



The Barlow Buzz

YOUR REAL ESTATE CONSULTANTS FOR LIFE!

News to Help You Save Time & Money

September 2009

What's Prettier Than Freckles?

An elderly woman and her young grandson, whose face was sprinkled with bright freckles, spent the day at the zoo. Lots of children were waiting in line to get their cheeks painted by a local artist who was decorating them with tiger paws.

“You’ve got so many freckles, there’s no place to paint!” a girl in the line said to the little fellow.

Embarrassed, the boy dropped his head. His grandmother knelt down next to him. “I love your freckles. When I was a little girl I always wanted freckles,” she said, while tracing her finger across his cheek.



“Freckles are beautiful.”

The boy looked up.
“Really?”

“Of course,” said the grandmother. “Why, just name me one thing that’s prettier than freckles.”

The boy thought for a moment, peered intensely into his grandma’s face, and softly whispered, “Wrinkles.”

**Celebrate Grandparents Day on
September 13!**

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INSIDE THIS ISSUE

- Is Smaller Cheaper?
- Whether You Labor Or Labour...
- Make Your Home Safer
- How To Achieve Success
- You May Be Too “Techy” If...
- How To Protect Your Asthmatic Child At School
- Stressed Out? Take These Steps
- Going Nuts For Almonds
- September Is...High Holy Days
- Shattering Window Myths
- Help For Teen Drivers
- Checkout These Checklists
- Can You Give A Speech Without Panicking?

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*

Is Smaller Cheaper?

We've become conditioned to believing that purchasing larger portions of food, bigger packages of paper towels, or giant containers of laundry soap is a good way to save money, and sometimes it is.

But in some cases, smaller portions or quantities *can* be cheaper, and the way to ascertain this is by checking the shelf label for the product's price-per-ounce or price-per-sheet or price-per-count, and so on.

For example, a 12-pack of paper towels may actually cost more *per sheet* than a six-pack or three-pack. A box of 50 tea bags could be priced higher *per count* than a box of 20. And those pre-packaged apples might prove to be less than a bargain, depending on the price *per ounce* compared to unpackaged apples.

If your supermarket doesn't provide this information on their shelf labels, ask the manager to start – sooner rather than later! In the meantime, take along your calculator and do your own pricing. Just take the cost of the item – say, a 16-ounce jar of peanut butter for \$3.29 – divide \$3.29 by 16, and your cost per ounce is about 20 cents. If the 28-ounce jar of that same peanut butter is \$6.29, it will cost you 22 cents per ounce. Clearly, the smaller jar is the better buy.

It makes sense – and saves dollars – to read shelf labels or do your own calculation. Spend a little time and you'll save money every time you shop.

Whether You Labor Or Labour...

In the U.S. it's Labor Day; in Canada it's Labour Day; and in both countries it's Monday, September 7. It's a day to honor the contributions made by workers to the strength and prosperity of our country, a "good-bye" to summer, and a day to enjoy with family and friends.

Make Your Home Safer

Our homes are supposed to be our safe havens – and most of the time they are. But every year, more than 33 million people are injured by consumer products in their "safe havens." Here are the "Top

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!

Alice Beardsley

Mary & Denny Dunn

(Referred by Mannie Abbate)

Patricia Yost

(Marge Moran)

Paul & Karen Jacobsen

Beverly Wolf

(Referred by Peggy Smith)

Bennet Silver

Khamson Chanthavong

Wayne & Maureen Gray

Patrick Schmidt

James & Michelle White

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.

REFERRALS ARE THE LIFE BLOOD OF OUR BUSINESS... WE BELIEVE IN REFERRALS! HERE ARE SOME OF THE PEOPLE WE RECOMMEND:

PARTY PLEASERS

For all your party planning needs
(805) 482-0339

HEAVEN'S BEST CARPET CLEANING

For all your home cleaning needs
(805) 797-6229

PETERSON DENTAL

For all your dental needs
(805) 482-1558

ASWELL TROPHY

For all your engraving needs
(805) 487-2224

CALIFORNIA POOLS

For all your pool needs
(805) 484-3322

Five Hidden Home Hazards,” according to the U.S. Consumer Product Safety Commission (CPSC):

1. **Magnets.** As the number of children’s products containing magnets has increased, so have injuries. When these tiny magnets fall out of toys, children are tempted to swallow them. Though a single magnet may not cause a tragedy, two or more magnets (or a magnet and any other metal item) are cause for alarm. They can attract to one another through the intestinal wall and pinch or twist the intestines – causing holes, blockages, infections, even death.
2. **Recalled products.** The CPSC can get recalled items off retailers’ shelves, but once a product is inside your home, you have to be on the lookout. Pay attention to the recall announcements and check for those items in your home.
3. **Tip-overs.** It can be fatal for a child to pull over a large item like a television or a bookcase. Make sure such items are stable in their positions, and monitor children who go near them.
4. **Windows and coverings.** Curtain and blind cords are a choking hazard and should always be kept out of the reach of children. Don’t rely on window screens to prevent children from falling out. Screens are designed to keep bugs out, not kids in.
5. **Pool and spa drains.** Pool drain suction can be strong enough to hold an adult under water. However, most incidents involve children. Missing or broken drain covers are often the reason for these accidents. *For pool owners:* Install a safety vacuum release system that detects drain blockage and alters the pool pump or water circulation to prevent an accident. *For parents and guardians:* Check the drains, or at least determine where they are, before allowing children to use the pool.

How To Achieve Success

The person determined to achieve maximum success learns the principle that progress is made one step at a time. A house is built one brick at a time. Football games are won one play at a time. A department store grows bigger one customer at a time. Every big accomplishment is a series of little accomplishments. – *David Schwartz*

You May Be Too “Techy” If...

1. You’ve never sat through an entire movie without having at least one device on your body beep or buzz.
2. You turn up your speakers when leaving the room so you can hear if a new email arrives.

3. On vacation, you're reading a computer manual and turning the pages faster than everyone else who's reading John Grisham novels.
4. You'd rather get more dots per inch than miles per gallon.
5. All of your friends have an @ in their name.
6. You rotate your screen savers more frequently than your automobile tires.
7. You have a functioning home copier machine, but every toaster you own turns bread into charcoal.
8. Off the top of your head, you can think of 19 keystroke symbols that are far more clever than :-).
9. You start introducing yourself as "Jim at net dot com."
10. You spend half of the airplane trip with your laptop on your lap...and your child in the overhead compartment.

Advocate Of The Month

Congratulations to our
Advocate Of The Month,

Maureen Gray

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!**

How To Protect Your Asthmatic Child At School

If your child has asthma and is headed back to school, you'll want to ensure that he or she is allowed to carry an inhaler when necessary. Despite the fact that most states have passed laws allowing students to self-administer their asthma drugs, some schools are strictly interpreting the laws and requiring students to obtain permission from school nurses or school officials before being given access to their medication and inhalers.

What's a parent's best plan of action? The American Lung Association says communication between the school and the parents is essential to make sure that your child is safe. Parents need to ask the school about laws and local policy in place allowing students to carry and self-administer asthma medications. The ALA also recommends that all students have an Asthma Action Plan, a written directive detailing personal information about the child's asthma – such as symptoms, medication, and physical activity limitations – and specific instructions of what to do if medication doesn't immediately improve the situation. All teachers, coaches, the school nurse, and the office should have an updated action plan for your child. For more information, go to www.lungusa.org.

Stressed Out? Take These Steps

Our work lives are often filled with what can seem like unbearable amounts of stress. And while some of those stresses are unavoidable, there's a lot you can do to start to whittle those high levels

July Quiz Answer

NOTE: Due to printing problems, the August Buzz was never mailed.

Question: What is the human body's largest internal organ?

Answer: Liver.

Source: www.nlm.nih.gov

Congratulations to *Dan & Terrie Garrez*

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.

of stress down to something that feels at least manageable. Here are a few suggestions:

Know when to say "No." That means you have to first understand your own limits. Then set limits on others so they don't encroach on your time by pressuring you to take on tasks or responsibilities that will throw you out of balance.

If possible, avoid people who consistently stress you out. If your boss is the culprit, you might not be able to do this. And you can't steer clear of everyone who inadvertently or occasionally causes you anxiety. But you can avoid people who have a history of leaving you feeling stressed after you've tried to change the situation and they haven't responded.

Don't expose yourself to unnecessary environmental stressors. For instance, if you read the news on the Internet during your break, but it leaves you feeling tense, stop reading the news on your break. Do something that relaxes you instead: Go for a short walk, knit, meditate, work a puzzle.

Learn to manage your time. Letting projects go until the deadline is upon you will undoubtedly cause you stress. Work at a steady pace – and don't procrastinate. Procrastination can affect the quality of your work and leave you feeling anxious and strained for prolonged periods.

Going Nuts For Almonds

Shelling out for a bag of almonds might not be a bad idea if you need to lower your cholesterol. Almonds are recognized as a cholesterol-lowering food; studies also show that they can reduce the risk of heart disease.

One ounce of almonds – about 25 nuts – contains 164 calories and 1.10 grams of saturated fat. That same ounce is also a good source of protein, potassium, vitamin E, and magnesium, and has no cholesterol. So, go nuts!

Shattering Window Myths

There are a number of outdated beliefs about storms and window safety that the Institute for Business & Home Safety (IBHS) would like to set straight. For instance, "Open the windows during a storm to relieve the pressure that could build up and cause more damage." If you've never heard this advice before,

September Quiz Question

The terms *ruck*, *lineout*, and *maul* pertain to what sport?

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



don't pay any attention to it now. If you or someone you know believes it, read on for the IBHS's expert recommendations:

1. Do NOT open windows during a storm. This doesn't relieve pressure – it just lets damaging wind and rain into your home.
2. Tape does NOT protect your windows from flying debris. It might keep more of the glass together when impacted, but will not keep it in place.
3. Window film does NOT provide much protection from the impact of debris. It does, however, hold glass shards together when the window breaks. Also, some thicker “structural” film has passed the “small missile” test, which applies to things like gravel and similarly sized objects.

September Is...High Holy Days

The Jewish High Holy Days are observed during the 10-day period between the first day (Rosh Hashanah) and the 10th day (Yom Kippur) of Tishri, the seventh month of the Jewish calendar. This year Rosh Hashanah begins at sundown September 18, and Yom Kippur begins at sundown September 27.

Rosh Hashanah and Yom Kippur are the most important of all Jewish holidays. Rosh Hashanah, the Jewish New Year, is the symbolic anniversary of the creation of the world; the words “Rosh Hashanah” literally mean “Head of the Year.” In addition to being the anniversary of the past creation of the world, Jewish tradition sees everyone as being created anew at this time every year. Yom Kippur, the Day of Atonement, is the most solemn day of the Jewish year and a day of fasting, reflection and prayers. At the end of Yom Kippur, those who have repented for their sins are granted a good and happy New Year.

HAPPY ANNIVERSARY TO YOUR HOME!

- ☺ Avi & Bonnie Barhom
- ☺ Marj Kempner
- ☺ Stephen Merrick
- ☺ David Morningstar
- ☺ Dorothy Procopenko
- ☺ Lowell & Jenny Rex
- ☺ Betty Scadron
- ☺ Sylvester & Claire Scott
- ☺ Sheldon & Tobi Tilles
- ☺ Norman Arno
- ☺ Joseph Aaronson
- ☺ Anita Lind

The “Whys” Of White Hair

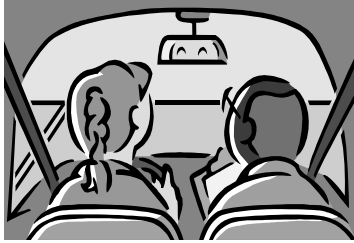


One day a little girl was watching her mother do the dishes at the kitchen sink.

She suddenly noticed that her mother had several strands of white hair sticking out in contrast to her brunette head.

Curious, she asked, “Why are some of your hairs white, Mom?” Her mother replied, “Well, every time you do something wrong and make me unhappy, one of my hairs turns white.”

The little girl thought about this revelation for awhile and then said, “Momma, how come ALL of grandma’s hairs are white?”



Help For Teen Drivers

There's a new Liberty Mutual Web site to help parents turn teens into safe drivers. At www.libertymutualteendriving.com, parents and teens can view videos and articles that offer safety tips for a variety of weather conditions, preparation for driving tests, and information about state laws.

Check Out These Checklists

Need to get organized? www.SimplyChecklists.com can help you with just about any kind of checklist you want to create. The site generates numerous categories including travel, pets, emergencies, and education. Click on the category you want and you'll be given an array of choices. Do you want to make a checklist for a cruise you'll be taking? If so, a checklist is generated and you select the items you want included. Then hit "Print" and only the items you chose will appear on your list. It's easy to use and can help you keep everything...in check.



Can You Give A Speech Without Panicking?

Giving a speech needn't be terrifying. Here's how to stay calm:

Know your subject. The more you know your topic, the more secure you'll feel. Do your homework; anticipate questions; be ready with additional information.



Practice! Rehearse thoroughly before addressing the audience. You'll get used to your own voice, and to standing up and talking for 20 minutes. Practice also gives you the opportunity to make changes ahead of time, such as removing awkward sentences or changing words.

Arrive early. Walk around, check out the facilities, familiarize yourself with the layout, and rehearse again at the venue.

Loosen up. Do some relaxation exercises. Take a short walk. If you're sitting down, wiggle your toes – it eases anxieties. Take slow, deep breaths. And avoid caffeine.

QUOTE:

You grow up the day you have your first real laugh – at yourself.
– Ethel Barrymore

THANK YOU FOR YOUR VOTE!!!

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



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