

The McJunkin Messenger

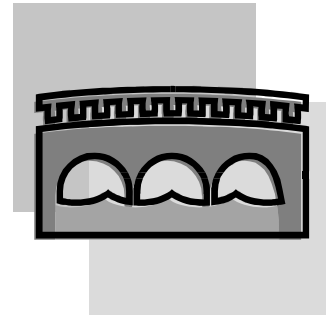
News To Help You Save Time And Money

December 2009

Who Says It's "Silly"?

There was once a young girl who lived in a village. The village sat at the edge of a great river. Much of the villagers' land lay outside of the village and across the river. This year, when the rainy season came in full force, the river rose so high that the villagers could no longer traverse it. This was a serious problem, but they came to accept it as a fact of life.

The little girl, however, had a different idea. Each day she merrily gathered rocks and piled them up on the riverbank. When the villagers asked her what she was doing, she said she was going to build them a stone bridge so they could cross to the other side more easily. The villagers laughed and told the girl her idea was silly, but she paid them no mind and kept on gathering and piling the rocks.



As time passed, the pile grew so large that the villagers took note of what the little girl was doing. Eventually, one by one, they joined her efforts in collecting rocks.

More time passed and the pile of rocks grew so large that at last the villagers invited a bridge builder to come and build their bridge. When the new bridge was completed the villagers cooked a feast and honored the little girl as their angel.

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Great things often start as "silly" ideas!

Keith

Are You Bringing Up Financially Savvy Kids?

Kids under age 18 today are learning financial lessons early. With credit card offers flowing in as they go off to college and financial pressures of all types growing for young people, it seems most parents are doing their part to help their children make good financial decisions while they're still at home. Here are the responses from a Visa Inc. survey of parents who have children under age 18:

85% say they talk to their children regularly about money management.

34% talk to their kids daily on the subject.

31% talk to them once a week.

14% speak about once a month.

6% report that they talk about money issues with their children only a few times a year. Sixteen percent of the respondents, however, admit they never talk to their kids about the wise use of their funds.

Are you talking? Are they listening?

It's Ski Season!

Are you preparing to go skiing, or missing the thrills of skiing right now? Have you always wanted to go skiing but can't get to the slopes? If you answered "yes" to any of those questions, then the following exercises are for you. They'll bring the sensations of a ski vacation into your life, wherever you are:

- Buy a new pair of gloves and immediately throw one away.
- Drive slowly for five hours – anywhere – as long as it's in a snowstorm and you're following an 18-wheeler.
- Visit your local butcher and pay \$30 to sit in the walk-in freezer for half an hour. Afterward, burn two \$50 bills to warm up.
- Wear glasses with glue smeared on the lenses.
- Place a small but angular pebble in each of your shoes, line them with crushed ice,

December Quiz Question

Question: What do tomatoes, petunias, eggplants and tobacco have in common?

Everyone who faxes, calls or email us by the end of this month you will be entered into a drawing for a \$30 Lowe's gift card.

Feel free to call us at 281-597-7300 or email me at keith@mcjunkinhomes.com

Good Luck!

WELCOME NEW CLIENTS

Here are some of the new clients who became members of our “Real Estate Family” this past month. I’d like to welcome you and wish you all the best!

Joyce Thompson (referred by Brenda Ottesen, Chris Clark and Family)

We love giving recognition to our new friends and our wonderful existing clients who are kind enough to refer their friends and relatives to us.

and then tighten a C-clamp around your toes.

- Secure one of your ankles to a bedpost and ask a friend to run into you at high speed.
- Throw away a \$100 bill – now.
- Fill a blender with ice, hit the pulse button, and let the spray blast your face. Leave the ice on your face until it melts; let it drip into your clothes.
- Dress up in as many clothes as you can and then proceed to take them off because you have to go to the bathroom.
- Slam your thumb in a car door. Don’t go see a doctor.

How To Make Your Blog Stand Out

So you want to join the hundreds of thousands of bloggers on the Internet? Don’t be intimidated, just realistic. Your chances of building a following increase if you take the right approach:

Post consistently. This is common advice, but still true. If you don’t post often, people won’t come back to your site often. You don’t have to be brilliant or witty every day, but you should have something new posted two or three days every week.

Listen. Don’t just shout into the Internet. Read blogs related to your subject to see what people respond to. Pay attention to your readers – when they ask questions or make comments, respond to them promptly. This encourages everyone to check back for updates and fresh articles.

Be willing to make mistakes. Nobody expects perfection. Try to get your facts right, but don’t obsess over them or you’ll never get anything posted. It’s more important to get content out on your blog for people to see. Correct it if necessary, and then move on.

Nothing Beats Broccoli!

What’s available year-round, can be prepared in dozens of delicious ways, and in terms of nutrition is your supermarket’s superstar? Broccoli!

Ounce for ounce, broccoli has more vitamin C than an orange, which aids iron absorption in the body, prevents the development of cataracts, and also eases the symptoms of the common cold. Broccoli has as much calcium as a glass of milk, which helps combat

osteoporosis. The large amount of potassium in broccoli aids those battling high blood pressure, and broccoli is a great source of vitamin A, which is good for your immune system, your vision, your bones, and your cholesterol level.

In addition, a recent study found that eating broccoli *sprouts* can protect the stomach against a bacterium that's linked to stomach cancer, as well as to ulcers and gastritis. The bacterium is called *H. pylori*, and the sprouts supply a biochemical

called *sulforaphane*, which can stimulate a body's protective enzymes.



So, whether you spread some sprouts on a sandwich, sauté broccoli in a stir-fry, or serve it raw – give broccoli a chance!

November Quiz Answer

Question: In our solar system what are the names of the largest planet's four largest moons?

Answer: Jupiter's four largest moons are Io, Europa, Ganymede, and Callisto.

Source: solarsystem.nasa.gov

Congratulations to Stephen McJunkin & Don Fallis. Your names were selected at random from all of the correct quiz entries.

Yes, You Are Creative

If you want to create something, it means you want to bring something new into existence. Sadly, though, when many people hear the word "creative," they think "Who me? I'm not creative." But that's just not true. Most people think creatively and just don't recognize it. Anyone who has ever improvised in a situation – say, using something other than a doorstep as a doorstep – has exhibited creative thinking.

But how do you get your creativity to flow? The first step is to ask yourself why you think you're not creative. If it's because you can't paint portraits or sing an opera, that's no indicator. The opportunities to be creative are everywhere. Make a list and write down *every* creative thing you've ever wanted to do, and don't hold back. The more you write, the more opportunities you'll create to be creative.

Second, give yourself time. Don't put yourself under any kind of deadline – this usually freezes up the brain. You've heard the stories of people coming up with their best ideas while they're in the shower or drifting off to sleep. That's because they're relaxed, and not trying too hard. When you relax, ideas begin to boil and come to the surface.

How To Beat Burnout

The dictionary defines “burnout” as “fatigue, frustration, or apathy resulting from prolonged stress, overwork, or intense activity.” If any of that sounds familiar, Mike Staver of www.thestavergroup.com, has this advice:

- Admit to yourself that you’re burning out, and that it’s a result of the way you invest your energy. Don’t blame it on anything or anyone else.
- Don’t give up and stop investing energy. Instead, change how and where you invest it.
- Decide what you want – then invest your energy accordingly.
- Tell someone how you’re going to change the way you’re investing your energy and make sure that person will hold you accountable to your commitment.
- If you know certain behaviors leave you drained of energy, align your choices and behaviors with your commitment. Limit your contact, or at least your investment, in people or activities that are nothing more than a drain.

The Happiness Test

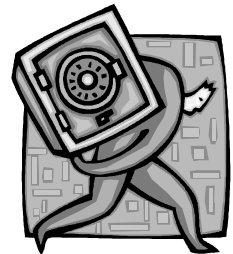
The test of all happiness is gratitude. Children are grateful when Santa Claus puts in their stockings gifts of toys or sweets. Could I not be grateful to Santa Claus when he puts in my stockings the gift of two miraculous legs? – *G.K. Chesterton*

While You Were Out...

Are you heading out to a sporting event or other activity that will keep you away from home for several hours? Then you might want to keep the following story in mind.

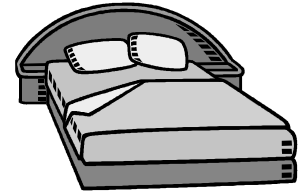
A family’s car was broken into while they were at a football game. Items stolen from the car included a garage door remote control, some money, and a global positioning system (GPS) mounted on the dash.

When the family arrived home they found that their house had been ransacked, and just about everything worth anything had been stolen. The thieves got a truck, used the GPS to guide them to the house, then used the garage remote control to gain entry. The thieves knew when the game would end and how much time they had to clean out the house. Take some time to take some precautions!



Is An Unmade Bed Better?

If you suffer from respiratory problems, here's something you might not expect to read: Leaving your bed unmade might help you breathe easier. A recent study has suggested that dust mites, which have been implicated in some respiratory problems, might not survive as well in an unmade bed as they do in a neatly done one. Why? Because the exposure to air may help dehydrate and kill off the microscopic creatures, whereas moisture and warmth may be trapped in a neatly made bed, which may increase the mites' chances of survival.



Thought Of the Month:

Our National Debt;

I often hear on the news how bad our national debt is, what it was in the past, and what it may be in the future.

The federal stimulus packages have increased our national debt to over 12 trillion dollars according to a www.cbs.com 11/17/09 article. The actual total is 16 digits long and looks like this; \$12,031,299,186,290.07 in case anyone wants to write a check to bail us out.

If you just want to pay your family's share of the debt, just multiply everyone in your family by \$38,974.34 and you will have your part covered. My family of 4 would have to kick in a total of \$155,897.36 and of course that amount is after I pay that year's federal tax bill.

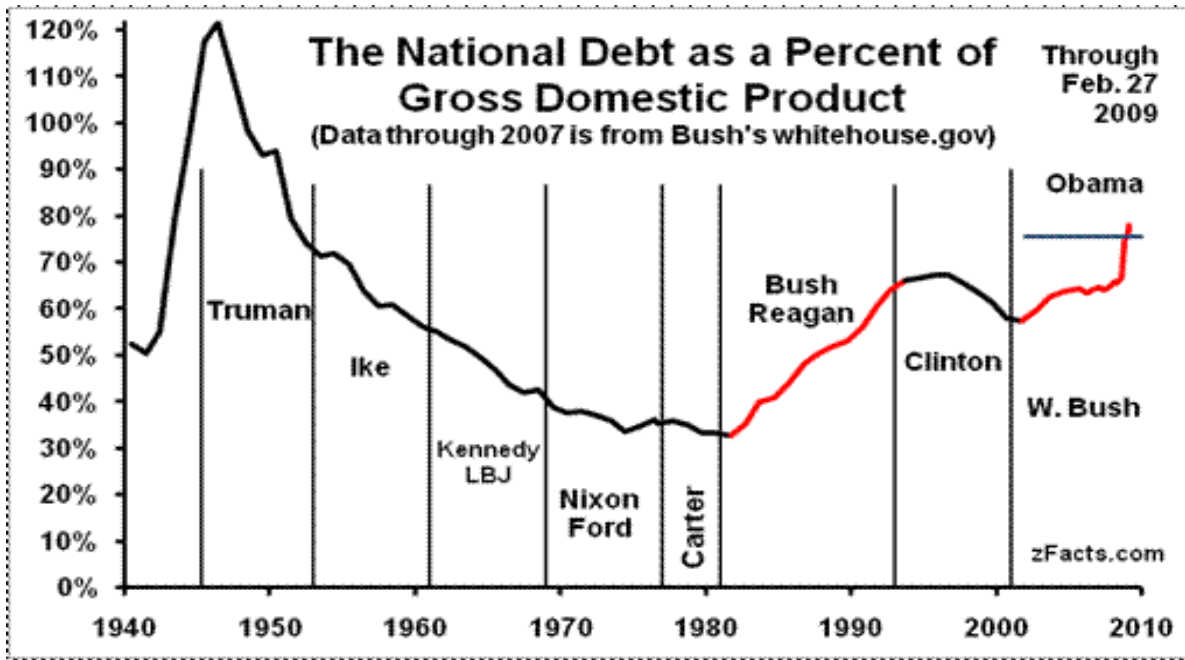
The White House budget review issued in August projects that by the end of the current fiscal year on September 30th, the National Debt could top \$14 trillion.

Since inflation distorts the dollar amounts of past years national debt, it is best to look back at our debt as a % of our gross domestic product, the value of all the goods and services produced in the United States of America.

The gross domestic product in the US in the year ended 2008 was 14.2 trillion according to the World Bank, World Development Indicators. Therefore, the 12 trillion in debt we currently have is equal to 85% of all the goods and services we produce in one year.

That means next year if GDP is flat and our debt increases as projected, our national debt will be at or above 100% of GDP.

The graph below was provided by www.facts.com



Not since just after World War II have we had such a high rate of debt which was then steadily brought down to the low 30% of GDP by 1980. Will we be able and or willing to bring it down again?

With all that being said, I hope you all have a great Christmas and New Year Holiday!

Keith

As always, if you, a family member, friend or business associate is planning on purchasing, building, or selling a home, please have them contact me as early as possible so I can guide them through this complicated process.



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