



Pratt Connection

~ News to Help You Save Time and Money ~
www.cleveland-home-finder.com

Proudly Serving Cuyahoga, Lorain, Medina and Summit Counties

IN THIS ISSUE:

Which Day Are You Living?

Please? Just Five More Minutes

Holly's Household Corner: Green Halloween?

Gardens and Greenhouses: What's That Colorful Corn?

Bottled Isn't Better

Be Kind to Your Eyes

Is School Stressing Your Child?

Stroll to Better Health

Toys and Noise

Sharing Gratitude

Referrals are the ♥ of my Business!

Positive Thinking Corner

October 2008
Volume 6, Issue 6

Which Day Are You Living?

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is Yesterday with all its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back Yesterday. We cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone forever.

The other day we should not worry about is Tomorrow with all its possible adversities, its burdens, its large promise and its poor performance; Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, either in splendor or behind clouds, but it will rise. Until it does, we have no stake in Tomorrow, for it is yet to be born.

This leaves only one day: Today. Any person can fight the battle of just one day. It is when we add the burdens of those two eternities - Yesterday and Tomorrow - that we break down.

It is not the experience of Today that drives a person mad, it is the remorse or bitterness about something that happened Yesterday and the dread of what Tomorrow may bring.

Let us, therefore, live but one day at a time. Which day are you living - yesterday, tomorrow or today?

VISIT MY WEBSITE

You can read this and past issues of the "Pratt Connection" on my website at www.Cleveland-Home-Finder.com. Share these newsletters with friends, family and co-workers. If you know of someone who would like to receive my newsletter by mail, forward their address to me at hpratt@remax.net or call me at 440-925-6774.

Please? Just Five More Minutes

While at the park one day, a woman sat down next to a man on a bench near a playground.

"That's my son over there," she said, pointing to a little boy in a red sweater who was gliding down the slide.

"He's a fine-looking boy," the man said. "That's my daughter on her bike."

Then, looking at his watch, he called to his daughter. "What do you say we go, Melissa?" Melissa pleaded, "Just five more minutes, Dad. Please? Just five more minutes."

The man nodded and Melissa continued to ride her bike to her heart's content.

Minutes passed and the father stood and called again to his daughter. "Time to go now?"

Again Melissa pleaded, "Five more minutes, Dad. Just five more minutes." The man waved and said, "OK."

"My, you certainly are a patient father," the woman commented.

The man smiled and then said, "Her older brother Tommy died last year in an accident. I never spent much time with Tommy and now I'd give anything for just five more minutes with him. I've vowed not to make the same mistake with Melissa.

"She thinks she has five more minutes to ride her bike. The truth is, I get five more minutes to watch her play."

Have you ever thought about how important just one extra minute may be? Please give someone you love five more minutes of your time today. You won't regret it.

Holly's Household Corner

"Green Halloween?"



You're hearing a lot of talk these days about "Going Green" and the idea that environmental responsibility is everyone's responsibility. Going Green suggestions abound from recycling glass and plastic to carpooling and using public transportation. But how about a "green" Halloween?

If the idea of Going Green this Halloween appeals, here are a few suggestions:

Consider your options for healthy and/or non-edible treats. Healthy treats could include individual organic microwavable popcorn packs, "eco-friendly" candy like organic chocolate and lollipops, and small boxes of organic juice. Non-edible treats that kids love include small boxes of crayons, erasers in fun shapes, stickers, collectible cards, and other inexpensive items from your dime/dollar store.

Provide your trick-or-treaters with reusable goodie bags such as cloth or canvas shopping bags or pillowcases. The kids can decorate their bags and make them their own.

Make your own costume or buy one at a second-hand shop. Or find some fun things to put together at yard sales. After Halloween, invite the kids to trade costumes with friends, and you're all set for next year!

If you're hosting a Halloween party, use email for your invitations instead of paper. Many cyber "card shops" have Halloween offerings, and a number of them are free.

Recycle your pumpkin. If whipping up some pumpkin pesto or pumpkin flan isn't your thing, you can still bake the pumpkin seeds and share them with your neighborhood birds.

Gardens and Greenhouses

"What's that Colorful Corn?"



Multicolored ears of dried corn often decorate doors and tables during the fall. Known as Indian corn, these varieties hark back to Native American crops of small, knobby ears of corn with red, yellow, blue, and black kernels. The Native Americans roasted some of the fresh corn and ate it, but much of it was dried and pounded into meal for cornbread or cornmeal mush.

Today, most people eat white and yellow corn developed by horticulturists, but colorful varieties of corn are still grown in the American Southwest and in Central and South America. In recent years, horticulturists have developed miniature versions of Indian corn, primarily for decorative use in bouquets and fall arrangements.

Bottled Isn't Better

You see them everywhere: on the beach, in the street, beneath the bleachers at the ball park, floating in the lake, in waste baskets at work, in sidewalk trash cans.

What are they? Plastic water bottles.

Bottled water consumption is growing at a rate of 10% a year, faster than any other beverage including coffee and milk. And while it is a healthy alternative to sugary drinks, there are many who suggest that tap water is actually held to higher quality standards than bottled water. And of course, it costs a whole lot less.

The tap vs. bottled water cost to the environment is a lot less, as well. Annual estimates of unrecycled plastic water bottles reach as high as 90%, more than 30 billion bottles whose production:

- Required the equivalent of more than 17 million barrels of oil, enough to fuel more than one million vehicles for a year.
- Created over 2.5 million tons of carbon dioxide.
- Used three times the amount of water in the bottle.

Then there's the fossil fuel needed to transport the water from its source to its end user by trucks, trains and ships, all for a beverage that one Web site suggests, "for some brands, is just tap water in disguise." "Indeed," says another, "40% of bottled water began its life as tap water."

It frequently isn't convenient to recycle that plastic bottle when you've finished the water - you're at the beach or the ballpark where recycling bins are scarce (if available at all). The alternatives? Bring the empties home to recycle. Or purchase reusable water bottles and fill them with tap water. If you don't trust your tap water, consider purchasing a water filter. You can even buy reusable bottles with built-in filters!

Be Kind to Your Eyes

To lessen eye strain for computer users, the Nova Scotia Association of Optometrists recommends increasing the text size on your screen at least three times the size of the smallest text you can read. "If you have to lean forward or backward to read what's on the screen, the text is too small," says Dr. Paula Gaudet, president of the association. "Increase the point size until you can read it easily while sitting back comfortably in your chair."

Is School Stressing Your Child?

Do you have a child who's starting school this year? Is he or she suffering anxiety about school? If so, you can help reduce that anxiety, according to the American Psychological Association's Web site:

- Let children know that feeling the way they do is OK, and that lots of people get nervous when they do something for the first time.
- Make sure your child has a regular routine at home to get ready for school. You'll also want to let her make some choices, about what to wear, for example.
- Make sure your child has a chance to participate in fun activities with school friends after school. Having friends always makes things easier and less stressful.
- Spend time every day talking to your child about her experiences at school. Listen to her stories and respond appropriately.

Stroll to Better Health

The risk factors associated with a greater likelihood of developing heart disease, diabetes, and stroke are large waist circumference, high blood pressure, high levels of triglycerides, low amounts of HDL ("good" cholesterol), and high blood sugar. Having three out of five of these factors gets you a "MetS diagnosis" - metabolic syndrome. But you can change that just by walking.

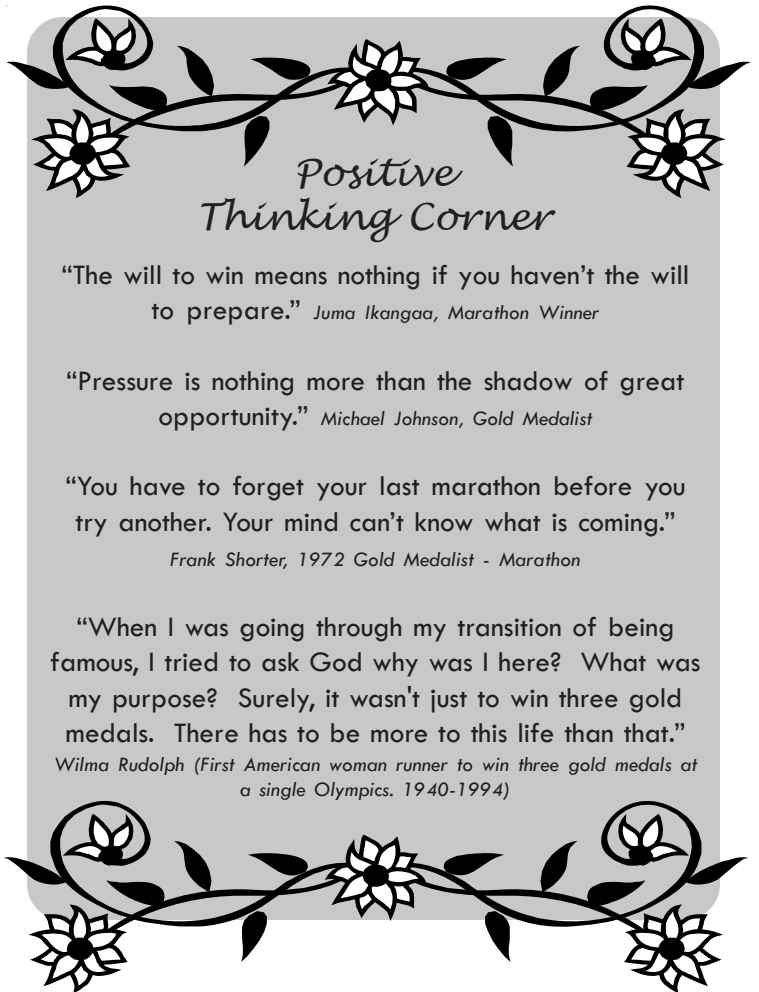
In a Duke University Medical Center study, 41% of participants were diagnosed with metabolic syndrome (MetS) before walking for 30 minutes six days a week. After eight months of walking on this schedule - without making any dietary changes - only 27% still met the criteria for MetS.

Referrals are the ♥ of my business!

Thanks for Your Referrals...

Kim Ludwig (2), Beth & Brian Grayson & Greg Clement

I want to be Your Personal Real Estate Consultant...For Life



Positive Thinking Corner

"The will to win means nothing if you haven't the will to prepare." *Juma Ikangaa, Marathon Winner*

"Pressure is nothing more than the shadow of great opportunity." *Michael Johnson, Gold Medalist*

"You have to forget your last marathon before you try another. Your mind can't know what is coming."

Frank Shorter, 1972 Gold Medalist - Marathon

"When I was going through my transition of being famous, I tried to ask God why was I here? What was my purpose? Surely, it wasn't just to win three gold medals. There has to be more to this life than that."

Wilma Rudolph (First American woman runner to win three gold medals at a single Olympics. 1940-1994)

Toys and Noise

The American Speech-Language-Hearing Association warns parents that some toys - even those recommended for young children - can damage your child's hearing. Noisy toys include cap guns, musical toys, toy phones, horns, sirens, and even squeaky rubber toys. "When held directly to the ear - as children often do - a noisy toy actually exposes the ear to as much as 120 decibels of sound," the association states, adding that this is the equivalent of a jet plane taking off. "Noise at this level is painful and can result in permanent hearing loss."

To lessen this risk, avoid noisy toys in general; look for volume controls on sound-producing toys; and teach your children not to put toys up to their ears.

Sharing Gratitude

While preparing Thanksgiving dinner, pass out slips of paper to those gathered for your feast. Invite each person to list three things they're thankful for. Then, while eating dinner, give each person the opportunity to read their list out loud. Don't be surprised when your lists bring out many emotions (happy, sad, thoughtful, tears, smiles, laughter) but most of all, your love for one another.