

Keep Your Back in Business

Have you noticed an uncomfortable feeling when you swing your golf club? Is discomfort affecting your tennis serve? If the days when you rolled out of bed pain-free are only a fond memory, your back may be to blame.

Medical experts estimate that the majority of people will suffer from mild back pain at some time in their lives. In the past, doctors prescribed bed rest for mild back pain. Today, however, it is thought that with each day of bed rest, the body loses one percent of its fitness level, which takes three days to regain. So, now many doctors recommend moderate activity to maintain fitness levels even through spurts of mild back pain. If the pain worsens or lasts longer than four weeks, consult your physician.

The best way to avoid lower back pain is with prevention through physical exercise. Back pain frequently occurs because of a lack of muscle tone. Weak muscles in the back often cannot support the strenuous motions of the back that may occur from a deep bend or with heavy lifting. In addition, weak abdominal muscles can cause a tendency to slouch, which puts strain and discomfort on the spine.

Many doctors recommend such aerobic exercise as walking, swimming, cycling or jogging to build stamina, combined with strength training that involves moderate weightlifting to improve overall muscle tone. Strengthening the back and abdominal muscles will better support the back and protect it from injury.

Other things you can do to prevent back pain include:

- **Sit up straight.** Your parents and teachers were right. Correct posture is good for your back.
- **Use your legs when you lift.** Lower your body by bending your knees. Never bend and lift from the waist.
- **Move around.** Avoid sitting or standing in one place for extended periods of time. Get up and walk periodically, and wear well-cushioned shoes whenever possible.



Stay Safe
Outdoors



Enjoy outdoor activities safely with the tips in this **FREE BROCHURE**. Call me today and I will be happy to mail this to you.



Vacation Organization

It's vacation season once again, and if you're like many Americans, you'll be hitting the road for a little fun and adventure. To get the most out of your trip, and to keep yourself as safe and sane as possible, you'll want to keep the following tips in mind:

- **Make a plan.** Plan your trip in advance. While being a free spirit on the road can be fun, that doesn't mean you have to leave the details to fate. Gather maps and brochures about the places you're going to visit. Estimate your travel times and rest stops, and schedule the majority of your travel during daylight hours if possible.
- **Set a budget.** Figure out how much you want to spend and do some research before you go, so you don't end up paying more for hotels and fuel than you want to. If possible, book your hotels before you leave. To estimate fuel costs, go to www.fuelcostcalculator.com, which combines AAA's daily online Fuel Gauge Report and the Environmental Protection Agency's fuel economy ratings.
- **Get your car checked.** Thinking of skipping that tuneup? Think again. It's a minor task now, but could become a major hassle once you're on the road. Buy or put together your own road safety kit. Include items that help you deal with both car and personal emergencies, like a jack, water and antifreeze, a flare, first-aid products and a blanket.
- **Don't overdo it.** Make sure you are properly rested before you set out for the day. Take breaks where you can get out of the car and stretch.
- **Check the weather.** Before you leave home, look at the forecast for the time and regions through which you'll be traveling. Before you set out each day, check again to see if anything has changed.

Once you're on the road . . .

- **Avoid looking like a tourist.** Don't leave maps in plain sight in your car, and don't stand on a street corner gazing at a brochure in confusion. Both advertise your vulnerability to anyone looking for an opportunity to take advantage of your situation.
- **Drive the speed limit.** You don't really gain much time by rushing, but you can get into situations that are undesirable when you're hurrying and distracted. Also, your fuel usage is more cost-efficient when driving the speed limit.
- **Don't forget to buckle up** and have fun.

Santa Fe Steaks with Fresh Corn



PHOTO: JEFFREY M. HARRIS/ISTOCKPHOTO.COM

4 beef T-bone or porterhouse steaks, cut 1-inch thick
4 ears fresh, sweet corn, in husks
3 Tbsps. butter

Chili Glaze:

$\frac{1}{2}$ cup Heinz 57 Sauce
2 cloves garlic, minced
1 $\frac{1}{2}$ tsps. chili powder
 $\frac{1}{2}$ tsp. ground cumin

Peel corn, leaving husks attached at base; remove silk. Rewrap corn in husks; tie closed. Soak in cold water 30 minutes. Meanwhile, in small bowl, combine glaze ingredients; reserve $\frac{1}{4}$ cup. Drain corn. Place on grid over medium, ash-covered coals. Grill, uncovered, 20 to 30 minutes, turning frequently.

After 5 or 10 minutes, place beef steaks on grid with corn. Grill T-bone or porterhouse steaks, uncovered, 14 to 16 minutes for medium-rare to medium doneness, turning occasionally and brushing with glaze during last 5 minutes.

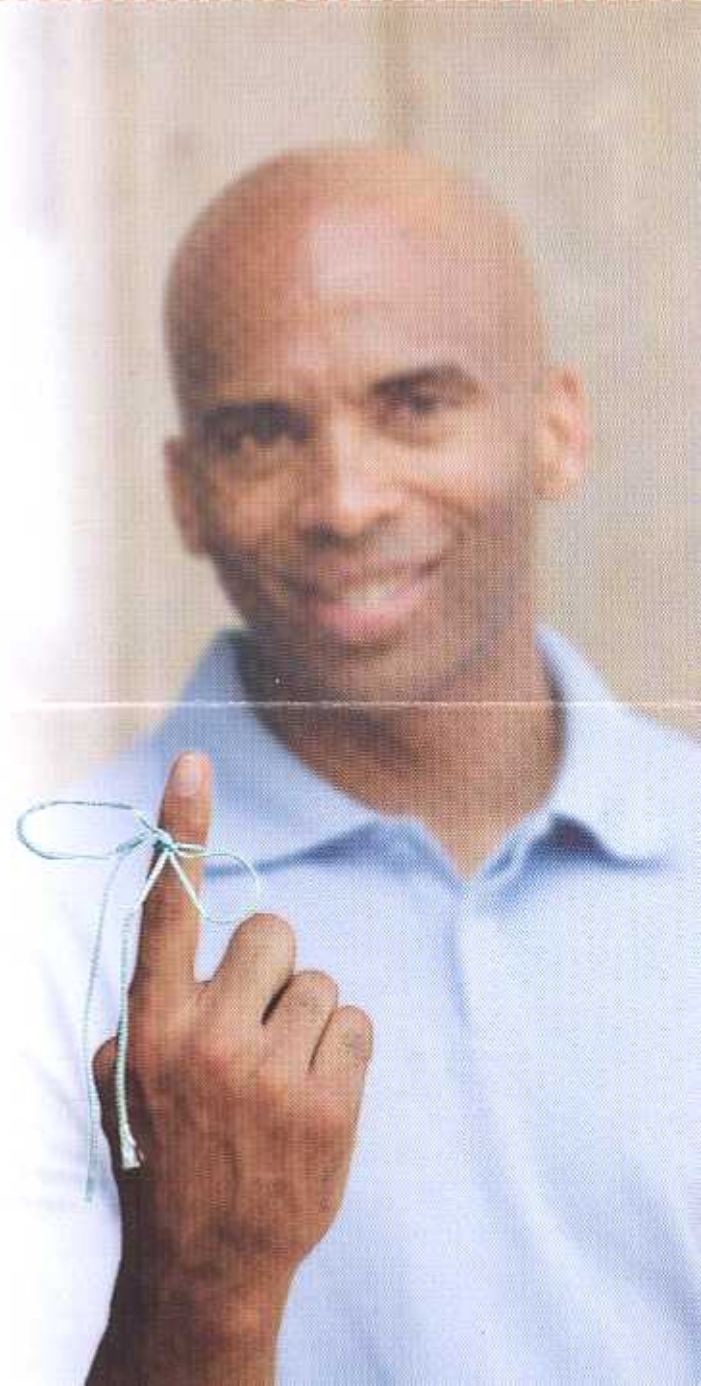
Combine reserved glaze and butter in 1-cup glass measuring cup. Microwave 1 $\frac{1}{2}$ to 2 minutes, stirring once. Carefully peel corn; brush with chili butter. Serve with steaks and remaining chili butter.

Makes 4 servings.

How to Remember a Name

Do you have trouble remembering names after you meet people? If so, you might want to try the following techniques to help improve your memory:

- **Focus** – your body language can send a positive message to the person you are meeting. Pay attention to your pose. Are you leaning in and making eye contact? Show the person that this moment is important to you by offering your undivided attention.
- **Repeat** – say the name back to the person you have met. This makes you an active participant in the meeting.
- **Check spelling** – ask how the person's name is spelled. Once you have repeated the name and spelling in your mind, cross-reference it with something else. For example, if you know someone else with the same name, relate it that way.
- **Introductions** – once you have everything clarified, it is helpful to introduce your new acquaintance to someone else. That way, you are saying the name out loud, and further helping to fix it into your memory.





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Question & Answer



Q: We are looking for a home that is just right for our growing family. Should we take our children along when we tour homes for sale?

A: House hunting can be fun, but it can also be stressful, so it may be best to leave young children with a friend or family member. Young children often have short attention spans, so they may become bored or restless before you are finished with your tour. Once you have selected a home, you may want to unveil it to your young children before moving day to help prepare them for the upcoming move.

Most older children, however, can contribute to the search. Including them in the decision-making process may help them make a smooth transition to the new area.

Call me and I will be happy to show you homes that meet your family's needs. Let me put my experience to work for you.

PLEASE SEND MORE INFORMATION

As a well-trained and knowledgeable real estate professional, I would be happy to answer any questions you may have about your specific property or the real estate market in general. Just call me at the number listed above or fill out this form and return it to my address. I will contact you soon to discuss your interests.

Comparable homes in my area

Relocation/Area information for:

Area real estate activity

CITY _____ STATE _____ NEIGHBORHOOD _____

Marketing consultation on my home

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Please call: Days Evenings

E-mail _____

Sales Associate who sent me this newsletter _____

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