

Chit Chat

News for Home and Living

MAY 2009

Fly the Flag in May!

Memorial Day is observed on the last Monday of May, this year falling on the 25th. Formerly known as Decoration Day, it commemorates U.S. men and women who died while in the military service. First enacted to honor Union soldiers of the American Civil War, it was expanded after World War I to include American casualties of any war or military action.

Memorial Day was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic, and was first observed on May 30, 1868.

Traditional observance of Memorial Day has diminished over the years, with many Americans having forgotten the meaning and traditions of this important day. To help re-educate and remind Americans of the true meaning of Memorial Day, the 'National Moment of Remembrance' resolution was passed in December 2000, which asks that at 3:00 p.m. local time, all Americans are asked "To voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence..."



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This year, think of Memorial Day as something more than a three-day weekend. Make it a day to remember and honor those who have died in service to our country.

May is National Military Appreciation Month. The entire month is an occasion to honor those Americans who have given their lives in defense of our nation's freedom, and the men and women now serving in uniform. Observe by:

- ♦ visiting cemeteries and placing flags or flowers on the graves of our fallen heroes
- ♦ display your U.S. flag daily, but fly at half-staff until noon on Memorial Day
- ♦ pledge to aid widows, widowers, and orphans of our fallen dead, and to aid the disabled veterans
- ♦ volunteer or visit your local VA hospital

For more information about National Military Appreciation Month visit www.nmam.org.

Don't Put Off Home Repairs

Homeowners know all too well that maintaining their abodes can be costly. But putting off a repair until later can result in more expensive fixes. Here are a few problems that homeowners can nip in the bud.

Any water leak evidenced by a stained ceiling, a rocky toilet, or musty smell can cause severe damage such as dry rot, mold, or an infestation of termites. You should fix it immediately. For instance, replacing your roof may cost a lot, but it's much cheaper than replacing the underlying roof structure if you simply ignore the initial problem.

If your lights dim when you open the fridge or use the microwave, it could be due to bad wiring or an overload of appliances on one circuit. Try to distribute your appliances more evenly across circuits or not run more than one heavy-duty appliance at a time. Your best bet is to have an electrician update your wiring.



What Is Pilates?

If you're looking for a fitness plan to start after consulting your physician about exercise options, you might want to consider the popular Pilates program.

The Pilates method of body conditioning is a unique approach to mind/body fitness. Developed by the late Joseph H. Pilates in the 1920's, this system of exercise was for many years a well kept secret of the dance and fitness communities, esteemed for its ability to build a strong yet lean body without the strain of long, repetitive workouts.



Today, the technique is utilized in a wide variety of body conditioning applications. Fitness enthusiasts, elite level and professional athletes appreciate the controlled, precise, total body conditioning they receive from Pilates. Physical therapists and sports medicine practitioners value the injury prevention and rehabilitative attributes of the method. Pilates is a system of exercise that can be adapted to each individual regardless of age, gender, or level of fitness and is suitable for anyone looking for an effective and safe workout.

– Adapted from www.sixthstreetpilates.com

Strapped For Time?

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.

– H. Jackson Brown Jr

How To Manage Tantrums

If you've ever been in the company of a small child who throws a temper tantrum, you know how intense the experience can be. These incidents are difficult for parents to handle when they're in public, so the parents often give in to their child's fit in order to restore peace and avoid further embarrassment.



However, as a parent, it's important not to concede to your child's unreasonable behavior and demands. You are the adult, and if you said 'no' before the tantrum, continue to say no during and after the tantrum. This can be difficult to do while your child is screeching in a store and everyone is looking at you. But stand firm. If you give in to your child's bad behavior, you'll teach him that throwing a tantrum will get him what he wants. You'll also gain the respect of onlookers who see you stand your ground.

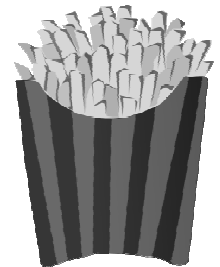
If you respond to your child's inappropriate behavior with your own inappropriate behavior, you will teach him that shouting and losing your temper is an "OK" thing to do when someone is angry. Try to stay with your child and remain calm. Take a deep breath and wait out the fit.

But the question remains, "Why do kids throw tantrums?" It seems children throw tantrums because they're still developing language skills, and there's a gap between what they can understand and what they can express. Claire Kopp, a professor of applied development psychology, says, "Toddlers are beginning to understand a lot more of the words they hear, yet their ability to produce language is limited." This inability to articulate often leads to feelings of frustration that can manifest as fits or tantrums.

What Are Trans Fats?

We hear much about "trans fats," but what exactly are they?

Trans fatty acids are made by heating liquid vegetable oils in the presence of hydrogen, according to the Harvard School of Public Health. The process is more commonly known as *hydrogenation*. It's easy to figure out how hydrogenated an oil is – the harder the oil is at room temperature, the more hydrogenated it is. So, if you have a choice between stick margarine and a soft, spreadable margarine, you know the spreadable one is less hydrogenated, and therefore contains less trans fats. Processed foods often contain trans fats. Snack foods, prepared baked foods, French fries and other fried snacks usually have a lot of trans fats.



Unlike other dietary fats, trans fats are not essential, and they do not promote good health. The consumption of trans fats increases one's risk of coronary heart disease by raising cholesterol levels of "bad" LDL, low-density lipoproteins, which carry cholesterol from the liver into the rest of the body. Trans fats also lower the level of good HDL, high-density lipoproteins, which carry blood back to the liver and process cholesterol so it can be eliminated from the system. Health authorities worldwide recommend that consumption of trans fat be reduced to trace amounts.

Welcome New Clients!

Here are some past clients, and new clients who became members of our "Real Estate Family" recently, whom we'd like to welcome, say thank you, and wish you all the best!

Johnny and Claudia Arias
Carl and Susan Brungardt (past and treasured clients)
Jessie Bossett and Floyd Weed
Pam Clark
Mark and Kathie Lowe
Bob and Julie Prado
Antonio and Carmen Salum
Hillary Schmitt
Dave and Jo Siambanes (referred by Patrick Baker)
Dale and Jackie Smith
Charles and Carol Wyman

We love giving recognition to our new friends and our wonderful existing clients who are kind enough to refer their friends and relatives to us.

May Quiz Question

If we're discussing your terminal, lanugo, and vellus, what are we talking about?

Everyone responding by calling or e-mailing us with the correct answer will be entered into a drawing for:

a \$25 VISA gift card to use wherever you like, just like cash!

Drawing to be held on 5/31/09



Jan/Feb Quiz Answer

Question: Who invented Velcro?

Answer: Velcro is a brand name of fabric hook-and-loop fasteners created by Swiss engineer, George de Mestral, in 1941. A 2-inch square piece is strong enough to support a 175-pound person!

source: <http://en.wikipedia.org/wiki/Velcro>

Congratulations to John Miller

Your name was selected at random from all of the correct quiz entries and you'll receive a \$25 VISA gift card!

Absolutely NO ONE sells more homes in *The Wood Streets* neighborhood than "The Sister Team"!!

we **LIVE** in the neighborhood,
we **WORK** in the neighborhood,
we **KNOW** the neighborhood,
we **SELL** the neighborhood!!!

www.thesisterteam.com

The Pet Page

Rescue Me

(By Terri Onorato)



Rescue me not only with your hands but with your heart as well.
I will respond to you.
Rescue me not out of pity but out of love.
I will love you back.
Rescue me not with self-righteousness but with compassion.
I will learn what you teach.
Rescue me not because of my past but because of my future.
I will relax and enjoy.
Rescue me not simply to save me but to give me a new life.
I will appreciate your gift.
Rescue me not only with a firm hand but with tolerance and patience.
I will please you.
Rescue me not only because of who I am but who I'm to become.
I will grow and mature.
Rescue me not to replace one you've lost but to sooth your spirit.
I will cherish you.
Rescue me not to be chained or to fight but to be your companion.
I will stand by your side.
Rescue me not to revere yourself to others but because you want me.
I will never let you down.
Rescue me not with a hidden agenda but with a desire to teach me to trust.
I will be loyal and true.
Rescue me not to be your pet but to be your friend.
I will give you unconditional love.

Rescue me with true love in your heart and I will give you these things all the days of my life.



IMPORTANT NOTICE

“The Sister Team” is willing to donate money to help those who would like to adopt a needy (and doomed) pet from any animal shelter!

And **remember**....spaying and neutering is the most important thing we can do to help cats and dogs! We are willing and able to *confidentially* help those who are unable or unwilling to spay or neuter their companion (or stray) animals.

Please contact us and we will donate our time and money to this most-important cause!

Together, forever and always for the animals!

--Tara and April

BUYERS of Real Estate:

Now is the time to buy! Are you aware how low prices and interest rates are? It's a great time to think about buying your first home (and/or investment property) — something that was a distant dream not too long ago.

Some great reasons to work with "The Sister Team":

- ◆ **No fees!** As a buyer, it costs you nothing to work with us. As a seller, fees are negotiable.
- ◆ We can show you ANY home on the market.
- ◆ Hire us for our 23 years' experience and continuing education. Our licenses have remained current and in good-standing since day one.
- ◆ We will guide you through the process of multi-page contracts, disclosures, and negotiations!
- ◆ We're a team, so you have more than one Realtor® working for you at any given time.
- ◆ We'll help you get qualified for a loan at no cost or obligation.
- ◆ By owning real estate, you will build equity for future investments and education.

Stop paying rent . . . and start planning for your future!

SELLERS of Real Estate:

"The Sister Team" is here to help with ALL of your real estate needs. Lately, we've had many people ask us questions about the ever-changing market. We can get you top dollar for your home in today's real estate market.

No one lists and sells more homes in the Wood Streets neighborhood! We want you to know that we can help you, and anyone you know, with all of the following concerns:

- ◆ facing foreclosure
- ◆ refinancing
- ◆ reverse mortgages
- ◆ bank repos or bank-owned properties
- ◆ loan modifications
- ◆ short sales

Don't hesitate to pass along our information to someone who may need help. Don't wait or it may be too late. We are your real estate consultants for life and we can help in all areas of the real estate industry. We appreciate all referrals and look forward to being of service.



*Hi, it's Brooklynn!
Can you believe that
I will be TWO
in July already?!
My Mommy and Auntie April
say it's a great time
to buy real estate!*

REAL ESTATE ACTIVITY REPORT

Listed AND/OR Sold by “The Sister Team”

SOLD

3573	Beechwood	\$ 375,000	3 bed, 1.75 bath	2323 sq ft	2-car garage
4171	Beechwood (sold in 1 week!)	\$ 188,800	3 bed, 2 bath	1661 sq ft	2-car garage
4580	Brentwood	\$ 279,000	3 bed, 2 bath	1328 sq ft	2-car garage
4639	Brentwood	\$ 216,500	3 bed, 1.75 bath	1400 sq ft	2-car garage
334	Cedarbrook, Lake Arrowhead	\$ 117,500	2 bed, 1 bath	648 sq ft	no garage
4020	Elmwood (sold in 1 DAY!)	\$ 279,000	3 bed, 2 bath	1422 sq ft	1-car garage
7175	Golden Vale	\$1,355,000	4 bed, 3 bath	5500 sq ft	3-car garage & pool/spa
3908	Larchwood (sold in 2 weeks!)	\$ 250,000	3 bed, 1.5 bath	1614 sq ft	2-car garage
4223	Linwood (sold in 1 week!)	\$ 230,000	3 bed, 1 bath	1368 sq ft	1-car garage
1360	Nettleton	\$ 325,000	4 bed, 1.75 bath	1900 sq ft	3-car garage & pool
5395	Riverside	\$ 180,000	2 bed, 1 bath	936 sq ft	2-car garage
5209	Wroxton	\$ 111,500	2 bed, 1 bath	870 sq ft	2-car garage

IN ESCROW

4580	Brentwood	Sold prices posted in next “Activity Report”	3 bed, 2 bath	1255 sq ft	2-car garage
2807	Pleasant		2 bed, 2 bath	1368 sq ft	duplex (income property)

AVAILABLE

4332	Beechwood	\$329,000	3 bed, 1.75 bath	1900 sq ft	2-car garage
3708	Briscoe	\$214,900	3 bed, 1.75 bath	1200 sq ft	1-car gar, carport & wkshp

ALL of the properties above were listed and/or sold by “The Sister Team.”

If you would like information on other properties (listed or sold) in your neighborhood, please contact us at (951) 205-4429.

*we **LIVE** in the neighborhood, we **WORK** in the neighborhood,
we **KNOW** the neighborhood, we **SELL** the neighborhood!!*



\$329,900 4332 Beechwood -- This “Wood Streets” ranch-style home boasts 4 large bedrooms, 2 1/2 baths, approx 1900 sq ft, central air/heat, fireplace, pristine hardwood floors under carpet, indoor laundry, 2-car attached garage, and newer roof! All of this sits on one of the largest lots on this street — over a quarter acre — plus RV parking!!



\$214,900 3708 Briscoe -- 3 bedrooms, 1.75 bathrooms, approx 1200 sq ft, formal dining room, 1-year-old central air/heat, fireplace, fruit trees and lots of plants! Not a foreclosure or short sale — this “Wood Streets” home has been in the same family since the 1920s!



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Chit Chat

Place
Stamp
Here

Referral Reward Program ...

We want to thank those of you who have participated in our Client Referral program! Marketing for new clients costs us tons of time, money and energy. Like any company, we need new clients to stay in business. Over the years we've found that looking for new clients takes away from the time we would rather be spending focusing on your goals, explaining your options, and providing the excellent service you expect.....*and deserve!*

If you refer your friends and relatives to us, everyone benefits. We can serve you better. We send you a nice gift. And we assure you that we'll take the very best care of anyone you refer to us.

If you want any friends, coworkers, relatives or business acquaintances to receive a free subscription to this newsletter, please contact us and we'll put them on the mailing list immediately.

It is our desire to build a business based on strong and lasting relationships.