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September 2008 **Insight Home Services Newsletter**

Dear Kim,

Your feedback on our newsletter is always welcome. And please feel free to reuse any part of this text in marketing your business.

Hot Enough?



Did you know that high temperatures are considered an emergency? During a heat wave, it's important to know and be able to recognize the signs and symptoms of a heat-related illness. There are different types of heat-related illnesses, ranging from those that cause temporary discomfort to the generally fatal condition known as heat stroke. In all heat-related illnesses, the symptoms appear when a person is exposed to extreme temperatures.

Heat exhaustion is a mild form of heat-related illness. This can happen in hot, humid weather. This can also happen if you do not drink plenty of fluids. Heat stroke is the most serious heat-related illness. This happens when the body is not able to control its own temperature. The body's temperature will rise rapidly. The body will not be able to sweat. The body cannot cool down. This can cause death if not treated.

The highest at risk are the elderly, the very young, people with mental illness, and people with chronic diseases. However, any individual can succumb to heat if they participate in demanding physical activities during hot weather.

Please don't forget to check on family, friends and neighbors during this time!

Prepare For It All

A home inspection is a review of the functionality and *safety* of a property. The safety of the occupants is a primary concern of ours. We wanted to go one step further with this idea, so we have made it easier to be ready for any disaster and keep you and your loved ones safe.



Please check out our new catalog of safety and survival products on our website (just click on the link at the end of this article). These products are of the highest quality and can assist in saving lives.

You should make sure that you and your loved ones can be self sufficient for at least 72 hours in the event of an emergency, at a minimum. All the basics are available on our website to supply your house, car and office for yourself, your family, your clients and your staff.

Please give us a call if you would like more information about emergency preparedness. It is very important to us that your home as well as it's occupants are prepared for anything.

[Click here for Insight's Get Ready! Catalog](#)

Didja Know? 1868 was a Rockin' Year



October 21, 2008 will mark the 140th anniversary of the 1868 Hayward earthquake, which was the first great Bay Area earthquake. It was one of the most damaging earthquakes in the nation's history. Still standing as the country's 12th deadliest quake, the magnitude 7.0 shaker caused an extensive loss of property - to the tune of \$300,000 (in 1868 \$\$).

Should an earthquake occur on the Hayward fault today, the population at risk is now 100 times larger than in 1868 where it affected a population of just over 150,000.

Just for Fun

The first person to respond with the correct answer to this trivia question will win an [Auto Guardian](#) for their car. Send your answer to Kim@InsightfulServices.com.

(The winner of our last email was Tammy Doran of Intero Real Estate.

She correctly guessed that the two women who fought James Bond were Bambi and Thumper.)

When did they start using male names as well as female names for hurricanes?

We work your hours, call anytime...

kim@insightfulservices.com

408.871.9909 or 1.877.9.No Prob

<http://www.insightfulservices.com>

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