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Subject: JANUARY 2013 NEWS from FERGUSONS
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**JANUARY 2013 NEWS
from
FERGUSONS' FILM PROPERTY MANAGEMENT COMPANY**



WINTER NEWS TO USE !!

We all know the flu is out there; several strains as a matter of fact. Some people refuse to get the flu shot. Some people got it and promptly got sick and then some took it and never got the flu. Today, however, we'll visit:

BESERK ILLNESSES !!!

Short version: Now that so many more people are on Doctor's roles, the SELF-ADVOCACY concept becomes vital for us. For you, for your family, there needs to be a LIST of every medicine being taken in your household. This is the beginning of self-advocacy in your medical well-being. WHY do we need Self-Advocacy? PERSONAL Case in point: Pill prescribed to 'prevent' a possible problem had an side effect of making lungs feel filled up with water. (Scary). Dr. in this

case was on Jury-Duty so the Pharmacist was asked how to counter-act this sensation of filled-lungs. Unfortunately Pharmacist pulled the WRONG Mucinex off the shelf. Mucinex-D was the exact opposite OTC (over the counter) drug that was needed. In moments the patient (me) ends up on a Breathing Machine in Urgent Care.



SELF-ADVOCACY in today's Medical World:

When it's all said and done, the best Health Care involves what you eat, when you sleep and how you breathe. It involves constantly washing your hands and drinking plenty of water. It involves KNOWING what you put into your body. A great way to understand these un-pronounceable medicines is to write them down and look them up on a great web site: WEBMD.COM

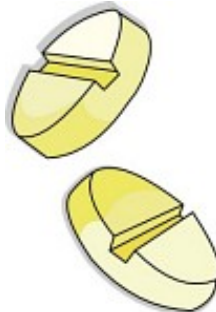
It may take a few tries to get the hang of that site, but you will be glad you did. You get to type in the drug name and then you can read about it; why it was prescribed; WHAT OTHERS SAY ABOUT IT (their invaluable experiences) and WHAT OTHER MEDICINES IT CAN/CANNOT (should not) be used with. The Bit about how informative other's statements are can't be over-looked. Had I read this, I would have known the Mucinex D was the WRONG thing to take and have saved myself a major trauma!

WEBMD.COM is great for all ages. PS: I just found out that there is also another great web site that Parents can sign up for when they are expecting! Then automatically they are sent EMAILS (instructions) on the various stages of the baby. Isn't that great?! I remember saying "I have this precious child with NO INSTRUCTIONS!". This web site information thanks to a Location Manager/Scout/Father: BABYCENTER.COM He and his wife have found it uncanny to see a symptom at 'x' age and there is the Email dealing with it from BABYCENTER.COM ! But back to WEBMD.Com



WITHOUT HEALTH, there is no HOPE - SO....

I've just discovered that "This Health Thing" is a tightly guarded secret from the older re: Middle Age. It's another stop on the road of life but we can all make life's health matters 1) less traumatic 2) easier to overcome. IF you've never experienced any Health Anything or know no one who has, skip on down to the School that's come back to us that you may want to see. I hope, however, the rest of you will read on here.



CLEAR OUT THE DRUGS!

My kids tease me about the '1996 version of drugs' found in my cabinets - or they did - now old pills are all gone! All that stuff: cough meds, various aspirins, old prescriptions from Drs. I can't even remember. You have these too. Go through and load up a trash sack. Do this now. DO NOT FLUSH THEM DOWN THE TOILET!! Tear the labels off and shred. Anything older than 2012...goes.

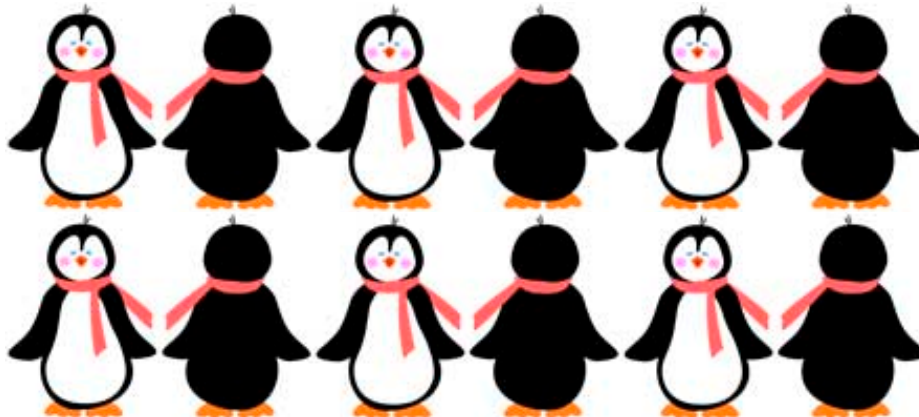
Then Organize your Meds. Headache stuff, cold stuff, sleep stuff, cough stuff. IF you ARE on prescription medication write yourself an Email (or whatever is your easiest way to list and keep information)

NAME the DRUG. What it was for. Who gave it to you. And LOOK IT UP on WEB MD. Copy/paste that link and put it by the name of Drug for later reference. Take a second and read some comments. You will be amazed that we are so much ALIKE!
Save this information 1) in your Medicine Cabinet and also on line.

I did this and went back to my Dr. and we discovered that I was duplicating several drugs. I'm fairly confident now that I can avoid the scary-as-hell breathing machine emergency; I know what Meds I have. I know there are no "old meds" and my Doctor (who is wonderful) was very appreciative that even with her intense notes about me, I am joining her in being my own advocate.

ONE FINAL TIP:

In today's el-sicko world, don't be shy about using hand sanitizer every time you come and go from any place; even using breathing masks if you have to go see a Dr. (People in the waiting room are sick after all). PS the old adage about "AN APPLE A DAY" is true.





SO WHAT DO WE HAVE FOR YOU THIS MONTH?



SCHOOLS!!! IT'S BACK TO SCHOOL TIME FOR WINTER SESSION:

THIS IS OUR S 80 CHARTER / PRIVATE SCHOOL Can film during day/
during week - we'll work it out. By Appointment Only !



S 80 CHARTER SCHOOL





NOW ALL SET UP!





SEE SCHOOLS at <http://www.locations2film.com> go to LISTINGS, go to COMMERCIAL, go to SCHOOLS (check out the MAIN PAGE of schools and use links from that) This web site is fast, easy and available 24/7 !



CSU HIGH SCHOOL :

This is available after school hours and on weekends, Holidays and Break times.

This is available only through CSU DH















***DID YOU KNOW YOU COULD GET THREE
VERY DIFFERENT LOOKS AT CSU DH
FOR SCHOOLS (HIGH SCHOOLS?)***

1) EXTENDED ED:



2) THE SCIENCE HIGH SCHOOL:



3) THE OLDER CLASS ROOMS:



EACH "SCHOOL" has it's own type of Class room; from the 60's (also we have LABS and LECTURE HALLS from 60's as well as very current!) ONE parking; NO PERMIT; Total versatility.
CALL for SCOUT APPOINTMENT. We've just finished filming the SUBWAY FOOD COURT as well - looks like ANYWHERE USA MALL and at 1/5 price of Typical Commercial Mall.



HERE IS OUR FEATURED HOME THIS MONTH!:

<http://www.locations2film.com> see on HOME page; W200: Great modern - timeless design!



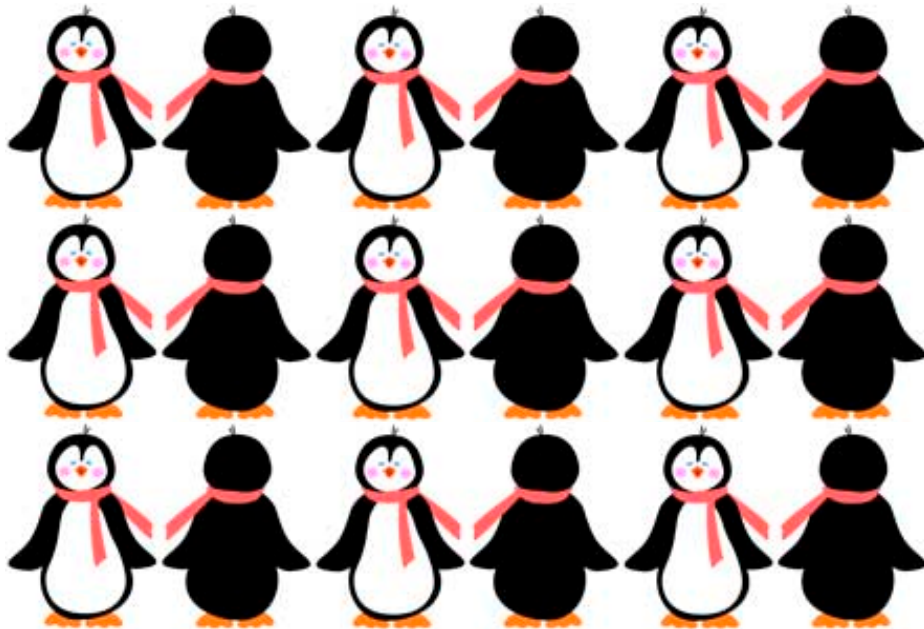
OUR WEBSITE IS SO EASY TO NAVIGATE...just walk down stairs: Get to either COMMERCIAL or RESIDENTIAL and go over and down until you reach the full page of photos for the look you seek. The MAIN page for each category is also another way. Find SCHOOLS for example, find the school look you like and click on it.

It's linked to full photos.



HOPE YOUR FOOTBALL TEAM WINS !

"WORRY IS A MISUSE OF IMAGINATION"....Dan Zadra



THE BEST WAY TO REACH US is via FERGUSON8@earthlink.net (especially after hours as I can pick it up on the I-phone. IF you have called 760 399 9682 and I haven't called back within a very few minutes, please try again. I can hear it, I can't always get to it the first rings!! But I'm constantly checking Email!!



Thanks for your kind words of encouragement...remember HEALTH IS EVERYTHING! :) It feels so good to feel good again!!!

Jean Ferguson
Fergusons' Film Property Management Co.

760-399-9682 or L.A. # 310.858.7727

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