



**Orv Fillbrandt,**  
ABR, CRP, CRS, SRS

*Buying A Home Soon? Learn how to save thousands of dollars when finding, buying and financing your home.*

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**Orv Fillbrandt, ABR, CRP, CRS, SRS...**

# **Service For Life!®**

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

## **Are the Foods You're Eating Contaminated by Pesticides?**

If you're concerned about pesticides and your food, there's some new information that you should know. Some of the most popular fruits and vegetables you eat every day are the most contaminated with pesticides, according to reports conducted by the *Environmental Working Group*, and *Consumers Union*. What are they?

Foods that were found with the highest pesticide levels were: *Apples, Peaches, Pears, Potatoes, Spinach, Strawberries, Grapes, Cherries, Nectarines, Celery, Bell Peppers, and Raspberries.*

The produce with the lowest pesticide levels were: *Avocados, Sweet Corn, Broccoli, Bananas, Mangos, Papaya, Sweet Peas, Pineapples, Kiwi, Onions, Cauliflower, and Asparagus.*

A 2003 study conducted by Seattle scientists and published in *Environmental Health* found that school children eating conventionally-grown fruits and vegetables are more likely to exceed EPA safety thresholds for organophosphate pesticides than children eating organic produce.

**What can you do?** To reduce your exposure to pesticides, always wash your produce, and buy organic whenever possible. What are the advantages of buying organic produce? Organic foods have been found to contain more nutritional value and more antioxidants than conventionally grown foods, according to University of California, Davis scientists. Organic foods were found to have high levels of vitamin C, calcium, magnesium, and iron.

**What's the difference between organic and conventionally grown foods?** Organic foods are grown in safe soil, and have no additives or irradiated genetically modified organisms. Organic foods must be separated from conventional foods (in storage containers) so there is no contact with chemicals or pesticides. For more information, go to [www.foodnews.org](http://www.foodnews.org), or [www.consumersunion.org](http://www.consumersunion.org).

### **Learn How To Maximize The Value Of Your Home!**

Did you know there's a free consumer report showing which repairs and fix-ups will net you the most value for your home? It's called the "*Homeseller's Guide To Moneymaking Fix-Ups*," and it's great even if you're not planning on selling soon. You can get a free copy by calling me at:

**952-887-1218**

**Get Free Multiple Listing Service Information: [www.Fillbrandt.com](http://www.Fillbrandt.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 is this month's word, so you can impress your friends (and maybe even fatten your wallet!)

**homonymous** \hoe-MAH-nuh-mus\ (adj.)

**Meaning:** ambiguous (words that have two or more meanings)

**Example Sentence:** The words sea and see are **homonymous**; yet they have different meanings.

## Life's Questions To Ponder...

- If money doesn't grow on trees then why do banks have branches?
- Since most bread is square, why is most sandwich meat round?
- Why does a round pizza come in a square box?
- Why is there a light in the fridge and not in the freezer?
- Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window so the wind can blow in his face at 60mph?
- Why do doctors leave the room while you change? They're going to see you naked anyway.
- When your photo is taken for your driver's license, why do they tell you to smile? If you are stopped by the police and asked for your license, are you going to be smiling?
- How come we choose from just two people for President and fifty for Miss America?

## Quotes To Live By...

The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.

**Martin Luther King, Jr.**

In the presence of hope, faith is born. In the presence of faith, love becomes a possibility. In the presence of love, miracles happen!

**Robert Schuller**

Life is either a daring adventure or nothing.

**Helen Keller**

# Here's Another BIG Reason To Turn Off The TV...

Watching TV may not only be mind-numbing, it can turn you into a couch potato. But here's another reason to get rid of your TV habit. Consumers are paying high dollars for cable TV and satellite TV. Today, nearly 110 million American homes have at least one TV, and of those 68% receive a cable signal and 22% receive a DBS signal, according to Gary Shapiro, president of Consumer Electronics Assoc.

The average cable TV subscriber pays over \$58.51 per month, while the average satellite TV subscriber pays about \$57.72 per month, reports *J.D. Power and Associates*. This adds up to about \$700 per year just for watching TV! Imagine what you could do with an extra \$700 per year. You can take that money and invest it, and in five years at a 15% return; you'll be almost \$7,000 richer! In 25 years you could have \$200,000—or a vacation home! *Now, that's worth thinking about!*

## Please Welcome My Newest Clients And Friends!

I'm thrilled to welcome my newest clients into our real estate family. Thanks so much for thinking of me with your referrals when you, your family or friends need a caring and competent REALTOR®:

**Jon Gross referred Jon-Paul Gross and Melissa Olson – Buyers,  
Wayne Kiefer referred Natalie Lynch – Buyer,  
Harold and Christina Braucks – Sellers,  
Tom and Kira Hilden – Sellers, Paul and Anne Brabant – Sellers,  
Bill and Susan Frank – Sellers, and Dolores Holl – Seller.**

## Latest News On Wrinkle Cures

With age comes wisdom, and with age also comes the dreaded *wrinkles*. While many of us continue to search for the fountain of youth, there is some new information on the latest therapies that help to remove or diminish wrinkles, and improve our skin as we age.

- Today's lasers are better at removing spider veins, scars, birth marks, age marks, tattoos, and hair.
- Intense pulsed light therapy delivers multiple wavelengths of light in millisecond intervals. It works by inducing trauma to the skin just as lasers do.
- Light-emitting diode photo-modulation uses a single wavelength, promoting collagen and elastin production in skin. It's less powerful than a laser, but promotes skin growth without trauma, and there's no recovery time. You can do it on your lunch hour!
- New skin products like *Revitol*, *Hydroderm*, *Avotone*, and *Prescriptive Intensive Rebuilding Moisturizer* are now available that improve skin tone, and help diminish wrinkles.

For more information, go to *The American Academy of Dermatology's* website at [www.aad.org](http://www.aad.org)

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## Brain Teaser...

Forward I am heavy, but backward I am not. What am I?

(See page 4 for the answer.)

## Weird Facts!!!

- ✓ Washington State has the longest single beach in the United States - Long Beach, WA.
- ✓ A German World War II submarine was sunk due to malfunction of the toilet.
- ✓ The town of Los Angeles, California, was originally named El Pueblo la Nuestra Senora de Reina de los Angeles de la Porciuncula.
- ✓ The largest living thing on the face of the Earth is a mushroom underground in Oregon. It measures three and a half miles in diameter.
- ✓ The average chocolate bar has 8 insect legs in it!

## Need A Lift? Try These Mood Elevators...

- How Do You Catch a Unique Rabbit?  
*Unique Up On It*
- What Do Eskimos Get From Sitting On The Ice too Long? *Polaroid's*
- What Do You Call Cheese That Isn't Yours? *Nacho Cheese.*
- Why Don't Blind People Like To Sky Dive? *Because It Scares The Dog.*
- What Kind Of Coffee Was Served On The Titanic? *Sanka.*
- What's The Difference Between a Bad Golfer And a Bad Skydiver?  
*A Bad Golfer Goes, Whack, Dang!*  
*A Bad Skydiver Goes Dang! Whack.*
- How Are a Texas Tornado And a Tennessee Divorce The Same? !  
*Somebody's Gonna Lose A Trailer*  
Now, admit it. At least one of these lifted your spirits!

## Van Gogh's Relatives!

*Van Gogh* had a real ear for painting and a very *unusual* family...here's just a few!

His dizzy aunt ...*Verti Gogh*

The brother who bleached his clothes white...*Hue Gogh*

An aunt who taught positive thinking ...*Way-to Gogh*

The cousin from Illinois...*Chica Gogh*

The ballroom dancing aunt ...*Tang Gogh*

The bird lover uncle ...*Flamin Gogh*

And his niece who travels the country in a van ...*Winnie Bay Gogh*

Well, there you...*Gogh!*

# Overeating Triggers...And How To Avoid Them!

Why do we overeat? While not all of us struggle with weight (yes, there are a few out there who don't) most of us do have triggers that can cause us to overeat and consume up to an extra 500 calories per day.

Here are four overeating triggers and tips on how to avoid them:

**Emotional Triggers.** Stress, frustration, and worry are just a few of the emotions that can trigger overeating. Have a plan to deal with these feelings *without food*...go for a walk, bike ride, or talk with a friend.

**Situational Triggers.** Overeating has a pattern. TV is a big food trigger. Focus on what you're eating without any distractions (don't watch TV or read while eating). Set a time to stop eating (after 7 p.m.)

**Low Energy Triggers.** People tend to overeat when they are tired and need an energy boost. Identify your low energy times, and plan to do something else, or have healthy snacks like carrots ready to eat.

**Environmental Triggers.** Lighting affects how much we eat and when we eat. The brighter the lighting, the less likely you will overeat.

*If you're plagued by overeating triggers, keep these quick tips in mind: take a walk, take a nap, make a phone call, leave the table, do 20 sit-ups, drink two glasses of water, brush your teeth, or check your email!*

## Why My Practice Is "Referral-Driven" ...

Referred clients are the very best clients. They're fun to serve.

They become good friends. And they refer others just like themselves. What could be better! My goal is to become a 100% referral business. But I can only accomplish this with *your help*. The next time you're on the phone with a friend...or responding to a nice email, why not mention my name and number, or simply refer people to my web site for valuable Free consumer information about buying or selling. You can reach me at...

**952-887-1218**

**My Web Site: [www.Fillbrandt.com](http://www.Fillbrandt.com)**

It's a win-win for everyone. Thanks for thinking of me!

## 4 Ways Google Can Help You

The number #1 search engine **www.google.com** may be able to help you in ways you never imagined...here are just a few:

1. You can enter your airplane's tail number (in Google search box) to find out the airplane's maintenance service record before you fly.
2. To find out about yourself (or anyone or anything else), go to **www.googlism.com** (*Try this out...you'll be amazed!*)
3. Need something defined? Enter "define" in the search box, followed by a colon, space, and then what you would like defined.
4. Need a recipe? Enter a key ingredient(s) to get recipes for your next dinner party. *Bon appetit!*

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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:

The word "ton!"

### Wonders Of The World Twist

A group of students were asked to list what they thought were the "Seven Wonders of the World." Here's what they came up with: 1) *Egypt's Great Pyramids* 2) *Taj Mahal* 3) *Grand Canyon*, 4) *Panama Canal*, 5) *Empire State Building* 6) *St. Peters Basilica* 7) *China's Great Wall*. As the teacher picked up the votes she noticed one student had not finished her paper yet. She asked the girl if she was having trouble with her list.

The girl replied, "Yes, a little. The teacher said, "Well, tell us what you have, and maybe we can help. The girl hesitated, then read, "I think the "Seven Wonders of the World" are: 1) *To See* 2) *To Hear* 3) *To Touch* 4) *To Taste* 5) *To Feel* 6) *To Laugh* 7) *And to Love*. The classroom was so quiet you could hear a pin drop. A gentle reminder that the most precious things in life cannot be built by hand.

### Wisdom Funnies...

- ✓ I can please only one person per day.  
Today is not your day. Tomorrow isn't looking good, either.
- ✓ I love deadlines. I especially like the whooshing sound they make as they go flying by.

**THANK YOU** for reading my Service For Life!<sup>®</sup> consumer newsletter. I want to produce a newsletter that has fun 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 \$250 Transferable Certificate?

(Only one to apply to each real estate transaction with Orv Fillbrandt)

**Call NOW! Your chance to win MAY be 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: Unfortunately there was no person to correctly answer my quiz question...

### What was Bill Murray's profession in the movie "Groundhog Day"?

- a) Pianist b) Cameraman c) Shoe Store Owner d) Weatherman

The answer is "D," Weatherman. So let's move on to this month's trivia question...

### What novel opens with the line: "There were 117 psychoanalysts on the Pan Am flight to Vienna and I'd been treated by at least six of them"?

- a) The Group b) Fear of Flying c) Catch-22 d) Cat's Cradle

*The first person to call me with the correct answer will win!*

**952-887-1218**

## Real Estate Corner...

### Q. I'd like to do a makeover on my house and make it look more luxurious, but I don't have a lot of money to spend. What do you suggest?

- A. 1) You can make your home look more luxurious with a fresh coat of paint and a little bit of creativity. Try the new faux treatments and other new painting techniques. Your local home improvement store-brand paint usually runs about \$30 per 5 gallons. Give your kitchen cabinets a clean, quick makeover by applying a coat of flat primer. After it dries apply a top coat of semi-gloss latex enamel. Another trick: add crown molding where the wall meets the ceiling for a elegant style. Kits are available at home improvement stores.
- 2) Ceramic tile flooring can add luxury to your entryways, kitchens and bathrooms for \$2-3 per sq. ft. If you're handy, you can do the work yourself; otherwise installation is usually \$2.50-3.50 per sq. ft.
- 3) New overhead lighting fixtures can change the look of a room and create a luxurious ambiance. Shopping for off brands or contractor packs at home improvement stores will save you money. If you are buying or selling a home and need competent and caring representation, please call me at **952-887-1218**.

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