



The Barlow Buzz

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News to Help You Save Time & Money

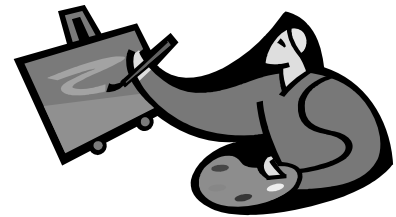
May 2010

The Power Of A Mother's Kiss

When American-born painter Benjamin West (1738-1820) was seven, he was put in charge of his infant niece while his mother and sister went for a walk. As the baby lay in the cradle, Benjamin fanned flies away from her – and the baby laughed. Grabbing paper and a pen, Benjamin set to work trying to capture the baby's charms. As he finished, his mother and sister returned.

Benjamin, caught off-guard, tried to hide his drawing so as not to upset his mother. But instead, his suspicious behavior drew her attention. "What have you been doing?" she asked.

Benjamin begged his mother not to be upset and handed her the paper. She looked at it and said to her daughter, "I declare, he has made a likeness of Sally." Then she smiled and gave Benjamin a kiss.



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The following year a cousin sent a box of pencils, paints, and canvas. Benjamin disappeared one morning with the supplies, forgetting all about school. His mother, upset that he was neglecting his schooling, found him in the attic and was about to scold him when her eyes fell on the compositions he had created. Instead of reprimanding him, she picked him up, covered him in kisses, and promised to explain to his father what had kept him from his studies.

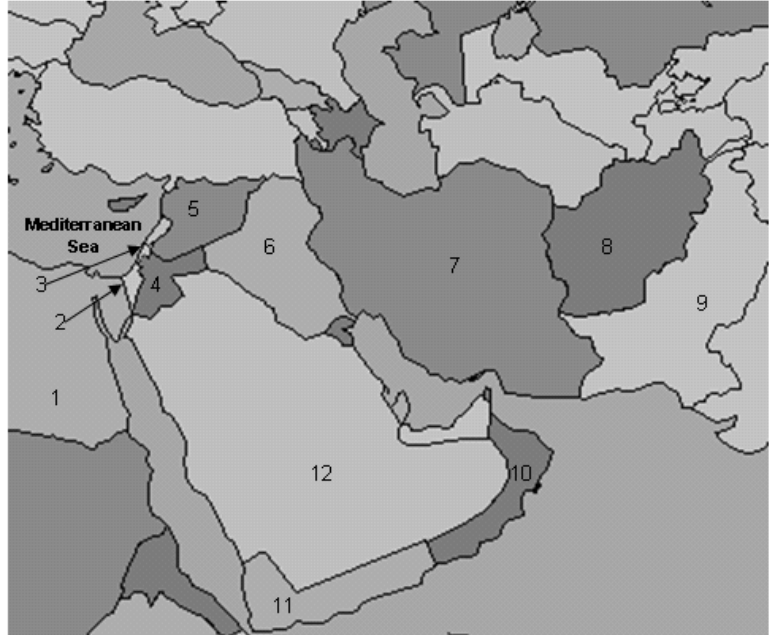
Later, the famous artist was often heard to say, "It was my mother's kisses that made me an artist."

Thank a mom on May 9 – Mother's Day!

Can You Name These Countries?

Cover the answers below and see how many of these countries you can name. Use the Mediterranean Sea as your landmark.

1. Egypt
2. Israel
3. Lebanon
4. Jordan
5. Syria
6. Iraq
7. Iran
8. Afghanistan
9. Pakistan
10. Oman
11. Yemen
12. Saudi Arabia



How To Go Far In Life

How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong. Because someday in life you will have been all of these.

– George Washington Carver

De-clutter Your Psychic Space

Advocate Of The Month

Congratulations to our
Advocate Of The Month,

Melinda Rathburn

As the Advocate Of The Month
she receives a \$25 Gift Certificate
To
Ottavio's Italian Restaurant.
Thank You!

**Call us to find out how you can
become Advocate Of The
Month!**

Your office and attic aren't the only places in need of periodic cleaning and organizing.

The stuff you carry around in your head – and heart – does more than take up mental space; it can stop you from being content. Here are some ways you can de-clutter your insides:

Let go of grudges. Why carry a grudge to the grave? Put the past behind you. Try writing a letter to the person you're angry with. You don't have to send it, but just putting the incident down in black and white (or pastel-colored ink, if that's your style) can help you get past it.

Unload burdensome friends. Take an honest look at the people in your life. Break ties with those who don't support you, or who are incompatible with your values and goals.

May Quiz Question

In what year did humans make their first flight over the English Channel?

Everyone who faxes, e-mails or calls in the correct answer by the 25th of this month will be entered into a drawing for a \$25 gift certificate to *Wood Ranch BBQ & Grill*.

Call in answers to Corrine
987-5755 x27 or email
info@barlowwilliams.com

Put the gavel away. Being judgmental only closes you off from learning something from others. Don't judge too quickly; listen first.

Be willing to be wrong. Don't be afraid to make the occasional mistake. When you do, acknowledge it. You can waste a lot of energy trying to keep up the façade that you're always right (or perfect).

Yes, You're A Multilingualist!

You speak other languages though you may not realize it. Check out these foreign terms that are quite common to us:

- ad hoc (Latin): impromptu, spur-of-the-moment.
- aficionado (Spanish): a fan or enthusiast.
- alma mater (Latin): literally, "nourishing mother," applied by students to former schools.
- angst (German): dread and anxiety.
- carte blanche (French): unrestricted authority or freedom.
- et cetera (Latin): "and the rest."
- mea culpa (Latin): literally, "I am to blame," an expression of responsibility or guilt.
- pro bono (Latin): without charge; free service.
- quid pro quo (Latin): an equal exchange of one good or service for another.
- verboten (German): forbidden, prohibited.
- versus (Latin): against.

What Is Armed Forces Day?

Armed Forces Day is a day to recognize, honor, and thank the men and women in all branches of the service who are protecting our country and our freedom. Observations may include parades;

WELCOME NEW CLIENTS

Here are some of the new clients who became members of our "Real Estate Family" this past month. We'd like to welcome you and wish you all the best!

Jim & Marge Curley
(Happy to Serve You Again)
John & Marjorie Rice
Scott Williams
(Happy to Serve You Again)
Chitsoe Chun
(Referred by Eric & Keiko Chun)

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.

fireworks; air shows; open houses at military bases; collecting items for and mailing care packages to overseas military personnel; and something as simple as giving blood.

Over 30 countries observe this event; this year in the U.S. Armed Forces Day is May 15, and Canadian Forces Day is June 6.

Want More Energy In Your Workday?

Maintaining your energy level all day can be a challenge. Don't ignore physical or mental fatigue, but don't surrender to it, either. Try these tactics for recharging:

Move around. Take a walk, even if it's just a quick stroll around your office several times throughout the day. Getting your blood flowing speeds delivery of oxygen and nutrients to your body.

Take a deep breath. Several, actually. Sit up straight to open your chest cavity and get more oxygen into your lungs. Here's an exercise: Breathe out through your mouth completely. Then inhale through your nose for four seconds. Hold it in for seven seconds, and then exhale for a count of eight seconds. Do this four times to refresh yourself.

HAPPY ANNIVERSARY TO YOUR HOME!

- ☺ Mary Barkemeyer
- ☺ Don Beall
- ☺ Ivan & Estella Bjel
- ☺ Mollie Braverman
- ☺ Roberta Dearmore
- ☺ Antonette Duren
- ☺ Ron & Ellie Edwards
- ☺ Beverly Gandy
- ☺ Billy & Bobby Gibbs
- ☺ Bette Greene
- ☺ Mark Holder
- ☺ Margaret Lagasse
- ☺ Josie Markey
- ☺ Elizabeth Marvan
- ☺ Mary Messer
- ☺ Mike & Deneen Poole
- ☺ Steve & Laurie Sullivan

Drink sufficient fluids. Water, like air, delivers oxygen throughout your body. If you're dehydrated, you'll feel tired. Drink plenty of water or a low-calorie sports drink.



Get outside. Sunshine and fresh air can have a rejuvenating effect, along with the exercise benefits of taking a short walk.

Learn something new. Spend a few minutes with a book or on the Internet researching a subject that's of interest to you. You'll stimulate your mind and make new mental connections.


Computer Reality Warp

Many of us can't imagine life without computers. And many of us can't imagine using computers in real life vs. what we see on our movie screens. In the movies...

Remember if you need...

a Few Copies
To Send or Receive a Fax
a Notary (by appointment)
Pens
Scratch Pads
Letter Openers
Bridge Score Pads
a Glass of Water
a Restroom
or Just Want to Say Hello
Don't Hesitate to Stop by our Office



1987-5755

- A writer can type out a sentence the length of a Shakespearean soliloquy without once hitting the space bar.
- Anyone can infect a computer with a crippling virus simply by entering the words **DOWNLOAD VIRUS** on a keyboard.
- Good guys and bad guys alike can infiltrate any computer in the world. Even when it's turned off.
- A hacker can guess any password in two or three attempts.
- The most complex operation, involving massive amounts of data, can be accomplished in three seconds or less.
- Every laptop in the world has real-time video phone capabilities and the performance of a Cray supercomputer.
- Destroying the monitor prevents the entire computer from functioning.
- The hero can immediately use any computer he or she finds, no matter how specialized or advanced.
- The hero always finds the important email right away – it's always at the top of the inbox, and no one ever has to wade through spam.

REFERRALS ARE THE LIFE BLOOD OF OUR BUSINESS... WE BELIEVE IN REFERRALS!

HERE ARE SOME OF THE PEOPLE WE RECOMMEND:

PARTY PLEASERS

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ALLSTAR APPLIANCE SERVICE

For all your appliance repair needs
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MIRIAM'S CLEANING SERVICES

Spring cleaning help is here
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LASSEN NATURAL FOODS & VITIMINS

Prepare your body for the outdoor season
(805) 482-3287

CALIFORNIA POOLS

Get your pool ready for the swim season
(805) 484-3322

Thinking About A Trip?

If you're considering a vacation that includes travel to a foreign country, here are some tips to help you stay safe, have fun – and even save a few shekels:

Before you depart, do some research. That way you'll know what typical weather patterns to expect and what kind of clothes to pack. You'll also want to read up on the exchange rate and learn a few local phrases.

Develop at least a general itinerary of what you want to see and do. Don't waste your precious time in Paris trying to choose between the Eiffel Tower and the Left Bank – decide before you arrive.

Be ready to learn. For example, not every culture is a smiling culture. Not every culture runs on a tight, linear schedule. And some cultures have dress codes that should be respected.



Pack lightly. You'll have less to lose if something goes wrong, and less to drag from place to place. When it comes to your wardrobe, choose a color and get pieces that are simple and coordinated – shorts, slacks, shirts and jacket.

Buy the most comfortable shoes possible that look good (or at least OK) with the clothes you bring. Shoes that might be comfortable for running errands at home might not cut it when you're standing in line for hours in Florence, Italy, to see Michelangelo's *David*.

Realize before you leave that your trip is not going to be perfect. Prepare mentally for delays and mishaps. Try to look at it all as just part of your adventure. Chances are when you get home and tell the tale of your journey, some of the annoying things will turn into funny stories that you'll cherish for life.

Avoid restaurant chains. Ask around to find out where the locals eat and give their suggestions a try. The food will be better and you'll probably spend less.

Consider yourself a mini-ambassador. That means remembering that *you* are the foreigner and showing good manners while traveling. If you do something rude or out of line, it reflects badly on you *and* your country.

Bring a small flashlight and keep it by your bed at night. You're already in unfamiliar surroundings; you don't want to be "in the dark" in the event of a power loss.

Leave your expensive jewelry at home, and travel with only one or two credit cards. Carry your credit card information separately in case you have to report the cards lost or stolen.

Always be aware of your surroundings. If you don't feel safe, get out of the location or situation.

Learn more from the experts at www.tsa.gov, www.catsa.gc.ca, www.alltraveltips.com, and 1000tips4trips.com.

April Quiz Answer

Question: What is another name for an apiarist?

Answer: Beekeeper.

Source: merriam-webster.com

Dan Mahan

Your name was selected at random from all of the correct quiz entries and you'll receive a \$25 gift certificate to Wood Ranch.

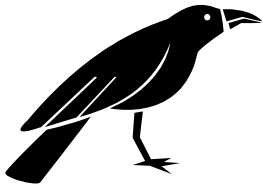
Watch for your name in a coming month

Another Reason To Brush

Doctors now theorize that brushing your teeth regularly (and correctly) may help prevent heart attacks. Poor oral hygiene can lead to gum disease, which increases the amount of high-sensitivity C-reactive-protein (hs-CRP). Whether increased levels of hs-CRP is a danger signal or risk factor is unclear, but scientists have found that people with gum disease are twice as likely to suffer from coronary artery disease as those who don't.

Scientists Say Birds Use Tools, Too

Humans and apes aren't the only creatures that use tools. Now scientists at Cambridge University have observed that crows can use pebbles to get what they want.



In an experiment, crows were shown a plastic tube six inches tall with a worm floating in some water at the bottom. The birds, unable to reach the worm on their own, quickly began dropping nearby stones into the tube, raising the water level until the worm came up into range of their beaks. The crows also realized the larger stones lifted the water – and the worm – more quickly.

One small stone for a crow, one giant leap for birdkind?

It's Iris Time

Iris, those graceful, fragrant springtime flowers, get their name from the Greek word for “rainbow,” which is fitting because they come in so many colors: blue, purple, white, yellow, lilac, rose-red, and even brown. From their earliest years, irises were used to make perfume and as a medicinal remedy. In the Middle Ages the shape of the iris inspired the *fleur-de-lis*, a symbol of the royal family in France. Today that well-known image is found in a variety of places from the Royal Coat of Arms of Canada – to the uniforms of the Super Bowl Champion New Orleans Saints!



What's Your Problem-Solving Style?

Are you a “creative” problem-solver or a “methodical” one? The answer is in your brain. Research confirms that there is a difference between the two approaches that is visible in brain scans – even when people are not involved in any type of problem solving.

In the study, the brain activity of participants was observed first when they were in quiet, non-problem-solving modes, and then again when they were given word scrambles to solve. Later, participants were asked whether they solved the word scrambles deliberately and methodically, or whether the answer had appeared to them in a kind of “aha” moment of insight. When comparing the brain scans, the researchers found striking differences between the two groups even before the problem solving began. The right side of the brain of those who reported solving the puzzles during an “aha” moment were lit up even before they actively tried to solve a problem.

What does this mean? Researchers believe that creative thinkers engage in a sort of distracted way of thinking, which can lead to the sparking of unusual associations, while methodical problem-solvers use focused attention, which can accomplish work that needs to be done, but may reduce the chance that new ways of attacking a problem will be identified. So, a combination of *both* types of people is the ideal problem-solving team.

THANK YOU FOR YOUR VOTE!!!

We are honored to be voted the Favorite Realtor by the Ventura County Star Readers.



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