

The Good Neighbor Gazette

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I AM READY TO WORK !!



Good News from your Real Estate Professional

January, 2011

9 Powerful Reasons to Drink Water

1. Weight Loss Water is one of the best tools for weight loss, first of all because it often replaces high-calorie drinks like soda and juice and alcohol with a drink that doesn't have any calories. But it's also a great appetite suppressant, and often when we think we're hungry, we're actually just thirsty. Water has no fat, no calories, no carbs, no sugar. Drink plenty to help your weight-loss regimen.



2. Heart Healthy Drinking a good amount of water could lower your risks of a heart attack. A six-year study published in the May 1, 2002 American Journal of Epidemiology found that those who drink more than 5 glasses of water a day were 41% less likely to die from a heart attack during the study period than those who drank less than two glasses.

3. Energy Being dehydrated can sap your energy and make you feel tired -- even mild dehydration of as little as 1 or 2 percent of your body weight. If you're thirsty, you're already dehydrated and this can lead to fatigue, muscle weakness, dizziness and other symptoms.

4. Headache Cure Another symptom of dehydration is headaches. In fact, often when we have headaches it's simply a matter of not drinking enough water. There are lots of other causes of headaches of course, but dehydration is a common one.

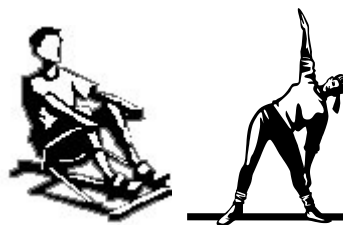
5. Healthy Skin Drinking water can clear up your skin and people often report a healthy glow after drinking water. It won't happen overnight, of course, but just a week of drinking a healthy amount of water can have good effects on your skin.

6. Digestive Problems Our digestive systems need a good amount of water to digest food properly. Often water can help cure stomach acid problems, and water along with fiber can cure constipation (often a result of dehydration).

7. Cleansing Water is used by the body to help flush out toxins and waste products from the body.

8. Cancer Risk Related to the digestive system item above, drinking a healthy amount of water has also been found to reduce the risk of colon cancer by 45%. Drinking lots of water can also reduce the risk of bladder cancer by 50% and potentially reduce the risk of breast cancer.

9. Better Exercise Being dehydrated can severely hamper your athletic activities, slowing you down and making it harder to lift weights. Exercise requires additional water, so be sure to hydrate before, during and after exercise.



Australia Day History

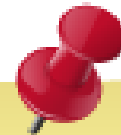
Australia's holiday to look back proudly on their achievements and celebrate the prospect of a successful future **1/26/2011**



The Australia Day celebrations in Sydney are befitting of Australia's oldest and biggest city with events and activities spread far and wide, on the beaches, in the backyards, in the sky and in parks, it's a day to celebrate in true Aussie style.



Sydney Harbour



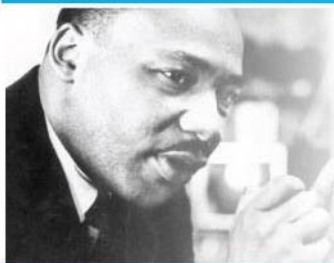
JANUARY EVENTS

Jan 1—New Years Day

Jan 10—Save the Eagles Day

Jan 17—Martin Luther King JR

Jan 26— Australia Day



"Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can't ride you unless your back is bent."

- Martin Luther King Jr.

More oatmeal is eaten in the month of Jan. more than any other time of the year.



Oatmeal Porridge Recipe:

4 cups (1 liter) water
1 cup (180 grams) steel-cut Irish Oatmeal

1/4 teaspoon salt

For Garnish:

Brown or White Sugar and Rich Milk or Cream

In a medium sized saucepan bring the 4 cups of water to boil. Sprinkle the oatmeal over the boiling water, stirring constantly to prevent any lumps from forming. Add the salt and reduce the heat to low and allow the porridge to simmer for 30 minutes, stirring occasionally.

Serve with brown or white sugar and rich milk cream.

Leftovers can be covered and refrigerated for another morning. To reheat, simply add a little hot water or milk to thin out the porridge and then place in the microwave or in a heatproof bowl over a saucepan of simmering water until warm. *Makes 4 servings.*



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This article explores some of the outstanding Gmail features and tricks which make this tool a must have for anyone using email to communicate. The features discussed here will also help long time Gmail users to dig deeper and get the most out of this amazing service.



1. Consolidate multiple email accounts into one Gmail account

This is probably the most important reason why one should make the switch if you are using a different email service. With Gmail you don't have to worry about checking your different email accounts. You can consolidate all the multiple inboxes into one Gmail Account. While the option to combine other email accounts into Gmail was always there, recently Gmail made the process a cakewalk by introducing the import option in the settings It's super easy now to use Gmail as your one stop email service.

2. Learn to use filters and labels effectively

Using "Filters" and "Labels" in Gmail, you could always keep unimportant emails out of your inbox and be much more efficient in email management.

3. Make use of multiple Gmail addresses you get with one account.

With Gmail you actually get an unlimited number of different email addresses. How? Well *abc@gmail.com* is the same as *a.bc@gmail.com* and *abc+def@gmail.com*. Also *abc@gmail.com* is also same as *abc@googlemail.com*. Cool huh, This feature can be used in many ways.

4. Browser add-ons

If Firefox is your primary browser (it should be), then you could also install certain add-ons which add more functionality to Gmail like the desk-top calendar and documents.

For more information www.google.com

If you are thinking of buying or selling a home in the near future, please call for a personal interview and property assessment with no obligation. This is not intended as a solicitation if your property is currently listed with another agent.



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