

Gordon G. Herpst's...

Service For Life!®

Insider Tips for Healthy, Wealthy and Happy Living

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Dear Subscriber,

It's easy to assume anything marked "sale" is a bargain, but it's not always the case. You can learn more about this supermarket tip and 8 other smart grocery shopping strategies in my latest *Service For Life!*® Free consumer newsletter.

You'll also learn how to improve your job if you're burned out, plus some fun facts, a trivia challenge, and lots more.

DON'T BELIEVE ALL OF THE NEGATIVE PRESS AND GOVERNMENT ANNOUNCEMENTS REGARDING TRAVELING TO MEXICO.

In general Mexico is safer than Los Angeles, Chicago and most of the major U.S. cities. When traveling just use common sense that you would use traveling anywhere in the world.

Speaking of the government, once again the politicians have voted for their own special interests and not for the benefit of the people they are supposed to be representing. With this latest Obamacare fiasco the general public will now have to pay more, be taxed more, wait longer and get less services. But the worst part is the loss of more freedoms and the right to make your own choices.

Enjoy your issue, and please feel free to call me whenever a friend, family member or neighbor needs a real estate professional to help with buying or selling a property in La Paz, Baja California Sur, Mexico.

To health, success and laughter in your life!

Gordon G. Herpst

Gordon G. Herpst, REALTOR®
Omni Services S.A. de C.V.

PS. We have several new listings and videos on my web site. Check them out at <http://osmx.com>

Today's Brain Teaser . . .

How many zeros are there in a googol? (***answer below***)

Use These Strategies To Shop Smarter For Groceries . . .

You can read plenty of articles on the internet about how to save money on groceries, but do you really have a grocery shopping strategy? Here are some supermarket tips and secrets that will make you a savvy shopper.

- **Approach grocery shopping like a job.** You need to have a plan (take a list) and a budget to make the best use of your time and money.
- **Stick to a time schedule.** Shop for what you need and get out. It is said that if you're in the store more than 30 minutes, you'll spend an extra 50 cents to \$1 per minute as you walk the aisles.
- **Shop alone.** *Real Simple Magazine* says parents will spend 10-40 percent more if they take their kids along. It might be worth it to hire a babysitter!
- **Only buy "food" at a grocery store.** Generally, you're better off buying toiletries, cleaning supplies and pet food at a big-box discount store.
- **Know the floor plan.** Shop the perimeter first for fresh fruits and vegetables, protein and milk. You'll find some good buys in the center aisles, but you'll also be tempted by items like frozen convenience foods.
- **Don't assume everything on sale is a bargain.** Stores often display "sale" items at the end of the aisles. Manufacturers pay to have their products put there so they aren't necessarily a good deal.
- **Check "price per unit."** Sometimes it's cheaper per unit to buy two smaller items than it is to buy one supersize package.
- **Look high and low.** Stores often place higher-priced items at eye level (brands pay for the space). Check prices on the top and bottom shelves.
- **Pay attention at checkout.** Shoppers lose up to \$3 billion a year on scanner mistakes (current sale prices not reflected).

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MOVING TO MEXICO?

Get the NEW e-book Margarita Mind!

It can save you a lot of time, money and a whole lot of

frustration.



Click link below to download:
<http://omnilapaz.safogel.hop.clickbank.net>

Got Job Burnout? Take These 5 Job-Improvement Steps . . .

Are you bummed by job burn-out? If quitting your job isn't an option, take these five steps to improve your situation.

1. **Identify stress factors and learn how to manage them.** Be proactive rather than passive about workplace issues. Know the difference between the "shoulds" and the "musts." If you have too much work and too little time, talk to your supervisor.
2. **Reconnect with your core work.** Maybe you've strayed from what you were originally hired to do. Focus on the work you enjoy doing.
3. **Take care of yourself.** Take time off to recharge your batteries.
4. **Build new relationships.** Make friends with people who might have fresh ideas and perspectives. Do something different - open a [Twitter](#) account.
5. **Plan your next move.** Outline what you'd have to do to change careers and start taking action.

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Great house for sale in a beach community.

CASA SERENA

CLICK THE FOLLOWING LINK FOR THE VIDEO

http://www.youtube.com/watch?v=M8d9ooWZbU0&feature=youtube_gdata

email me for additional information at omnilapaz@osmx.com..

Fun Facts and Laughs . . .

Do You Know These Facts About Popcorn? . . .

- The average American eats about **58 quarts annually**.
(Are you doing your part?)
- Popcorn was the **first food** to be microwaved deliberately.
- The average markup on an ounce of popcorn at the movie theater is about **1,275 percent**.
- A medium popcorn and soda at the nation's largest theater chain is nutritionally equal to **3 quarter pounders with 12 pats of butter**.

You Can Do Almost Anything With Baking Soda . . .

- **Deodorize your car.** Sprinkle some on the seats and floor, let it sit 15 minutes then vacuum.
- **Take it on a camping trip.** Use it as a dish washer, hand cleanser, toothpaste and fire extinguisher.
- **Clean your microwave.** Mix 2 tablespoons in a cup of water, put it in a quart container and zap it for 2-3 minutes on high. Wipe down moist interior.

Have A Laugh - "Even Sharks Are Texting" . . .

Seventy-four white sharks in Australia can now send text messages thanks to GPS units attached to their bodies. It's all for safety - when they get near a beach, a receiver detects their presence and sends text messages to wildlife officials and lifeguards. Hope they don't say BBL (Be Back Later)!

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No April Fools jokes this Month!

We have some great BEACH FRONT homes and a lot plus other homes with a view in a beach front community. A great opportunity if you want beach front as it is VERY limited in the La Paz area. Send me an email with your requirements and visit my web site at <http://osmx.com>

email: omnilapaz@osmx.com

Trivia Challenge for last Month...

Who was the top touring act (live concerts) of the decade 2000-2009?

a) Bon Jovi b) Madonna c) The Rolling Stones d) U2

The answer is c) The Rolling Stones. According to Billboard.com, they grossed \$844,157,925.

This month's trivia question:

What country's inhabitants have the longest average life expectancy (according to the U.S. government)?

- a. Canada
- b. Macau
- c. Switzerland
- d. Singapore

Brain Teaser Answer:

A googol is 1 followed by 100 zeros! The term was invented in 1938 by the 9-year-old nephew of a mathematician.

Thanks For Thinking of Me!

Did you know I can help you or any of your friends or family save time and money when buying or selling a home in Mexico? Thanks for keeping me in mind with your referrals...and spreading the word about my services.

Real Estate Corner:

Q. What Are The Remodeling Trends For 2010?

A. Obviously, your return on investment depends on where you live. But according to *Remodeling Magazine's* "2009-2010" Cost vs. Value report, which compiles results from members of the National Association of REALTORS® in 80 cities, the trend is toward small-scale projects and replacements.

There's no doubt that curb appeal helps sell homes. You can improve your home's exterior without spending a great deal of money by adding a deck, replacing a lawn or enhancing the entranceway.

Because of all the government incentives available, it also makes sense to make any improvements that add to your home's energy efficiency. For example, you can get a federal tax credit for 30 percent of the cost (up to \$1,500) for installing certain products such as energy-efficient windows, insulation, roofing, and heating and cooling equipment. Go to www.energystar.gov for details.

Prospective home buyers continue to look for improvements to kitchens and bathrooms. Instead of a high-end remodel, more people are choosing moderately priced upgrades that will improve their chances of a sale.

Once you have your upgraded home in escrow or sold email me at omnilapaz@osmx.com for help in finding your DREAM retirement or vacation home in La Paz. You will love it here.

THANK YOU...For reading my Service For Life!® personal newsletter. I wanted to produce a newsletter that has great content and is fun and valuable to you. Help your friends get more out of life by forwarding this email to them...

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