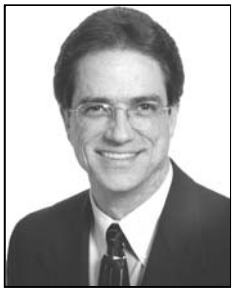

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The Phillip Cantrell Team's…

Service For Life! ®

"Insider Tips for Healthy, Wealthy & Happy Living…"

Why Health Experts Never Use Plastic In The Microwave

Could using plastics in the microwave be dangerous to your health? The answer is "yes," according to important news from John Hopkins Bloomberg School of Public Health.

There have been many stories circulating about the safety of microwaves, heating, plastics and food. Some have focused on dioxin, a known carcinogen. Dioxin occurs in our environment, primarily from the incineration of waste materials, according to Dr. Rolf Halden, at John Hopkins Bloomberg School. People are exposed to dioxin mostly from eating meat and fish rich in fat. But it may not be the sole offender.

There are other concerns we should consider, according to Halden. There's a group of chemicals called "**phthalate**s" that have been added to some plastics to make them flexible and less brittle. If you heat these plastics, it can increase the leaching of phthalates from the containers into your food.

Many scientific studies have shown that when you heat up an object, the chemicals are more likely to release into the environment. This is the same with plastics...and possibly the plastic packaging in some microwave meals.

Another chemical, diethylhexyl adipate **(DEHA)**, is also used to make plastics more flexible. DEHA exposure can occur when eating certain foods wrapped in plastics. "It's true that substances used to make plastics can leach into food," says Edward Machuga, Ph.D., a consumer safety officer in the FDA's Center for Food Safety and Applied Nutrition. "But the levels are low."

What should you do? People should use heat resistant glass, Corning Ware or ceramic containers for heating food in the microwave. Don't use foam or plastic carryout containers from restaurants or margarine tubs in the microwave, according to the FDA. And never use plastic storage bags, grocery bags, newspapers or aluminum foil in the microwave.

Stumble Upon An Interesting Home?
No need to guess its features or wonder about the price. No need to expose yourself to some high-pressure salesman or unwanted obligations. Just call me at **(615) 957-9921,** and I'll tell you…with no hassles and no obligation.

Word Of The Month…

Studies have shown that 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. You may even be able to fatten your wallet!

edacious \ih-DAY-shuss\ (adjective)

Meaning: having a huge appetite: ravenous

Example Sentence: Charles, an **edacious** gourmet, liked trying new foods at local restaurants.

An Arm And A Leg?

In George Washington's day, paintings showed him standing behind a desk with one arm behind his back, while others paintings showed both legs and arms. Why is this?

Prices charged by painters were not based on how many people were to be painted, but by how many LIMBS were to be painted. Arms and legs are limbs; therefore painting them would cost the buyer more. Hence the expression, "Okay, but it'll cost you an arm and a leg."

Kitchen Humor...

- No husband has ever been shot while doing the dishes.
- If we are what we eat, then I'm simple, fast, and cheap.
- A balanced diet is a cookie in each hand.
- Blessed are those who can laugh at themselves for they shall never cease to be amused.
- My next house will have no kitchen – just vending machines.

Quotes To Live By...

If you go looking for a friend, you're going to find they're very scarce. If you go out to be a friend, you'll find them everywhere. (Zig Ziglar)

Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future. (Deepak Chopra)

Reality is nothing but a collective hunch. (Lily Tomlin)

How To Get A Leaner Stomach

If you're like most of us out there you'd like to lose a little around the middle. The easiest way to get rid of stomach fat is to reduce your carbohydrates. These are foods many of us love to consume: crackers, chips, white bread, cakes, cookies, candy, and pizza.

But if you're really serious about losing your belly, there are some easy ways to do it, and it doesn't require medical intervention. First, start by eating lean meat (chicken, turkey, and seafood). Eliminate breads, pasta, rice, baked goods, candy and alcohol for two weeks, so you can train your body to live without the cravings. Limit fruits for the first two weeks, but you can eat lots of veggies.

At week three you can add a small serving of rice, pasta or bread two times a day. Continue to eliminate refined sugars from your diet. Next issue we'll discuss where you go from here.

A Heartfelt Message To My Special Clients And Friends…

I would like to take a moment to acknowledge and thank a few of the special people in my life who've helped build my business with their enduring support and referrals. I couldn't do it without YOU!

From our family to yours…MERRY CHRISTMAS!

8 Simple Tips For Saving Fuel

Gasoline prices at the pump can take a toll on your pocketbook. Here are eight ways you can save the next time you "filler-up."

1. Fill your gas tank in the morning or late evening when it is cool outside. It will help reduce fuel evaporation.
2. Service your vehicle regularly. A poorly tuned engine can increase fuel consumption by up to 50%.
3. Avoid excessive idling. Turn off the engine if you're idling more than two minutes. Idling increases gas consumption by one gallon per hour.
5. Shop for the best price. When your fuel gauge is half-full start looking. Buying gas at wholesale clubs can save you up to 12 cents a gallon.
6. Park in the shade. You're less likely to use your air conditioner if your car is cooler. When driving on the highway, keep your windows up to reduce air drag, which can reduce your gas mileage by10%.
7. Make sure your tires are inflated adequately. Under inflated tires can increase fuel consumption by 5%.
8. Avoid "fast starts." They not only increase fuel consumption, but increase tire wear.

Brain Teaser…

How can you clasp someone's hands together in such a manner that they cannot leave the room without unclasping them?

(See page 4 for the answer)

Amazing, But True…

1) **Brain-Dead Bandit.** A man walked into a Topeka, Kansas KWIK Stop and asked for all the money in the cash drawer. Apparently, the take was too small, so he tied up the store clerk and worked the counter himself for three hours until the police showed-up and grabbed him!

2) **Are We Communicating?** A man spoke frantically into the phone: "My wife is pregnant and her contractions are only two minutes apart." "Is this her first child?" the doctor asked. "No!" The man shouted, "This is her husband!"

3) **Idiot Kidnapper.** An Illinois man, pretending to have a gun, kidnapped a motorist and forced him to drive to two different automated teller machines, wherein the kidnapper began withdrawing money from *his own* bank accounts.

Headlines from Year 2029!

- $75.8 billion study: Diet and exercise are key to weight loss.
- New federal law requires that all nail clippers, screwdrivers, fly swatters and rolled-up newspapers must be registered by 2036.
- Baby conceived naturally; Scientists stumped.
- Average weight of Americans drops to 270 lbs.
- Postal Service raises price of first class stamp to $17.89 and reduces mail delivery to Wednesdays only.
- Congress authorizes direct deposit of formerly illegal political contributions to campaign accounts.

A Super Thrifty Tip!

To clean artificial flowers, pour some salt into a paper bag and add the flowers. Shake vigorously. The salt will absorb all the dust and dirt and leave your artificial flowers looking like new. Works like a charm!

The Power of One Small Step…

Are you having trouble losing weight? Saving money? Or reaching some of your goals? Here's an interesting approach to life: Instead of trying to achieve the "big goals" try something small. For one minute a day, try making a small change. Sound intriguing?

Author Robert Maurer, *"One Small Step Can Change Your Life,"* says here's how it works...instead of crash dieting, try taking one thing off your plate. Or, if can't seem to find the time to exercise...walk one minute a day in front of the TV. Maurer's clients reported that small steps led to big changes...one client lost 40 pounds with this approach.

Maurer says using small steps helps people overcome their fears and roadblocks. Small steps can reinforce and build good habits. Here are a few suggestions: Overspending? Take one item out of your cart before checking out. Feeling a little down? Take time to notice and cherish one small moment of joy a day. Craving fast food? Go ahead, but order the children's meal.

Try it for a day, and then maybe a month, and see what happens.

DID YOU KNOW…

Unlike most real estate agents, I *DON'T* spend my time pestering people with phone calls or bothersome interruptions to find good clients. Instead, I dedicate110% of my time and energies to providing such outstanding service, people naturally think of me when a friend or family member needs help buying or selling a home.

THANKS for your referrals!

5 EASY Money Saving Tips

Would you like a few new, creative ways to save a little money? Here are five tips to help you keep a little more "green" in your pocket:

1. Shop only when you need something. Don't shop for fun unless you are hunting for a bargain.
2. Learn to do things yourself. Instead of hiring a painter, learn how to paint your kitchen like a professional. Want to landscape your yard? Take a free class at your local home improvement store on landscaping...and then do the work yourself.
3. Live within your means. Hold off on purchases until you can pay cash.
4. Research future purchases. Find the best value for your money. Avoid cheaply made items that end up costing you more in the long run.
5. Explore thrift stores and garage sales. Sometimes you can find high quality items at low prices.

Thanks for Thinking of Me!

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

Kids Are Funny!

Grade school teachers keep journals of amusing things their students have written in papers. Here are a few examples:

- The future of "I give" is "I take."
- The parts of speech are lungs and air.
- The inhabitants of Moscow are called Mosquitoes.
- One of the main causes of dust is janitors.
- The general direction of the Alps is straight up.
- The people who followed the Lord were called the 12 opossums.
- Water is composed of two gins. Oxy-gin and hydro-gin. Oxy-gin is pure gin. Hydro-gin is gin and water.
- Syntax is all the money collected at the church from sinners.
- The climate is hottest next to the Creator.

Brain Teaser Answer:

Clasp their hands around a stationary object like a water pipe.

THANK YOU for reading my Service For Life!® personal newsletter. I wanted to produce a newsletter that has fun content and is valuable and beneficial 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…

The Phillip Cantrell Team

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When will the nightmare end?

It's a question I'm asked often these days and it refers to the depression in the real estate industry. It's impacting our entire economy. Did you know that real estate (residential sales, commercial sales, property management, and other related segments) is 13.4% of the Gross Domestic Product? That is the largest single component of the GDP, followed closely by Government at 11.2% and Manufacturing at 10.8%. So, how real estate goes is how the economy goes.

In our area, the sunlight is just barely beginning to peak through the storm clouds. The biggest culprit in this local mess has been inventory, or rather the abundance of it. Well, the numbers for November have just hit my desk and I felt compelled to perform a little analysis on the inventory charts. Over the last 3 months we have dropped an average of 490 units out of inventory each month. Given that we are currently at slightly more than 14,000 units at the end of November, I wanted to run the math to see how long it will take to get back to the average 12,000 unit level which was the peak of 2006. The answer is 4.42 months, or rather by mid April 2009. That means we should see recovery in the balance between supply and demand by then as well as the corresponding increase in prices. And, since it takes 6-8 months to build a house, if the builders don't start back up by March, we will have a housing shortage by late summer or early fall.

Ok, you can get up off the floor from laughing so hard now. Seriously though, you heard it here first. It's going to be a record breaking real estate season this summer. Care to jump in on it? I know where you can get some great representation!

Real Estate Corner…

Q. We're getting ready to remodel our home. What's the best way to find a reputable contractor without being taken to the cleaners?

Complaints about home improvement contractors are one of the most frequent grievances received by the Better Business Bureau and the office of state attorneys general. So you are wise to ask this question. Here are five ways you can improve your chances of finding a reputable contractor:

1. Get referrals from other building professionals. Ask professionals who you know. For example, ask your plumber, roofer, painter for recommendations. Since they work with other contractors on other jobs, they know who's good and who is not.

2. Get references. Get three customer references from the contractor for similar projects that were completed in the past two years. Check these references carefully, and maybe even see the work that was done. Ask them if they would hire the contractor again.

3. Check the contractor's license, insurance, and permits. Make sure they are in order. Contact the Registrar of Contractors in your area.

4. Get a written cost estimate with specific details, schedule, and the projected completion date.

If you're thinking of buying or selling a home and need competent and caring representation, please call me at **(615) 957-9921.**