

# FEATURE SHEETS

## 13530 Thrush St. NW



**Sparkling Custom Built 4 Level on Huge, Secluded Lot.**

This awesome home on a wooded cul-de-sac with an open floor plan...

**\$224,900**



**Radhe Singh**

Accredited  
e-PRO 500

Welcome to:  
**13530 Thrush St. NW**  
**Andover, Minnesota**

Mobile: (651) 398-6261  
Direct: (651) 486-5628  
E-Mail: [rsinghal@chburnet.com](mailto:rsinghal@chburnet.com)  
<http://www.Singh.com>

Single Me Out  
Real Estate

Mobile: (651) 398-6261

Direct: (651) 486-5628



### Home Highlights...

**General Information:**

- 4 story
- 4 bedroom
- 2 bath
- 2 car garage w/opener

- Deck/Patio
- Hardwood Floors
- Over-sized Master Bedroom
- Suite with 2 closets
- Lots of Cabinets and Storage
- Includes:  
Refrigerator, Stove,  
Microwave, Disposal,  
Dishwasher, Water Softener

**Upper Level:**

- Master Bedroom...15 x 12
- Bedroom 2.....12 x 10
- Bedroom 3.....11 x 11

**Main Level:**

- Living Room.....15 x 13
- Dining Room.....12 x 12
- Kitchen.....21 x 15
- Family Room.....20 x 15
- Bedroom 4/Office.....15 x 14

**Other Information:**

- Built.....1992
- School District...11
- Taxes...\$2,287
- Tax Year...2001
- Finished Sq. Ft...2,430
- Fuel...Natural Gas
- Heat...Forced Air
- Air Conditioning...Central Air

Information deemed reliable but not guaranteed

Direct: (651) 486-5628

E-mail: [rsinghal@chburnet.com](mailto:rsinghal@chburnet.com)

Mobile: (651) 398-6261



# ONE SHEET MATERIALS

## Develop Champion Mindsets!

Great coaches develop champions by refining both the physical and mental skills of athletes to bring out the best possible performance. A great deal of practice is spent refining physical talents, but it is the mental toughness of athletes that earns championships.

Even the most talented athletes may struggle with mental challenges such as fear of failure, low self-confidence and anxiety. These mental game challenges may manifest when athletes perform well in practice, but freeze up in competition. And, that's just where mental training can help your athletes excel with their sport performance!

Mental training conditions athletes to perform at optimal physical levels as well as helps them find the zone faster and stay there longer. It also provides them with the ability to focus on the present rather than dwelling on the past or worrying too much about the future. The end result is that athletes play free of the fear, negative thoughts, and doubts that impede champion performances.

- 1 Stomp out performance anxiety and competition jitters.
- 2 Refine focus with laser precision and improve concentration.
- 3 Build confidence, or keep it going when things go wrong.
- 4 Overcome setbacks without taking a defeatist attitude.
- 5 Get in the "zone" quickly and stay there longer.
- 6 Improve teamwork, team cohesion and communication.

**About the MGCP Program**

A unique program for coaches, The Mental Game Coaching Professional (MGCP) certification program was developed by leading sports psychology expert, Dr. Patrick Cohn. He has worked with and coached many elite athletes, including PGA Tour and NASCAR winners. Dr. Cohn is helping any athlete or team reach peak performance.

Dr. Cohn personally instructs and advises your mental training system. He'll teach you the key elements to implement to build champion athletes and maximize their performance.

**What MGCP Participants Have to Say...**

The MGCP program has been one of the most useful courses and certifications I have ever taken. It has helped more people with the MGCP tools than anything else in all of my years of teaching.

- Larry A. Bennett, MGCP

The MGCP program is an outstanding opportunity to advance in the mental work with athletes. It is theoretically based, and covers the major aspects. A sincere thanks for the information.

- Wolfgang Kumer, MGCP

The information from your MGCP certification course was very helpful. I was able to win the National Championship this year.

- Marty Hunter, MGCP

Dr. Cohn's method really works. My athletes are really had on their performance.

- Helen Emms, MGCP


This program helped me to be a better coach. Today I have won time in over 20 years that we were able to finish in.

- Dr. Mike Proccaccini, MGCP

If you are a professional coach, the MGCP certification is a must.

- Ray...

**For more information:**  
Toll-Free: (888) 742-7225  
Web: mentalgamecoachingpro.com



# The ANTARCTICA FRONTIER

December 1, 2006 Page 1A

Volume III, Edition 3

## Sales Heat Up While Wholesaler on Ice

FAIR OAKS, CA — [by http://www.theadantarcticafontier.com](http://www.theadantarcticafontier.com)

If Antarctica's ice sheets melted, the world's oceans would rise by 60 to 65 meters (200 - 210ft) - everywhere.

Antarctica is the best place in the world to find meteorites. Dark meteorites show up against the white expanse of ice and snow and don't get covered by vegetation. In some places, the way the ice flows concentrates meteorites there.

The cold and dry conditions in the "Dry Valleys" region of Antarctica are so close to those on Mars that NASA did testing there for the Viking mission. It has not rained in the dry valleys for at least 2 million years.

When the Antarctic sea-ice begins to expand at the beginning of winter, it advances by around 40000 square miles (100000 square kilometers) per day, and eventually doubles the size of Antarctica, adding up to an extra 20 million square kilometers of ice around the land mass. That's one and a half USA's, two Australia's or 50 UK's worth of ice area that forms, then breaks up and melts on an annual basis.

Antarctica has a peculiar group of fish called the ice fish. These have no red pigment - hemoglobin - in their blood to carry oxygen around. Because the temperature is so low and oxygen dissolves better in cold temperatures, they get by perfectly well without it. They just have a larger volume of clear blood instead and so unusually have a ghostly white color, particularly their gills.

**Penguins: The Science of Survival in a Cold Climate**

FAIR OAKS, CA — [by http://www.theadantarcticafontier.com](http://www.theadantarcticafontier.com)

Penguins have feathers to keep them warm right? - Well partly right, feathers work on land, but in the water where penguins spend much of their lives, they're not so valuable. What really keeps penguins warm in the sea is a subcutaneous (flesh way of saying under-the-skin) layer of fat or blubber. This fat layer also serves as a valuable energy store as we will see later.

This blubber layer is the best form of natural insulation yet devised by mother nature (external fur and feathers are better and thinner, but can be ruffled by wind and of course are useless when wet) and it keeps all warm blooded cold water animals operational down to -1.9°C (25.8°F).

*A Penguin in Antarctica*

**Friends,**

I leave for Antárctica on December 10. This trip has been my lifetime dream, you make it possible with your support all year. In my absence, please utilize our Internal Sales Team to their fullest potential. Call them for quotes and ask for their help to submit applications this month. And I encourage you to make them available to clients for assisted sales. The Internal Sales Team can be reached at: 877-969-0723, option 1.

Last December, you saved 50 families from the devastating consequences of a long term care event. How many will you save this month?

Shannon Garzo  
Genworth Financial