



LORRIE SEMLER



Between FRIENDS



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Exceptional customer care is my number one goal for every real estate transaction. If you are selling or buying a home this summer, please contact me for service that can't be beat and your best real estate transaction ever.



Some people don't realize the many benefits of a Home Protection Plan. However, as an experienced Real Estate Professional, I would like to point out how a quality Home Protection Plan can benefit you, whether you are buying or selling a home. A good Plan ensures the repair or replacement of covered home systems and appliances that fail due to normal use. For Sellers, this provides added value to your home when it is on the market. For Buyers, this means peace of mind and confidence in the purchase of your new home. I advise all my clients to include a Home Protection Plan with their transaction, and the company I trust to provide the *best service* and *coverage* is **Old Republic Home Protection**. Call me today for more information about how this valuable service can be put to work for you.

An outstanding customer experience – it's the number one goal on every sales professional's list. If you know anyone who is selling or buying a home, please refer him or her to me and I will provide your referral with the service difference my clients have come to expect from me!

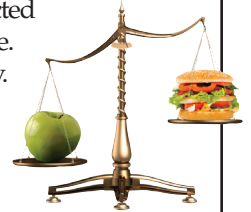


If you are working with another Real Estate Professional, please disregard this notice.

Health & Safety

Eating Fewer Calories Can Increase Your Life Span

The latest studies provide evidence that people on calorie-restricted diets live longer than those who do not restrict their caloric intake. However, studies show that diet alone is often only part of the story. Adults on nutritious, low-calorie diets have some important, identifiable biological markers that may contribute to their longevity: lower body temperatures, lower insulin levels, and steady levels of a steroid hormone called DHEAS.



Researchers warn that people should not suddenly start a drastic low-calorie diet in an attempt to prolong their lives. In fact, studies have shown that a sudden, extreme reduction in daily caloric intake can be harmful and have unhealthy effects, such as lowering the body's immune system, and increasing the toxins in the body's system. Rather, people should gradually change their eating habits to include more vegetables, fruit, and low-fat proteins, and reduce their intake of saturated fat, simple sugars, and flours.

Researchers emphasize that slow, gradual change in eating habits and weight loss is best. This is not a quick-fix solution to slowing the aging process and prolonging life, nor is it necessarily a weight-loss program. Weight loss is often a side effect of eating more nutritiously, which reduces the amount of calories consumed.

Helpful Hints

Work Smarter Instead of Harder

The Pareto Principle, also known as the 80:20 Rule, argues that 80% of unfocused effort generates only 20% of results, and the remaining 80% of results are achieved with only 20% of the effort. Here are some time management tips to help you maintain focus and work smarter, not harder.

Write things down – Use a “to-do” list to take control of your projects and tasks and keep yourself organized.

Prioritize your list – Rate your tasks into categories using the A, B, C, D prioritization system. This helps you tackle the most important jobs first, and not waste time on trivial tasks.

Plan your week – Taking 15 to 30 minutes at the beginning of each week to plan your schedule will increase productivity and balance your important long-term projects with your more urgent tasks.

Regularly evaluate how you are spending your time – A periodic evaluation helps to reduce or eliminate wasted time and effort so you have more productive time each day.

Learn to say NO – Eliminate the habit of overcommitting – Learn to say no to low priority requests and you will free up time to spend on more important things.



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Savor the Flavor

Cool Cucumber Salad

Ingredients:

1 to 4 cucumbers

(depending on how much you want to make – saving it in the refrigerator for a day or two allows flavors to mature and blossom)

1/4 to 1/3 cup olive oil

(depending on number of cucumbers)

3 Tbsp balsamic vinegar

1 1/2 Tbsp Italian dressing mix

1/2 tsp each salt and pepper

3/4 tsp sugar

This is an easy, refreshing salad that will tingle your taste buds!

Wash cucumbers and remove the skin. Slice into approximately 1/4 inch slices, and cut slices in half. Place the cucumbers in a bowl – glass works best, metal is not recommended. In a separate container or shaker, mix liquid and dry ingredients. Pour over cucumber slices, cover with plastic wrap, and let chill in refrigerator for at least 20 minutes before serving.



Household Tips

The 10-Minute Pick-Up Party

Incorporate a daily 10-minute cleaning routine into your family's busy schedule to keep your home neat and organized.

- Set aside 10 minutes – preferably at the same time each day – for the group cleaning activity. Do it first thing after returning home at the end of the day, take 10 minutes each morning before everyone leaves, or try doing it half an hour before bedtime – whatever works best for you and your family. Keep time with an oven timer or noisy alarm clock.
- Assign each family member a room or area in your house to clean and straighten; you can also assign specific chores such as laundry tasks, taking out the garbage, dusting, general pick-up, etc.
- Make it fun – put on some lively music and rock around the house as you clean it.
- Make sure each person's assigned clean-up job is age-appropriate, equal in terms of workload, and can be completed in 10 minutes. And quit after 10 minutes – this will help foster willing participation from everyone on a daily basis.



Brain Teasers

Ocean Dwellers

How Well Do You Know What
Lurks Under the Sea?

1. The brain of which of these whales weighs, on average, 20 pounds?

- A. Killer whale/orca
- B. Sperm whale
- C. Blue whale
- D. Humpback whale



2. Which of these sharks has the highest incidence of attacking humans?

- A. Hammerhead shark, because its range of vision is almost 360°
- B. Great white shark, because it is ferocious
- C. Tiger shark, because it will eat anything and everything
- D. Bull shark, because it swims in shallow water where humans also tend to swim

3. Which of the following sea-dwelling mammals was hunted to extinction and in what year?

- A. West Indian manatee, 1996
- B. Dugong, 1962
- C. Steller's sea cow, 1768
- D. Amazonian manatee, 1832

4. How many different types of Giant Clams are known to man today?

- A. Five
- B. Three
- C. One
- D. Eight

ANSWERS: 1-B; 2-D; 3-C; 4-D