



Take a look at the properties
for sale and lease in my
Property Highlights insert!

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Tristan Emond's...

Service For Life!

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

10 Quick Ways To Boost Your Energy Level!

One of the great secrets to boosting your energy is taking action. Just by simply changing something in your life and doing something different you'll increase your energy flow. Action gives you energy!

Sometimes we get bogged down with situations, habits, or people that drain our energy. What can you do? Begin by committing to spend time doing things that support your goals. Surround yourself with people who believe in you, and avoid situations and people who drain you. In addition, here are 10 quick steps you can take *today* to boost your energy:

- 1. Write Down 10 Things That You Like Doing.** You can ramp-up your personal and professional energy level by focusing your attention on what you like doing. Motivation increases energy.
- 2. Take A Walk.** Taking a 10-minute brisk walk will increase your energy level up to two hours, reported California State University researchers. Experts say increasing your physical activity whether it's swimming, running, dancing, or biking will boost your energy level.
- 3. Organize Your Space.** Clear out the clutter in your workspace. Clear off your desk and keep it organized. When you clear out clutter you are creating space for new things to enter your life and by doing this you'll increase your energy and prosperity.
- 4. Eat Healthy Meals and Take Vitamins.** Eat a balanced diet and take vitamins with minerals to ensure you're getting all the nutrients your body needs. Also, make sure you're getting enough magnesium (300 mgs) by eating almonds, cashews, whole grains, bran, and fish – particularly halibut.
- 5. Turn Off The Negative News.** Reduce your daily diet of negative news (TV, newspaper, radio, the Internet), which can cause additional stress and fatigue. Focus your attention on the positive things happening in our world, and in your life.

Thinking Of Selling Your Home Soon?

Don't attempt to sell your home without first getting my Maximum Home Value Audit. This free, extensive service will give you all the facts to present your home in top condition for selling. Just call 391-7086 for details or to set up an appointment!

Get Free money-saving tips at my web site: www.rapidhomesonline.com

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!

ambient \AM-bee-unt\ (adjective)

Meaning: Encompassing; present or existing on all sides.

Example Sentence: At dawn, the **ambient** light shone through the stained glass window.

Bumper Sticker Chuckles...

Here are some recent sightings:

- Eat Well, Stay Fit, Die Anyway
- Body by Nautilus, Brain By Mattel
- Boldly Going Nowhere
- CAUTION: Driver Legally Blond
- If You Lived In Your Car, You'd Be Home By Now
- Forget World Peace, Visualize Using Your Turn Signal
- Smile, It's The Second Best Thing You Can Do With Your Lips

Helpful Hints Make Homemaking Easier...

Throughout history, people have discovered tricks that can make life easier in the kitchen. Here are a few that have been passed down:

- Stuff a mini-marshmallow in the bottom of a sugar cone to prevent ice cream drips...
- Use a meat baster to squeeze your pancake batter onto a hot griddle and you'll get perfectly shaped cakes every time...
- To keep potatoes from budding, place an apple in the bag where the potatoes are stored...
- To prevent eggs from cracking, add a pinch of salt to the water before hard-boiling...
- To get more juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing.

6. Explore Your Creative Side. Do you like to play a musical instrument? Do you like to paint? Is there a hobby you thought you might like to try? Exploring your creative side stimulates your mind and can increase your energy by releasing endorphins (the feel good proteins occurring in the brain).

7. Watch A Funny Movie. Think about how you feel after you've watched a really funny movie, or had a big laugh. Laughing is good for your heart, reduces stress, and increases your energy.

8. Take A Power Nap. Taking a short 20-minute nap when you're feeling tired can give your brain a rest and invigorate you...and a short power nap won't keep you up late at night.

9. Pump Up Your Fluids. Even a little dehydration can leave you feeling tired and lethargic. Pour yourself a tall, cool glass of water.

10. Get a Good Night Sleep. Make sure you get sufficient rest, which, for the average person, is eight hours. Keep your sleep area dark to reduce any disruptions. A good night sleep goes a long way to keeping your energy level high.

How about some commercial space?

Know anyone looking for a space for their business? I can help! We have a number of office and retail spaces available for lease. I'd love to work with you or your friends!

Give me a call to see what we have listed! Or check out the for lease listings at www.rapidcitycommercial.com.

Choose The Right Water Heater And Save On Energy Costs

Many homeowners consider only the size of the tank when choosing a new water heater—sometimes ignoring the energy factor and other efficiency measures that could cost money in the end.

The first decision in purchasing a new water heater is the fuel source. A natural gas unit will cost less to operate than an electric unit will; the price difference (usually about \$50) can be paid back in energy savings in just a few months. Even if you have six teenagers, you may not need a large capacity unit.

Instead of concentrating on size, start by estimating how much hot water your family uses during the busiest hour—morning showers, for example. Here are the average gallons of hot water per use: Bath or long shower (8 to 10 gallons), dishwasher (8 to 10 gallons), clothes washer (7 gallons), personal use (4 gallons).

Get Free money-saving tips at my web site: www.rapidhomesonline.com

Headline Hijinks!

Sometimes headlines found in newspapers and magazines can say more than intended. Here's a selection of headlines with...well, you tell me...

- Lingerie Shipment Hijacked – Thief Gives Police The Slip
- Patient At Death's Door – Doctors Pull Him Through
- March Planned For Next August
- Diaper Market Bottoms Out
- Queen Mary Having Bottom Scraped
- Women's Movement Called More Broad-Based
- Autos Killing 110 A Day – Let's Resolve To Do Better

Useful Phrases For Use At Work...

It always happens. You're looking for the perfect retort to a dim-witted co-worker, and it comes to you. Problem is, it's long after the opportunity has gone. Here are a few phrases that might help you make your point at the office:

- I don't work here – I'm a consultant.
- Thank you. We're refreshed and challenged by your unique point of view.
- I will always cherish the initial misconceptions I had about you.
- The fact that no one understands you doesn't mean you're an artist.
- I'm out of my mind, but feel free to leave a message.
- Some day, we'll look back on this, laugh nervously, and change the subject.

Random Thoughts on Stress...

I read this article that said the typical symptoms of stress are: eating too much, impulse buying and driving too fast...

Are they kidding? That's my definition of a perfect day!

Save With This *E-A-S-Y* Energy Tip

When was the last time you cleaned your thermostat coil? One year ago? Five years ago? Are you're asking yourself, "*what in the world is a thermostat coil??*"

Your thermostat regulates your home heating and cooling system. When the coil inside the thermostat cover is dirty and dusty it won't give an accurate reading. The dust interferes with the coil's ability to sense temperature changes. Room temperature changes make the coil curl and uncurl, thus activating your heating or cooling unit to turn on or off.

Here's how to easily clean your thermostat coil. Simply remove the thermostat cover and clean the coil by blowing away the dust or gently wiping it away with a cotton swab. If you have a clock or timer thermostat, make sure to replace the batteries twice a year.

If You Enjoy This Newsletter, Why Not Share It With People You Know?

I love helping people, and I hope you enjoy reading my newsletter each month. If you'd like your friends, co-workers, relatives, business-acquaintances, etc. to receive a FREE subscription, just shoot me an email with their address, or fax it to me at 343-7486 (attn: Tristan), OR just call me at **391-7086** and I'll make sure they receive a free subscription.

I'll also send them a note with their first issue letting them know that you were the thoughtful person who suggested they receive this newsletter. It's that easy!

Garage Door Home Safety Tip...

Make sure to test your garage door openers monthly to ensure the safety features are working properly. To run the test, simply place a 2" x 4" board on the floor of the garage in the door's path. If the door does not properly reverse when it strikes the board, you will want to have the door serviced as soon as possible.

And, make sure the wall switch for the door is at least five-feet from the ground. You don't want young children playing with the door and becoming injured.

Finally, keep your automatic door openers safely locked in your automobile away from children or would-be thieves who could use the opener to enter your home.

Generation Gap Insights

During a “generation gap” quarrel with his parents, young Michael cried, “I want excitement, adventure, money and beautiful women! I’ll never find it here at home, so I’m leaving. Don’t try to stop me!” With that, Michael headed for the door.

His father rose and followed close behind. Michael said, “Didn’t you hear what I said? I don’t want you to try to stop me.” “Who’s trying to stop you?” replied his father, “If you wait a minute I’ll go with you.”

Some Birthday, Huh?

A middle-aged guy took his wife out to dinner to celebrate her 40th birthday. He asked, “So what would you like, Julie? A Jaguar, a sable coat, or a diamond necklace?” “Bernie,” she replied, “I want a divorce.” “My goodness,” he said, “I wasn’t planning on spending that much!”

Bounce This Around!

- Eliminate odors in dirty laundry. Place a sheet of Bounce at the bottom of a laundry bag or hamper.
- Deodorize shoes or sneakers. Place a sheet of Bounce in your shoes or sneakers overnight.
- Golfers: put a Bounce sheet in your back pocket to keep the bees away.
- Put a Bounce sheet in your sleeping bag and tent before folding and storing them. Keeps them fresh.
- Eliminate odors in wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket

THANK YOU for reading my Service For Life![®] personal newsletter. I wanted to produce a newsletter that has great content and is fun and valuable to you. Your constructive feedback is always welcome.

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Who Wants To Win Movie Theater Tickets For TWO?

Take my Trivia Challenge and you could win too!

Guess Who Won Last Month’s Trivia Question? I’m pleased to announce the two Prize Winners of last month’s quiz. And the winners are...drum roll please: Joey Dobbs and Harry Hibner. They were first two people to correctly answer my quiz question...

The Body Of An Average Adult Has Approximately How Many Square Feet Of Skin?

- a) 82 sq. feet b) 58 sq. feet c) 18 sq. feet d) 24 sq. feet e) 126 sq. feet

Don’t worry about researching now...the correct answer is “C,” 18 sq. feet! Now...let’s move on to this month’s trivia question...

In Which U.S. State Are The Most Automobiles Registered?

- a) Texas b) New York c) Michigan d) Florida e) California

*Only the **first** person to get the right answer will nab this prize! Call, email, or text me right now with your answer!*

391-7086 • tristan@rapidhomesonline.com

Real Estate Corner...

Q. Why should I get pre-approved before buying a home?

- A. I know it’s tempting to just go shopping for a home, but let’s take a moment and talk about why pre-approval is the only way to go.

The recent fluctuations of the mortgage market has created more of a need to make sure that you are a qualified buyer before going shopping. Why find a home that you love only to find out that you either can’t get a loan or you can’t afford it? The wise thing to do is seek out a competent mortgage broker or bank to let you know how much you can afford. Then you won’t waste your time (or your Realtors ☺) by looking at homes you can’t get into. By pre-qualifying for a loan, you will have greater influence in negotiating a purchase price, and then can act quickly when you find the home you really love.

Concerned about the process? Listen to audio clips by a professional mortgage broker on my web site explaining how things work! www.rapidhomesonline.com/audio. Or give me a call to talk with me about the different options available to you!

Disclaimer: This newsletter is not intended to solicit properties already on the market for sale or buyers already represented.

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