



Moe Archambault...

# Service For Life!®

“Insider Tips For Healthy, Wealthy & Happy Living...”

WARNING: Don't even think of selling your home without my Free Consumer Guide, "How To Avoid 7 Costly Mistakes When Selling Your Home." See enclosed insert...

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## How To Be “Emergency Ready”

What would your family do if your area had a devastating emergency like the Japanese earthquake or other natural disaster? Would you be prepared?

This week, before anything happens that will threaten your safety, take time to build adequate supplies of things you will need for an emergency situation. Specify a place in your home where everything you need can be easily gathered by anyone in the family. Here are five things you will need:

- Water is essential.** It is almost free too. You can purchase and store the recommended one gallon of water per person per day. Or you can also fill bottles yourself. Recycle used 2-liter soda bottles or inexpensive pitchers or other containers. Refill the containers every few months and keep a record on your calendar so you don't forget.
- Non-perishable cans that are stacked easily** are the best way to store food. All types of foods come as canned goods but be sure your emergency kit includes what you enjoy eating. It's no fun to force yourself to eat something you don't like. Also, choose a balanced variety of beans, soups, fruits and vegetables. Replenish your stocks by rotating with your pantry at the same time you refill your water supplies.
- Keep flashlights and extra batteries on hand.** Candles and oil lamps are also good to have in case the batteries run low on the flashlights.
- Stash some cash** because you will not be able to use the debit card if the power is out. Make sure the money supply includes coins and small bills.
- Basic first aid supplies** should be stored with the rest of the emergency kit. Include an anti-diarrheal product, pain medication, bandages, antibiotic cream, hydrogen peroxide or rubbing alcohol, tweezers and cotton balls.

Fun things to do like playing cards and board games are not essential but will be welcomed in an emergency too. Find out more ways to be emergency prepared by visiting [www.ready.gov](http://www.ready.gov).

### Save Thousands When Buying Or Financing!

Did you know there's a free consumer report revealing ways to save time and money when buying a home? It's called "8 Secrets For Saving Thousands When Finding, Buying and Financing Your Next Home," and it's great even if you're not planning to buy soon. Get your free copy by calling me at 644-2227

## Word of the Month...

Studies have shown 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!)!

**Negligible** (NEG-lih-juh-bul) adjective

**Meaning:** So small as to be neglected or disregarded.

**Sample Sentence:** In Facebook, you may communicate with close friends or with people whose relationship is really negligible.

## Does He Want It Back?

It was quite a shock when a woman finds out that her estranged husband was suing her for the kidney he had donated to her before their marriage went on the rocks. Did he really expect her to give it back?

## Wash and Wear

How many times can you get by with wearing an item of clothing before it must be washed? Here is a general guideline from [www.realsimple.com](http://www.realsimple.com):

- Jeans and dress pants: 4-5 times
- Jackets and blazers: 5-6 wears
- Khaki pants and shorts: 2-3 wears
- Pajamas: 3-4 nights of wear
- T-shirts and tanks: after each wear

## Quick Furniture Fixes

Bring shabby furniture to new life by hiding the little scratches and dings with a simple permanent marker. More tips at: [www.familyhandyman.com](http://www.familyhandyman.com)

## Quotes To Live By...

Do what you do so well that they will want to see it again and bring their friends.

óWalt Disney

Popularity is the easiest thing in the world to gain and it is the hardest thing to hold.

óWill Rogers

Your success does not depend on the economy; it depends on your mindset.

óMaya Bailey

# 5 Foods To Keep You Running

If you get exhausted when exercising or find yourself sore for days after a long workout, here are foods to boost your stamina and speed recovery:

1. **Eggs** ó They are truly as advertised! “The incredible edible egg.” The protein in one egg provides about 10% of your daily value of protein. They also are full of amino acids that improve muscle recovery and Vitamin K (healthy bones), lutein (Eyes), and choline (brain).
2. **Citrus Fruits** ó Oranges, lemons, limes and grapefruit are all rich in Vitamin C which can lessen muscle soreness and help repair muscle.
3. **Salmon or Tuna** ó Running amps up the need for high quality protein. Not only are these fish excellent protein sources, but they also provide omega-3 fats that are good for your heart muscle and curb inflammation.
4. **Almonds** – The perfect snack, almonds are packed with Vitamin E which is an antioxidant that can keep tired muscles from aching. Dense with protein and fiber, these little nuts can keep you full for long workouts.
5. **Sweet Potatoes** ó This lowly root vegetable supplies beta carotene, iron, potassium and magnesium which can replenish the body after exercise.

## Would You Like To Know How Much Your Neighbor's Home Listed Or Sold For?

Maybe you're just curious. Or maybe you want to know how much your home is worth. Either way, I can help! with no sales pitches or runarounds. Just give me a call at **644-2227** and I'll give you all the facts.

# Kids and Pet Safety

Teaching kids to create good relationships with pets is important for both the child and the pet. Here are a few basics:

- ♦ Teach a dog to respond to the command “Stop” and encourage your child to practice using the word when appropriate.
- ♦ Teach your child that the pet has a right to end the play session too.
- ♦ Designate a “safe spot” where the pet can retreat if they become disinterested in playing and in need of some quiet time.
- ♦ Don't give your child a balloon around a pet. Not only does the noise of a popping balloon frighten the pet, it also presents a dangerous choking hazard when deflated.
- ♦ Your child's friends should not bring their pets to your house without careful adult supervision.
- ♦ Don't let your pet play with your child's toys. Keep them stored in an area the pet can't reach so the toy does not get dirty or destroyed.

Giving your child age appropriate responsibility for pets can be expected and if they neglect the duties agreed, there should be suitable consequences. Learn more about kids and pet safety at: [www.aspca.org](http://www.aspca.org).

## Brain Teaser...

Peacocks are birds that do not lay eggs. So how do baby peachicks arrive into this world?

*(See page 4 for the answer.)*

## Popular Baby Names

Here are the most registered names in 2010 according to the Social Security Administration:

**For boys**, parents' top five choices are currently Jacob, Ethan, Michael, Jayden and William.

**For girls**, the five trendiest names are Isabella, Sophia, Emma, Olivia and Ava.

**For twins**, the number one combinations are Jacob/Joshua, Ella/Emma, and Madison/Mason.

## I wonder why?

The evening news is where they begin the program with "Good Evening" then they proceed to tell you why it isn't.

To steal ideas from one person is plagiarism and to steal from many is research.

## Avoid Illness From Foods

The Centers for Disease Control and Prevention (CDC) estimates that around 48 million people become ill from food in the US every year. Change a few habits to keep everyone safe.

- ✓ Use a meat thermometer.
- ✓ Send undercooked meat back at restaurants.
- ✓ Wash all produce before eating.
- ✓ Thaw food in refrigerator
- ✓ Keep raw and ready-to-eat foods separate in the shopping cart, in the fridge, and while cooking.

## Biggest Pet Peeves

What things are done by other people that really annoy you? Do people most annoy you in traffic, while eating or in their public behavior? Compare your pet peeves to a list you will find on [www.getannoyed.com](http://www.getannoyed.com).

# Tech-Savvy Shopping Strategies

Gone are the days where you had to run around from one store to the next taking notes and trying to make sure you get the best quality product for the best possible price. With the technology available today, it only takes a few minutes to get really good products at the lowest prices. Here are a few tips and online tools I find helpful when comparing products:

- ◆ **Take the time to learn what others think about the products** you want to purchase. From a major appliance replacement to a new computer, you can find out about the range in opinion from these two good resources: [www.eopinions.com](http://www.eopinions.com) and [www.consumerreview.com](http://www.consumerreview.com).
- ◆ **You can know if you're getting the best deal with tools** that actually search several sites for you and compare merchant prices side-by-side. It sure beats having to go to one site at a time and write it all down. Try using the tools at [www.nextag.com](http://www.nextag.com) or [www.pricegrabber.com](http://www.pricegrabber.com).
- ◆ **Set yourself up for email alerts on the big ticket items and travel.** A fun site is [www.yahooshopping.com](http://www.yahooshopping.com) where they will send you an email alert when the price reaches your target. Many travel sites will let you know about airline prices with an email alert too. It's possible to save a hundred dollars or more from these special deal alerts from websites like [www.tripadvisor.com](http://www.tripadvisor.com).
- ◆ **Join newsgroups to stay on top of the prices and quality of items** that you plan to purchase. A bonus to doing your comparative shopping this way is you can participate in an active community of people you can get to know and even forge long term relationships. Check out several groups to find one who seems to match your style. Start with these two very popular sites: [www.googlegroups.com](http://www.googlegroups.com) and [www.squidoo.com/groups](http://www.squidoo.com/groups).

With these online tools at your finger tips, finding the best deal is only a few clicks away. Try these resources when hunting for your next purchase and let me know what you think.

**Thank You! Thank You! Thank You!  
Thank You! Thank You!**

Thanks to all of my clients and friends who support my practice and graciously referred me to your friends and neighbors! Rather than pester people with unwanted calls and visits, I build my business based on the positive comments and referrals from people just like you. I couldn't do it without you!

## Thanks For Thinking of Me!

Did you know I can help you or any of your friends or family save time and money when buying or selling a home? Thanks for keeping me in mind with your referrals and spreading the word about my services.

## Brain Teaser Answer:

Peacocks are male peafowl. Female peafowl are called peahens, while baby peafowl are peachicks. The peahens lay the baby peachick eggs.

## Top 7 Recalled Kid Products

Be careful when purchasing resale children's products. Here are the most dangerous according to [www.cpsc.gov](http://www.cpsc.gov):

1. Playskool Travel-Lite play yards
2. Evenflo Happy Camper play yards
3. Baby Trend Home and Roam portable cribs and play yards
4. Magnetix magnetic building sets
5. Easy Bake Ovens
6. Polly Pocket Dolls with magnets
7. Simplicity drop side cribs

## Do You Know Your Energy Footprint?

Being mindful of our impact on our planet is important to our future. How much "nature" does your lifestyle require?

Our actions all have consequences. Find out with a free calculator available at: [www.myfootprint.org](http://www.myfootprint.org)

**THANK YOU** for reading my Service For Life<sup>®</sup> personal newsletter. I wanted to produce a newsletter that has great content and is fun and valuable 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 Dunkin' Donuts Gift Card?"

Guess who won last month's Trivia Question? I'm pleased to announce the two lucky winners of last month's quiz. And the winners are drum roll please: **Jim Rozycki** of Dunbarton and **Carol Andersen** of Allenstown were the first two people to correctly answer my quiz question. ALSO: **Dana Jendraszek** of Goffstown, NH was the lucky winner of the dinner gift card raffle! Enjoy the prize!

**What was the first animated feature film created solely with Computer Generated Imagery (CGI)?**

- a) The Polar Express b) Tron c) A Bug's Life d) Toy Story

The answer is d) Toy Story. Over 800,000 hours of mathematical equations went into the film, made by Pixar in 1995. That works out to more than a week of computer time for every second on the screen. So, let's move on to *this* month's trivia question.

**What animal has the most taste buds?**

- a) Shark b) Elephant c) Catfish d) Giraffe

*The first 3 people to call me or e-mail me with the correct answer will win!* Everybody could be a winner even if you think you're too late. Call me anyway and if the prizes are already gone then I'll register your name for a chance to win a \$50 Dinner gift card raffle being drawn on December 30, 2011. It's that EASY. CALL NOW!

**Call me at 644-2227 OR e-mail me at [moearchambault@yahoo.com](mailto:moearchambault@yahoo.com)**  
**And You Could Be One Of My Next Winners!**

## Real Estate Corner...

### Q. What routine home maintenance should be done each year?

**A.** Don't feel overwhelmed by the task of regular maintenance. Most of caring for your home is a matter of keeping things clean and free of corroding dust and grime. Read the label on the cleaning product to make sure it is safe for the surface you are cleaning.

Add these often-neglected areas to your calendar to save yourself from major repairs:

Have your heating and air conditioning unit inspected annually and also replace your air filters at least once a year. Inspect the chimney every two years. Change the batteries on your smoke alarms twice per year (easy to remember when daylight savings time changes).

Watch for needed repair to siding or trim. Check rain gutters each month and keep them clean by removing leaves and other debris. Apply weather stripping to windows and doors as air leaks develop. Touch up paint on both inside and outside walls to keep your home fresh and beautiful.

You can get more home maintenance tips at: [www.nahb.org](http://www.nahb.org).

If you have any questions, or need capable and trustworthy representation, please call me at 644-2227.

Get Free money-saving home tips at my web site: [www.moehomes.com](http://www.moehomes.com)