



Happy Saint Patrick's Day –  
Spring fever is setting in!  
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[www.rapidhomesonline.com](http://www.rapidhomesonline.com)

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*Tristan Emond's...*

# Service For Life!

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

## St. Patrick's Day

### The First Parade

St. Patrick's Day is celebrated on March 17, his religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for thousands of years.

On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink, and feast—on the traditional meal of Irish bacon and cabbage.

The first St. Patrick's Day parade took place *not in Ireland*, but in the United States. Irish soldiers serving in the English military marched through New York City on March 17, 1762. Along with their music, the parade helped the soldiers to reconnect with their Irish roots, as well as fellow Irishmen serving in the English army.

Over the next thirty-five years, Irish patriotism among American immigrants flourished, prompting the rise of so-called "Irish Aid" societies, like the Friendly Sons of Saint Patrick and the Hibernian Society. Each group would hold annual parades featuring bagpipes (which actually first became popular in the Scottish and British armies) and drums.

### No Irish Need Apply

Up until the mid-nineteenth century, most Irish immigrants in America were members of the Protestant middle class. When the Great Potato Famine hit Ireland in 1845, close to a million poor, uneducated, Catholic Irish began to pour into America to escape starvation. Despised for their religious beliefs and funny accents by the American Protestant majority, the immigrants had trouble finding even menial jobs. When Irish Americans in the country's cities took to the streets on St. Patrick's Day to celebrate their heritage, newspapers portrayed them in cartoons as drunk, violent monkeys.

However, the Irish soon began to realize that their great numbers endowed them with a political power that had yet to be exploited. They started to organize, and their voting block, known as the "green machine," became an important swing vote for political hopefuls. Suddenly, annual St. Patrick's Day parades became a show of strength for Irish Americans, as well as a must-attend event for a slew of political candidates. In 1948, President Truman attended New York City's St. Patrick's Day parade, a proud moment for the many Irish whose ancestors had to fight stereotypes and racial prejudice to find acceptance in America.



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## Word For The Month...

Experts say a strong vocabulary is a sign of higher intellect and advanced culture. Here's this month's word, so you can impress your friends and colleagues...

**Affable** \`a-feh-behl\ (adjective)

Meaning: Being pleasant and at ease in talking to others. Characterized by ease and friendliness.

Example Sentence: Belinda found Dustin to be an **affable** and courteous gentleman on their first date.

## Today's Thrifty Tip...

Here's a simple answer to one of the most common problems in any household...

We have all had one too many clogged drains to deal with in our lifetimes. And those liquid drain cleaners, besides being expensive, don't always work the way we want. And the cost of a plumber is out of sight!

So, here's a sure-fire method that works and saves lots of money. All you need is hot water and a big bucket. Fill your bucket with the hottest water you can find, and pour it down your clogged drain or toilet. Do this three times and tah-dah!...your drain is cleared.

If you wish, you can also bring the water to a roaring boil on the stove before pouring it into the drain. This trick has been used successfully by apartment superintendents and has saved folks a lot of time and money.

## Build Your Family Tree For Free!

Did you know you can trace your family tree on the internet?

**Ancestry.com** is the number-one source for family history on-line.

You can visit **Ancestry.com** for a free 14-day trial and find your ancestors now. Search over 1 billion names and trace your family tree.

*"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."* –Helen Keller, author

## Wearing of the Green Goes Global

Today, St. Patrick's Day is celebrated by people of all backgrounds in the United States, Canada, and Australia. Although North America is home to the largest productions, St. Patrick's Day has been celebrated in other locations far from Ireland, including Japan, Singapore, and Russia.

In modern-day Ireland, St. Patrick's Day has traditionally been a religious occasion. In fact, up until the 1970s, Irish laws mandated that pubs be closed on March 17. Beginning in 1995, however, the Irish government began a national campaign to use St. Patrick's Day as an opportunity to drive tourism and showcase Ireland to the rest of the world. Last year, close to one million people took part in Ireland's St. Patrick's Festival in Dublin, a multi-day celebration featuring parades, concerts, outdoor theater productions, and fireworks shows.

- article found on [www.history.com](http://www.history.com)

## Is there a right way to eat string cheese?

Ok I admit it...I'm a make a mess and pull it off bit by bit kinda guy. It's more fun that way. But there are others when I was researching the subject (sorry, folks, nothing conclusive as yet) who love cheese so much they can't be bothered by taking the time to pull it apart. An interesting perspective that I can understand...what do you think?

## Laughter's Effects on the Body

In the last few decades, researchers have studied laughter's effects on the body and turned up some potentially interesting information on how it affects us:

**Blood flow.** Researchers at the University of Maryland studied the effects on blood vessels when people were shown either comedies or dramas. After the screening, the blood vessels of the group who watched the comedy behaved normally — expanding and contracting easily. But the blood vessels in people who watched the drama tended to tense up, restricting blood flow.

**Immune response.** Increased stress is associated with decreased immune system response, says Provine. Some studies have shown that the ability to use humor may raise the level of infection-fighting antibodies in the body and boost the levels of immune cells, as well.

**Blood sugar levels.** One study of 19 people with diabetes looked at the effects of laughter on blood sugar levels. After eating, the group attended a tedious lecture. On the next day, the group ate the same meal and then watched a comedy. After the comedy, the group had lower blood sugar levels than they did after the lecture.

**Relaxation and sleep.** The focus on the benefits of laughter really began with Norman Cousins' memoir, *Anatomy of an Illness*. Cousins, who was diagnosed with ankylosing spondylitis, a painful spine condition, found that a diet of comedies, like Marx Brothers films and episodes of *Candid Camera*, helped him feel better. He said that 10 minutes of laughter allowed him two hours of pain-free sleep.

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## Mind Teaser...

I weaken all men for hours each day.  
I show you strange visions while you  
are awake. I take you by night, by  
day take you back, none suffers to  
have me, but do from my lack. What  
am I?

(answer at bottom of last page)

## More Crazy (But True!) Country Western Titles...

- I Don't Know Whether To Kill  
Myself Or Go Bowling
- I Changed Her Oil, She Changed  
My Life
- I Fell In A Pile Of You And Got  
Love All Over Me
- I Still Miss You Baby, But My  
Aim's Gettin' Better
- I'll Marry You Tomorrow, But  
Let's Honeymoon Tonight
- I'm So Miserable Without You,  
It's Like Having You Here
- You're The Reason Our Kids Are  
Ugly
- You Done Tore Out My Heart  
And Stomped That Sucker Flat
- She Got The Gold Mine And I Got  
The Shaft
- Please Bypass This Heart

## Amusing Irrelevant Facts...

- In Kentucky, 50 percent of the  
people who get married for the  
first time are teenagers!
- Albert Einstein couldn't speak  
fluently when he was nine. His  
parents thought he might be  
retarded.
- In Los Angeles, there are fewer  
people than automobiles.
- You're more likely to get stung by  
a bee on a windy day than in any  
other weather.
- Research indicates mosquitoes are  
attracted to people who have  
recently eaten bananas.
- A sneeze zooms out of your mouth  
at over 600 miles per hour.
- A Saudi Arabian woman can get a  
divorce if her husband doesn't  
give her coffee.
- The average bank teller loses \$250  
every year.
- Donald Duck comics were banned  
in Finland because he doesn't  
wear pants.

And finally...

Because metal was scarce, the Oscars  
given out during World War II were  
made of wood!

# Here's Why You Need More Vitamin C In Your Diet...

Even if you have a glass of orange juice and take a multivitamin every day,  
you could still need more vitamin C. Here's why:

1. Low vitamin C is very common in humans. One in three Americans has low  
blood levels of C. Researchers at Arizona State University think one reason is  
that foods don't contain as much vitamin C as we think. For example, orange  
juice in ready-to-drink cartons has far less C than juice from frozen  
concentrate.
2. The recommended daily allowance (RDA) for vitamin C is too low. C is an  
antioxidant superpower that neutralizes free radicals that can cause cancer,  
heart disease, cataracts, and other medical conditions. Doctors writing in  
*Prevention Magazine* say 500 to 1,000 mg of vitamin C per day are needed to  
saturate blood and tissue. Current RDA levels are 90 for men and 75 for  
women.
3. If you have diabetes, extra vitamin C is recommended. People with diabetes  
have high levels of oxidative stress. That leads to blindness, nerve damage,  
and heart disease. Vitamin C helps to counteract these effects. If you take  
supplements, be sure to tell your doctor.

The safe upper limit for vitamin C taken daily is 2,000 mg. Higher doses can  
cause diarrhea or stomach upset. The American Cancer Society's committee on  
nutrition and physical activity says extra vitamin C isn't for everyone. Don't take  
it if you are taking chemotherapy. If your body stores excess iron, or if you have  
a history of kidney stones, don't take more than 100 to 200 mg per day.

## Thank You! Thank You! Thank You!

Thanks to *YOU* the word is spreading. My goal is to provide professional,  
non-pushy real estate services. I know you have the internet as an  
information and home-searching tool – buyers and sellers are more educated  
in the process way before it's time to buy or sell. But if you have a question  
you would like answered "from the agent's mouth", give me a call or email  
and I'll see how I can help. Friendly, honest service is my commitment to  
you!

## Heart Disease Detected In Kids?

Here's a startling discovery. Researchers at McGill University have found that  
critical indicators of heart risk turn up in kids under age 9. The study noted insulin  
resistance, elevated blood fats and low levels of good HDL cholesterol in children.

Meanwhile, obesity in children is also a factor in heart health. Obesity among  
American children has tripled in the last 15 years. For further information and  
guidelines for children, visit the American Heart Association website at  
[www.americanheart.org](http://www.americanheart.org).

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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!

## Actual Quotes Taken From Employee Performance Reviews...

- "Since my last report, this employee has reached rock bottom, and has started to dig."
- "His men would follow him anywhere, but only out of morbid curiosity."
- "I would not allow this employee to breed."
- "This associate is really not so much as a has-been, but more of a definitely won't be."
- "Works well when under constant supervision and cornered like a rat in a trap."

## More Airline Stories...

About five years ago, I was on an American Airlines flight to Amarillo, Texas, on a particularly windy and bumpy day. I could tell during the final descent that the Captain was really having to fight it, and after an extremely hard landing, the Flight Attendant came on the PA and announced, "Ladies and Gentlemen, welcome to Amarillo. Please remain in your seats with your seatbelts fastened while the Captain taxis what's left of our MD-80 to the gate!"

## Answer To Mind Teaser...

I am Sleep.

**THANK YOU** for reading my Service For Life!<sup>®</sup> 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.

**Tristan Emond**

**Prudential Kahler**

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# "Who Else Wants To Win Movie Tickets For Two?"

*Take my Trivia Challenge and you could win too!*

Did you get last month's trivia question, but you either forgot to call OR thought someone beat you to it? Well, you may have missed out on a Free Massage! Here's the answer to last month's trivia question – and a brand new question. Give me a call ASAP and you could be a winner this month!

## How Many Grooves Are On The Edge Of A Quarter?

- a) 119   b) 97   c) 238   d) 162   e) 441

No need to get out the magnifying glass, because the answer is letter "A," one hundred nineteen. So let's move on to this month's trivia question...

## Where Was George Washington Sworn In As First President Of The U.S.?

- a) Boston   b) Philadelphia   c) Baltimore   d) New York   e) Las Vegas

*Call me right now with your answer and you could win! 391-7086*

## Real Estate Corner...

### Q. How Soon After We Put Our House On The Market Should We Start Looking For A New Home?

A. Well, that depends on a number of factors. If your current home is owned outright, and you're not making payments on it, then you can look for your next home at your leisure. In this case, I would advise you to find your new home and move into it, then fix up the old home and offer it for sale vacant. This increases the ease of marketing it since agents and prospective buyers can inspect it at any time without fear of disturbing a family. You might also consider "staging" your home with some well-placed furniture and accessories to give buyers an idea of how good the rooms can look.

If, on the other hand, you are making a payment on your present home, you should be careful not to become financially burdened by having two payments. The best plan is to have the old home sold before you make an offer on another one.

However, if you absolutely fall in love with another home and simply have to have it, or if it's a tight market with lower than usual home inventories, you might be able to negotiate a "bridge loan" or "swing loan" to cover your interim expenses. This is a temporary loan made to allow you to buy your next home while your existing home is on the market. This sometimes requires more equity in both homes, or a stronger financial position, but many homeowners opt for this route. Often the security for the loan can be attained through the equity from either your old or new home, or both.

If you're thinking of selling your existing home, and have questions about selling it or about "bridge financing," please call me immediately at 391-7086.

Disclaimer: This newsletter is not intended to solicit properties already on the market for sale or buyers already represented. If your home is listed with another agent or you are working with a real estate professional, call or email me to be removed from my list.

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