

Opening Doors



"Most people overestimate what they can accomplish in a year, and underestimate what they can achieve in a decade!" Tony Robbins

What's on Your "Bucket List"?

Imagine being able to say at the end of your life's journey: "Wow, what a ride!" And what better way to have a fulfilling, adventurous life than by creating a bucket list, and taking the necessary steps to cross off each item on your list? Creating and achieving your life list is about deciding what you really want, which means setting goals, as well as planning, budgeting, and then taking the necessary steps to accomplish your goals.

The last part, taking action, includes incorporating habits and routines into your daily life which will help you to gradually mold your life into a work of art that is uniquely yours. Set some time aside to create your bucket list and stop putting off your dreams for "someday"! We urge you to start your list today! Do it alone or create one for the whole family!

- | | |
|-----------|------------|
| 1.) _____ | 6.) _____ |
| 2.) _____ | 7.) _____ |
| 3.) _____ | 8.) _____ |
| 4.) _____ | 9.) _____ |
| 5.) _____ | 10.) _____ |

***TAX CREDIT EXTENSION UPDATE!** The House of Representatives voted recently to give first-time homebuyers who were under contract by April 30th three more months to close on their purchases and land an \$8,000 federal income tax credit. Please contact us for more details on this great news!

Red Cross Summer Safety Tips

As the sweltering summer heat sweeps the nation, the American Red Cross reminds everyone to take precautions against heat related incidents. So many simple measures can be taken to significantly reduce the chance of getting heat exhaustion and heat stroke. The Red Cross encourages drinking plenty of water and taking frequent breaks while working outside. Staying inside and avoiding strenuous activity is also recommended.

- ✦ **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- ✦ **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body. Avoid using salt tablets unless directed to do so by a physician.
- ✦ **Eat small meals and eat more often.** Avoid high-protein foods, which increase metabolic heat.
- ✦ **Slow down. Avoid strenuous activity.** If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 and 7 a.m.
- ✦ **Stay indoors when possible.** If air-conditioning is not available, stay on the lowest floor out of the sunshine. Remember that electric fans do not cool, they simply circulate the air.
- ✦ **Be a good neighbor.** During heat waves, check in on elderly residents in your neighborhood and those who do not have air conditioning.



CONGRATULATIONS TO OUR CONTEST WINNER!

Congratulations to Meghan Zabel, winner of a one of a kind personalized sketch by local artist Sarah Paolucci of Paolucci Illustration and Design. Visit www.sarahpaolucci.com to see her beautiful work!

In the spotlight...

Population: 14,508
Median Age: 41
Land Area: 42 square miles
Population Growth per year: 0.6%
Median Household Income: \$83,832

Known for tobacco growing, the first cigar factory in the country opened here in 1810.

Suffield remains very rich in history today, with a historic green, churches and many vintage colonial and historic homes.

Mill Rate: 24.43
Median Home Cost: \$333,500
Student Enrollment: 2,385
Students per teacher: 21.3
Students per computer: 3.8
Single family homes sold YTD: 52 2009: 98 2008: 112



Suffield, CT

LOCAL EVENTS OF INTEREST

Did you know July is National Blueberry Month? Dig in!

- July 4: "3-D Fireworks Spectacular" Quassy Amusement Park, Middlebury, www.quassy.com
- July 4 to Aug 10: "Raspberry Festival" Ellsworth Hill Orchard & Berry Farm, www.ellsworthfarm.com
- July 7: "Sunken Garden Poetry Festival" Hill Stead Museum, www.hillstead.org
- July 9 to Sep 18: "Carnival!" Goodspeed Opera House, Haddam, www.goodspeed.org
- July 8 & 22: "Cocktails with the Whales" Mystic Aquarium, www.mysticaquarium.com
- July 9 to 11: "Sailfest" in New London, Multiple events! www.sailfest.org
- July 24: "Vintage Base Ball Game" Colt Meadows, Hartford, www.friendsofvintagebaseball.org
- July 30 to Aug 1: "The Great CT Traditional Jazz Fest" Sheraton, Meriden, www.greatctjazz.org

Congratulations to Janet Mundle, Steve Damon, John Beyer, Jamie Beyer, Barry & Laurie Wentland and Darek Radziejewski on your closings!
Thank you to Dave Smith for your referrals!



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*The highest compliment we can receive is the referral of your friends, family and business associates.
Thank you for your trust.*

