

# Did You Know The Average Adult Speaks 48,000 Words Every Day?

Dear Friends,

Yes it's true. What's more, the average adult exercises 7 million brain cells, takes 23,000 breaths and laughs 15 times a day. That's just one of many interesting tidbits of information waiting for you in my latest **Service For Life!**<sup>®</sup> Free consumer newsletter.

You'll also learn important tips on how to preserve your job (funny!), five strategies for improving your memory, how to reduce salt in your diet, help consumer tips, and fun trivia, jokes and tidbits...and much more. But first...

## Here's what's new in the world of real estate: **May sees increase in number of sales and median price:**

**Orlando's** housing market appears to be continuing its slow shift toward a market balanced between buyers and sellers. For the third month in a row, the Orlando Regional Realtor<sup>®</sup> Association reported a month-to-month increase in the number of home sales, an increase in the number of contracts pending, and a decrease in the amount of inventory.

Members of ORRA sold 1,276 homes during the month of May 2008, which is 3.66 percent above the April 2008 tally of 1,231 home sales but 26.88 percent below the 1,745 homes sold in May 2007. To date, 5,391 homes have been sold by ORRA members during 2008; at this time last year that number was 8,064 (a 33.15 percent decrease).

The median sales price of a home in the Orlando area in May rose to \$214,000, a 1.42 percent increase over the April 2008 median of \$211,000. (The median sales price for May 2008 is 14.40 percent below the May 2007 median of \$250,000).

Also, I'd like to wish everyone a Safe and Happy 4<sup>th</sup> of July! I plan on joining my brother John and his wife Jackie in Viera for a ballgame and celebration on the 4<sup>th</sup>. Daughter Alyssa is out of school and will be turning 15 on August 3<sup>rd</sup>. Welcome back from your annual cruise to the Russell family! Congratulations to Steve McCafferty for retiring this year after many years of teaching on Long Island. Hope you have/had a great time celebrating with your family trip to Ireland coming up in July.

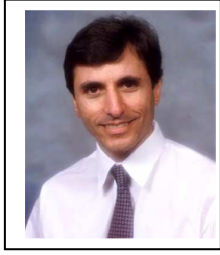
Finally, I want you to know that you may call me for any reason. And please let me know if a friend, family member or neighbor needs a caring, competent real estate professional to help in buying or selling.

I truly appreciate your friendship and referrals. Enjoy your issue!

Warmest regards,

Paul Buscemi<sup>®</sup> Exit Real Estate Results  
(407) 716-2874 or email: [orlandohomes@yahoo.com](mailto:orlandohomes@yahoo.com)

**P.S.** Do you take a chewable aspirin each day to prevent heart attack or stroke? If so, you need to read a new update on this treatment. It's detailed on page 3.



# Paul Buscemi's... 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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## Inside This Issue...

**Hate Your Job? Here are 10 Certain Ways To Get Sacked In No Time...Page 1**

**Five Super Ways To Boost Your Memory Power....Page 2**

**Fast Facts And Helpful Tips For Easier Living ....Page 2**

**Cut The Salt And You Could Save Your Life!....Page 3**

**Beat This Trivia Question And You Could Win A \$25 Gift Certificate ....Page 4**

**Telltale Signs Of An Overpriced House!....Page 4**



## 10 Wacky Ways To Get FIRED From Your Job!

**"You're Fired!"** Could any two words strike more fear and panic in the human psyche? Getting fired is one of the world's worst experiences. Rejection, humiliation and despair are just a few of the feelings that race through your mind.

A word to the wise: Here are 10 "doomed employee tricks" that'll get you the boot faster than you can say "u-n-e-m-p-l-o-y-m-e-n-t" ...

1. **Get Caught With Your Hands In The Cookie Jar!** Yes, the number #1 way to get fired – hands down, is get caught stealing from your employer.
2. **Be an Under Achiever.** Do as little as possible. Don't go beyond your job description, and when a project is on a deadline, and your help is needed, remember "it's not your job."
3. **Show Up Late And Leave Early.** Again prioritize. You're already late, so why not stop for a cup of coffee on the way to work?
4. **Regularly Question Your Boss' Ideas.** Always try to do so publicly. And remember also to take credit for your co-workers ideas.
5. **Complain Loudly And Often.** Tell customers what you really think about the company...and them for that matter.
6. **Have A Drink.** What's a long lunch without a couple of martinis, or brews. It'll make the afternoon go by more quickly...or at least you won't notice!
7. **Make Lots of Personal Phone Calls.** Don't forget to call mom, dad, the kids, your sister, your hairdresser, and to arrange for soccer practice, ballet, your nails, and order clothes on-line at work. It'll save time later in the day.
8. **Embarrass Your Employer Publicly.** Put sensitive company information in email messages. And talk about company secrets whenever you're in public places.
9. **Use E-mail And The Internet For Personal Use.** Use your eight hours to take care of all your personal email business and fast Internet surfing.
10. **Lastly, Take An Afternoon Nap.** Just think how refreshed you feel when five o'clock rolls around – as well as your pink slip!

### Learn How To Maximize The Value Of Your Home!

Did you know there's a free consumer report showing which repairs and fix-ups will net you the most value for your home? It's call the **"Homeseller's Guide To Money-Making Fix-Ups,"** and it's great even if you're not planning on selling soon. You can get a free copy by calling me at...  
**(407)716-2874**

Oh...and if you hate your job, but haven't been able to muster the gumption to quit, try these same tricks...they're guaranteed to work!

**Save on Travel!** Use this one booking site to find Travel Deals. Sign up for Weekly Specials on Cruises, Hotels, Air Fare, Vacation Packages, Car Rentals, etc! : [www.ytb.com/paulb](http://www.ytb.com/paulb)

## 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.

**susurrous** • \soo-SUR-us ("oo" as in "good"); adjective

**Meaning:** full of whispering sounds.

**Sample Sentence:** The children felt a light **susurrous** breeze as they picnicked under the willow tree.

## Plumber vs. Surgeon

It was Sunday, when the brain surgeon discovered a huge leak in his basement pipe. He rushed upstairs and called the plumber. "AAA Plumbing? This is an emergency! Get over here quick!" "Okay, but I charge extra for Sunday emergency service," replied the plumber. "Anything! Just come and stop the leak!" said the panicked surgeon. The plumber arrived, took out a tiny wrench from his bag, and lightly tapped the pipe. The leak stopped. The plumber handed the relieved man a bill for \$500. "What?" screamed the surgeon, *this is unbelievable! Why I'm a brain surgeon and I don't make \$500 for two minutes work!* "I know," agreed the plumber. "Neither did I when I was a brain surgeon!"

## Did You Know...

- Each King in a deck of playing cards stands for a great king from history. Spades – King David, Clubs – Alexander the Great, Hearts – Charlemagne, and Diamonds – Julius Caesar.
- Raising a child from a middle income U.S. family from birth to 18 is estimated at \$160,140 not including college tuition. That translates into \$8,896.66 a year, \$741.38 a month, or \$171.08 a week, a mere \$24.24 a day, and just over a dollar an hour.
- In one day the average adult speaks 48,000 words, exercises seven million brain cells, takes 23,000 breaths, laughs 15 times, and his/her heart beats 104,000 times!

# Five *EASY* Memory Boosters!

Have you misplaced your keys again? If you're like most people, it's an occasional annoyance. But if it's happening more frequently than you'd like to admit, maybe it's time for some memory boosters to help strengthen your mind. Here are five easy tips to improve your memory power:

- 1. Keep Items Where You'll Need Them.** Keep your keys by the front door; eye glasses in the same place everyday, and wallet/purse in the same location.
- 2. Keep A Notebook With A Calendar.** Keep names, phone numbers, important dates, medical information, to do lists, and a notepad. Carry it with you (or carry a small notepad), so you can jot down information as needed.
- 3. Minimize Distractions.** Focus on one thing at a time. Turn off the TV or radio when you need to focus your attention on a task.
- 4. Exercise Your Mind.** Read, do crossword puzzles, play cards, chess, or a musical instrument to keep your mind active. Watch television shows like *Jeopardy* or *Who Wants To Be A Millionaire*.
- 5. Take Care Of Your Body.** Go for a walk, swim, or bicycle. It'll clear your mind. And remember to eat a balanced diet and get enough rest!

## 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 client referrals. I couldn't do it without you!

Bobby Williams of Exit Longwood, Frank & Peter Celestino of Palm Coast

## Fast Facts & Helpful Tips ...

### Positive Thinking May Prevent A Cold!

Yes, people with a positive attitude and sunny outlook may get fewer colds! That's according to researchers at Carnegie Mellon University. The researchers squirted the cold virus into the noses of happy and grouchy people. They found those with a positive outlook were able to immobilize the cold virus.

### Leading Driver Distraction: Unruly Kids

Ask anyone what is the leading cause of car crashes...and he will say, "cell phones." But, did you know that one of the greatest driver distractions is drivers dealing with unruly kids in the backseat! The National Highway Traffic Safety Administration (NHTSA) reports that driver distractions are responsible for one in four car crashes.

### Consumer *ALERT*: Unwanted Medication Dangers

There's a danger lurking out there that most of us don't even know about — and it's drugs in our groundwater. Dumping unused medications down the toilet is causing dangerous traces of medications in water samples from 30 states, according to authorities for the U.S. Geological Survey. Putting them in the trash is the better place to dispose of unwanted medications.

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### Brain Teaser...

How would you rearrange the letters in the words "new door" to make one word? (answer on page 4)

### NAUSEA: Bands DO Help!

A new study of over 700 patients found that acupressure wristbands (available at drug stores without a prescription) can relieve nausea from motion sickness and pregnancy. The same study also found that the bands help nausea in chemotherapy, especially if the patient expects them to do so. On the day of chemotherapy and for the next four days, patients who wore acupressure bands reported 15% less nausea than others. In patients expecting them to work, there was 25% less nausea reported.

### Looking For A Good Man...

At a local coffee bar, a young woman was describing her idea of the perfect mate to some of her friends. "The man I marry must be a shining light among company," she says. "And, he must be musical, tell jokes, sing, and stay home at night." A cynical male listener overheard and spoke up. "Lady, what you really want is a television set!"

### Science Class...

The teacher of an Earth Science class was lecturing on map reading. He spent the class explaining about latitude, longitude, degrees, and minutes. Toward the end of class, the teacher asked his students, "Suppose I asked you to meet me for lunch at 23°, 4 minutes north latitude, and 45° 15 minutes east longitude...." A student's voice broke the confused silence and volunteered, "I guess you'd be eating alone sir."

### Inspirational Quotes...

"Courage is contagious. When a brave person takes a stand, the spines of others are stiffened."  
(Billy Graham)

"Happiness is like a butterfly. The more you chase it, the more it will elude you. But if you turn your attention to other things, it comes softly and sits on your shoulder."  
(Unknown)

## Please, Don't Pass The Salt!

Americans consume almost two times the recommended amount of salt everyday! Most salt is hidden inside common foods...spaghetti, soup, pizza, and especially frozen dinners. Too much salt can increase your blood pressure...and high blood pressure can wreak havoc on your heart, brain, and kidneys.

The average person should eat no more than 2,400 mg. of sodium daily, which is the equivalent of one heaping teaspoon a day. The average American eats over 4,000 mg. a day, and 75 percent of it from processed food and restaurant meals, according to Dr. Stephen Havas, a researcher at the University of Maryland.

So before you buy food at the store, check the nutrition labels. Ask yourself, how much sodium is in one serving. Remember restaurant food can have even more sodium, so watch what you order. Ask for low-sodium entrees, or select fresh salads, and avoid those French fries. Cutting salt could save your life!

### Do You Have A Real Estate Or Home-Ownership Question You Want Answered?

Maybe you want to learn how much equity you've gained in your home. Or perhaps you have a tax or easement problem that requires professional assistance. Or maybe you just need a recommendation for a handyman, carpet cleaner or plumber...

Either way, I love hearing from all of my good friends and clients who enjoy reading my monthly letter. And I'm always looking to answer pressing questions you might have about *anything* relating to real estate or home ownership. If you have a question, tip or idea, please feel free to call me at (407)716-2874. I'm here to help!

## Aspirin Therapy Alert!

Many people take a small 81 mg. baby aspirin as protection against heart attack or stroke. But did you know that baby aspirin may not be enough to protect you?

Taking a small 81 mg. chewable aspirin every day is supposed to thin your blood, which lowers your chances of suffering a heart attack or stroke. But in a recent study, 56% of people measured had no blood-thinning effects.

The study also found that taking coated aspirin (which has a shell to protect your digestion system) may not be effective. The study found that a full 65% of people didn't benefit from coated aspirin.

What should a consumer do? Talk to your doctor about your options for heart attack and stroke prevention. And ask them if you may be a good candidate for taking an uncoated adult strength aspirin (325 mg.) each day instead.

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## 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!

### Brain Teaser Answer...

There is only one right answer:  
One word.

### Signs Of The 2000's...

- You have a list of 15 numbers to reach your family of three.
- You e-mail your buddy who works at the desk next to you.
- You try to enter your password on the microwave.
- You chat several times a day with a stranger from South America, but haven't spoken to your next door neighbor in years.
- You've sat at the same desk for four years and worked for three different companies.

### Narrow Road

A man was driving up a steep, narrow mountain road. A woman was driving down the same road. As they passed each other the woman leaned out the window and yelled, "PIG!!" The man completely stunned, immediately leaned out his window and replied, "WITCH!!" They each continued on their way, and as the man rounded the next corner, he crashed into a pig in the middle of the road.

**THANK YOU** for reading my Service For Life!<sup>®</sup> personal newsletter. I wanted to produce a newsletter that has great 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...

**Paul Buscemi, P.A.**  
**e-Pro, Realtor<sup>®</sup>**

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## "Who Else Wants To Win A \$25 Gift Certificate"

*Your chances to win are better than you think!*

Guess Who Won Last Month's Trivia Question? I guess the question was too hard. Three people called and tried but none had the correct answer...

### By What Age Has The Human Brain Grown To Its Full Size?

- a) Four b) Ten c) Thirteen d) Twenty

The answer is "A," Four! So let's move on to this month's trivia question...

### What Room In The Average Home Is The Scene Of The Greatest Number Of Arguments?

- a) Bathroom b) Bedroom c) Kitchen d) Garage

Keep trying by calling me at (407)716-2874 and  
You can be one of my lucky winners!

## Real Estate Corner...

### Q. We've just listed our home for sale and we've agreed on a listing price. How do we know if our home is priced too high?

**A.** In a hot real estate market, an overpriced home may sell easily. However in a softer market, an overpriced home may sit on the market for months. How long is too long? Well, it depends on the specific market. In general, if a home is on the market more than 3 months with no serious buyer interest, it's usually a sign of an overpriced home.

The first buzz of activity usually occurs in the first month a home is on the market. During that time, there's lots of activity: scheduled showings, REALTOR<sup>®</sup> tours and open houses. If agent activity is slow, it may indicate that agents think the home is overpriced and not worth showing to their clients. If your home is on the market longer than 6 months, and you have no buyer interest, there is either something wrong with the home, or it's overpriced.

What are the tell-tale signs that your home is overpriced? The first thing to examine is other properties in the neighborhood. If your home is priced well above these properties without some specific reason, it may signal a problem. Second, how long has your home been on the market? If it's longer than 3 months with no buyer interest, it's time to think about a serious price reduction.

Finally, if you priced your home by taking your purchase price and added the cost of any remodeling, you may be disappointed. The value of your home is not determined by how much you have invested into it, but what the market is willing to pay. Be careful not to get "upside down" on your home by spending beyond its market limit with remodeling improvements. If you're thinking of buying or selling soon, and require competent and caring representation, please call me at (407)716-2874.

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