing aspects of the relationship.
2. **Stay On The Same Page.** Don’t make important decisions unilaterally. You’re together as a team. Recognize and validate the other member of the team by involving them in decisions. Making decisions together also helps you get to know your mate better.
3. **Focus On Areas Of Compatibility.** Troubled couples focus on all the areas of incompatibility, whereas healthy couples focus on their similarities and are frequently amused by their differences. Spend time talking about your compatibilities, and you’ll instantly feel closer to each other.
4. **Do Things That Make Your Partner Feel Loved.** Initiate hugs more often. Touch your partner gently when you’re speaking together. Leave love notes around for your partner to let them know you’re thinking about them. Send flowers with no special reason other than you love them. Be playful and laugh together. Have fun and be a impulsive – small gestures make the biggest statements!
5. **Seek Information and Understanding, Not Evidence.** When there are differences, stop talking and listen. Rather than seek evidence that you are “right,” seek to understand the problem and your partner’s position. Replace blame and criticism with solutions and tenderness. Problem-solve together.
6. **Pay Attention To Your Physical Appearance.** Make a priority to stay in shape and look good for your mate. It shows them you care.
7. **Find Time Alone.** It’s OK to “check out” every now and then. Down-time is healthy to recharge your batteries. Don’t take it personally if your mate wants to take a day to be alone. And don’t feel guilty if you want the same – just make sure you check back in with each other.

Get free money-saving home tips by calling Sabrina at my office today 904-471-3066

## Word Of The Month...

Studies have shown that your income and wealth is 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!

**quixotic** - kwik-'sä-tik

**Meaning:** Impractical; foolishly idealistic.

**Sample Sentence:** In Cervantes' novel, Don Quixote was a man with lofty romantic ideas and of extravagant chivalrous action.

## Life's Little Lessons...

- I've learned...That just one person saying to me, "You've made my day!" makes my day.
- I've learned...That brushing my child's hair is one of life's greatest pleasures.
- I've learned...That money doesn't buy class.
- I've learned...That everyone you meet deserves to be greeted with a smile.
- I've learned...That when you're in love it shows.
- I've learned...That it pays to believe in miracles.
- I've learned...That opportunities are never lost; someone will take the ones you miss.
- I've learned...That making a living is not the same as making a life.
- I've learned...That sometimes life gives you a second chance.

## Handy Tips...

- When grilling or barbecuing: Flavor meat, chicken, or fish by adding herbs to the fire, or on the grill so that the smoke wafts over the food. Try sage, thyme, or rosemary; citrus rinds work well, too.
- Before measuring honey, corn syrup or other gooey, sticky substances, run the measuring spoon or cup under hot water and don't dry it off. The sticky liquid will slide right out!
- You can quickly soften butter for baking by grating it.

# How To Banish Web Pop-Ups

Do those annoying pop-up ads drive you crazy when you're searching on the Internet? Some of them can literally take over your screen. And a few are nearly impossible to close completely. Now there's a solution.

One simple way to eliminate those annoying pop-ups is simply by pressing your **Alt and F4** keys simultaneously. You'll quickly notice that the pop-ups STOP in their tracks, and you can resume your normal computing.

Even better, you can now prevent those pop-up ads in the first place with a pop-up blocker. The Google toolbar can do this for you, and it's free! The toolbar combines a search bar, form-completion tool, and the pop-up blocker. To install it, go to [www.toolbar.google.com](http://www.toolbar.google.com).

## 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 quick recommendation for a handyman, carpet cleaner or plumber...

Either way, I love hearing from all of my good friends and clients who enjoy reading my monthly letter. And I'm 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 me at 904-471-3066 I'm here to help!

## Quick Cures and Interesting Facts...

### Feel Faint? Try Crossing Your Legs!

Crossing your legs and squeezing them together can help keep you from losing consciousness, new research shows. A University of Amsterdam study found that if light-headed patients crossed their legs and tensed leg, abdominal and buttock muscles, there were able to delay or even avoid fainting.

### Here's New Help For Carpal Tunnel Sufferers...

New studies show that lasers can zap away the pain of carpal tunnel syndrome. Sufferers who underwent low-level laser treatments reported the laser eliminated the numbness, pain and tingling in their fingers in over 70 percent of cases. Subjects given placebo laser treatments reported improvement in only 30 percent of cases. You can get more information from the American Association of Oriental Medicine at: [www.aaom.org](http://www.aaom.org).

### Can Feeling Sad Help Older Women Live Longer?

It's surprising but true! Feeling a bit melancholy may be good for older women. That's the conclusion of new research that found women over 65 who experienced occasional mild depression are 40% less likely to die early than woman who face life with a persistent smile. Duke University scientists theorize that older "stiff upper lip" women don't cope as well with life's setbacks as older women who acknowledge feelings of sadness. But hold on. They also found that women who were severely depressed had the *highest* mortality rate of all.

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## Brain Teaser...

What English word has three successive double letters?  
(See page 4 for the answer)

## The New Employee

The new office boy stood before the paper shredder looking confused. "Need some help?" a secretary walking by asked. "Yes," he replied. "How do you work this thing?" "Simple," she said quickly taking the fat report from his hand and feeding in to the shredder. "Thanks," he said as he watched the report disappear. "But where do the copies come out?"

## Did You Know...

- When recognizing someone's face, you use the right side of your brain.
- Pearls melt in vinegar.
- The equivalent of 10 city blocks of rainforest is destroyed every minute; that's an area the size of Pennsylvania lost every year.
- All Uranus' satellites are named after Shakespearean characters.
- The first owner of the Marlboro Cigarette Company died of lung cancer.

## Enforcing The Rules!

A recent college graduate now employed by the human development center of a corporation, was in charge of training employees in proper dress code and etiquette. One day while she was stepping onto the elevator, a man casually dressed in jeans and a golf shirt entered with her. Thinking of her responsibilities, she scolded, "Dressed a little casually today, aren't we?" The man smiled and replied, "That's one benefit of owning the company."

## Quotes to Live By...

"When women are depressed they either eat or go shopping. Men invade another country." (Elayne Boosler)

"I don't know the key to success. But the key to failure is trying to please everybody." (Bill Cosby)

"As I grow older, I pay less attention to what men say. I just watch what they do." (Andrew Carnegie)

# Lower Your Risk of Heart Attack

Concerned about heart disease? Who isn't. But did you know there's an easy way to reduce your risk of heart disease? Yes, and it's quite simple. Use oil based dressings. Nutrition researchers found that women who used oil-based salad dressing more than five times a week had 50 percent fewer heart attacks than women who used them once a month or less. The protective agent appears to be polyunsaturated fats, particularly, alpha-linolenic acid in oil.

Canola, soybean and other seed based oils are rich in alpha-linolenic acid. Fat free salad dressings do not contain the acid and don't offer the same protection. So go ahead and have a great salad, with the oil-based dressing...it's good for your heart!

## A Heartfelt Message To My Special Clients and Friends...

I want to share a little secret with you. My practice is very different from most agents. I don't spend my time cold calling or pestering people for business. Instead, I focus 110% of my efforts on giving such outstanding service, people naturally think of me when a friend, neighbor or family member needs a caring and competent REALTOR®. That's why I would like to take a moment to acknowledge and thank just a few of those special people in my life who've helped build my business with their enduring support and referrals. I couldn't do it without you!

Boyd Guttery & Richard McGuire

## Are We "Dumbing Down" Our Kids?

In his book, *Dumbing Down Our Kids*, author Charles Sykes offers high school and college graduates a list of valuable rules he did not learn in school. Sykes says that we have created a generation of kids with little concept of reality and set them up for failure in the real world. Here are just a few of his rules:

- Rule 1. Life is not fair, get used to it.
- Rule 2. The world won't care about your self-esteem. The world will expect you to accomplish something before you feel good about yourself.
- Rule 3. You will not make \$40K a year right out of high school. You won't be vice-president with a car phone until you "earn" both.
- Rule 4. If you think your teacher is tough, wait until you get a boss. He doesn't have tenure.
- Rule 5. Flipping burgers in *not* beneath your dignity. Your grandparents had a different word for burger-flipping; they called it opportunity.
- Rule 6. If you foul up, it's not your parents' fault, so don't whine about your mistakes. Learn from them and keep going.
- Rule 7. Life is not divided into semesters. You don't get summers off, and very few employers are interested in helping you find yourself.
- Rule 8. Television is not real life. In real life, people actually have to leave the coffee shop and go to real jobs.

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## Thanks for Thinking of Me!

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

## Brain Teaser Answer...

Bookkeeper

## Bumper Stickers...

- Love may be blind, but marriage is a real eye-opener.
- The trouble with the gene pool is there's no lifeguard.
- Sure, you can trust the government. Just ask the Indians.

## The Birthday Present...

A man asked his wife, "Honey, what would you like for your birthday?" She replied, "I'd love to be 10 again." On her birthday, he got her up early and off they went to a theme park. He put her on every ride in the park, the Wall of Fear, the Screaming Loop, the Super Slide. She staggered out of the theme park five hours later, her head and stomach spinning.

Then off to McDonald's, where her husband bought her a double burger with fries, and a chocolate shake. Then he took her to see Star Wars, ate hot dogs, popcorn, cola, and candy. At last she staggered home with her husband, collapsing into bed. He leaned over and asked, "Well, honey, what was it like being 10 again?" One eye opened and she groaned, "Darling, I meant my dress size."

**THANK YOU** for reading my Service For Life!<sup>®</sup> personal newsletter. I wanted to produce a newsletter that has great 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," I'd love to hear from you...

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# "Who Else Wants To Win A Blockbuster Gift Certificate"

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

Guess Who Won Last Month's Trivia Question? I'm pleased to announce the lucky winner of last month's quiz. And the winner is...drum roll please: Susan Acock, she was the first person to correctly answer my quiz question...

## What Percentage Of Women Manage The Money And Bills In America?

- a) 25% b) 75% c) 50% d) 35%

The answer is "B," a whopping 75% of women manage the money and pay the bills in America. So let's move on to this month's trivia question...

## How Many Times Brighter Is A Full Moon Than A Half Moon?

- a) 2 times b) 5 times c) 10 times d) 100 times

*The first to call Sabrina with the correct answer will win! 904-471-3066*

## Real Estate Corner...

### Q. We Want to Buy Land and Build Our Dream Home. What Advice Can You Provide On Buying Land?

**A.** Buying land can seem daunting to most homebuyers, but if you've decided to build your own home, there are a few basic guidelines that can make the process go more smoothly.

**First, know your budget...and do your homework!** Interest rates and down payments can be higher for land than for home buying. And the financing term is usually shorter. Before you begin your land search, sit down with a loan officer to discuss interest rates, down payments, and construction loans.

**Second, determine your building costs.** Talk with several local contractors to find out what the average price per square foot is for a home that you are planning to build. Make sure to include *all* costs, including land, architectural design, direct construction, landscaping, taxes, permits and other fees.

**Third, decide on an approximate location, size of lot, and features you want.** Make a list of features you want the property to have. Find out if the land is suitable for the type of home you want to build. Examine lot views, home sighting, topography, drainage, and the impact neighboring lots may have.

Buying land can be tricky. There are many things to consider, such as: Is the land build-able? Are there any neighborhood covenants or restrictions that could limit your building plans? Is there suitable drainage? Are there any environmental hazards like buried toxic waste, or gas lines? Make sure you study all aspects carefully before purchasing land. If you are thinking of selling or buying soon, and require competent and caring representation, please call me at 904-471-3066

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