



# UPDATE

*The Voice of the Washtenaw,  
Livingston, Monroe, and  
Lenawee County's Rental  
Housing Industry!*

Volume 28, Issue 8— November 2012

Always available at [www.wa3hq.org](http://www.wa3hq.org)

## Stress: Control It, Change It or Let It Go!

By: Simma Lieberman

Have you ever tried to control other people? Who gets stressed out? Have you ever tried to control things or events over which you had no control? Do you find that stressful?

There are different types of stressful situations. Some, like people interrupting you all the time, you can control. You can let the interrupters know you are busy and don't have time to talk.

Other stresses, like rush hour traffic, are usually beyond your control. But there are some things about rush hour traffic that you can personally change which may help; taking a different route, for example, or traveling at a different time. Of course, these changes are not always possible. In that case, you have to change your attitude about the situation, in order to lessen the stress. You can listen to music or educational tapes or books-on-tape. Rush hour traffic won't seem as frustrating because you'll be doing something to help keep your mind off the traffic and other drivers. In order to let go of commute stress, you have to accept the situation. You must accept that you cannot control the traffic, no matter how much you yell and gesture at other drivers to speed up. A stressful commute can ruin your whole day, don't let it! Accept that, if you are unable to change your route, or your time of travel, you are powerless over everything on the road, with the exception of your car and your attitude. Control your attitude, let go of the traffic, and you can control your stress!

You can learn to manage a great deal of your stress by asking looking at each stressor and asking yourself "Can I control it, can I change it, or do I need to learn to let it go?"

The "control, change, or let go" concept is an important key to stress management. We spend too much time worrying about things over which we have no control that we have no energy left to control the things we can. We become so overwhelmed, that we feel like our whole life is out of control and we'll never catch up. Once you understand the "control, change, or let go" concept and start putting it into practice you will be able to deal much better with stressful situations.

So much of our stress comes from trying to control other people, places and things when we simply cannot. We are the ones who end up with the stress and resulting headaches! The people we try to control go home, or simply ignore us, barely giving us a thought. That's why it is so easy to build up resentments against other people in situations or jobs when we don't think we have much control. On the job, it impedes productivity

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## What Are The Pros And Cons Of Raising Taxes On The Top 1% Of The Population?

As America hurtles through [tax season](#) in an election year, and moves closer to the Presidential showdown in November, taxes will be an important issue. By: Dennis Piper

While Democrats have historically been about higher taxes and Republicans are usually about cuts, there is now a rift that may be beyond repair. Democrats insist that the top 1 percent of America's wealth should be taxed more heavily. Republicans argue that doing so would impede job growth and the GDP. They also have concerns for the small business owner, who is struggling to get by and claim that many Democratic policies present a slippery slope towards eating into the profitability of all small businesses. These ideological differences beg the question: what are the pros and cons of raising taxes on the wealthiest 1 percent of Americans?

### Pro: Higher revenue

In order to get out of the jam the government has gotten the country in to, two things must happen. Spending must decrease. Revenues must increase. But with so many of the so-called "99 percent" struggling to get by or even find employment, where is the revenue going to come from. And if the government levies higher taxes on all business owners, what will happen to the jobs that currently exist? The government must extract higher revenue than it currently does in order to shrink the national debt and secure America's future.

### Con: Cannibalizing profits

Whenever the minimum wage goes up, or taxes increase, the first response of companies is to cut expenses. Usually, that means reducing the workforce. With an already abysmal unemployment and underemployment rate, higher taxes could tip the scale back toward recession if businesses slash jobs. While wealthy investors, such as Warren Buffett, are willing to pay more in taxes, the vast majority of small

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## President's Message: by Terri Neely



Hi Everyone!

I am looking forward to all of our fall activities! I hope that you will make the time to participate in any way you can. The next event will be our Annual General Membership Meeting on November 7th, where the new board officers will be elected. I urge you all to attend and take part in creating our future. Later in November will be the GLAStar education

conference. The two days of education are exceptional with amazing national speakers being brought in. For more information please visit our website at [www.wa3hq.org](http://www.wa3hq.org).

I look forward to seeing you all soon!

## EO Message: by Alice Ehn

Congratulations are in order for Mark McDonald for receiving the Lifetime Achievement Award from the Property Management Association of Michigan. He will be honored at the GLAStar banquet on November 16th. Please call PMAM now and get your ticket to this event. It is a wonderful black tie optional award event that also honors excellence in the rental housing industry. Many of our local property professionals are up for awards including the 6 Nova winners on page 6.

As Terri mentioned, we will be getting back to the lunch meetings on **Wednesday**, November 7th. At this annual meeting we will be voting for new board members and other initiatives from the board. The program committee has booked "Gordo the magician" with adult appropriate magic (including rabbits) for your entertainment because everyone needs a good laugh. Make sure you come and bring your entire team and get more involved. This meeting is sponsored by Service Master.

We are thankful for our sponsors for the entire past year. Please consider members every time you are making your buying decisions.

It is almost renewal time. There will be no increases in any dues amounts for 2013. Make sure you include the association in your budgets as well as education for your team. We have a new market survey product coming this fall for the entire rental housing industry (members and nonmembers) in our area to save you \$3600 per year in staff time and a new website that will be more member friendly and interactive. For our business partners we will have the advertising areas on the website you have been asking for. Can't wait to see what next year brings at the association.

(Continued from page 1)

and healthy teamwork. People tend to blame other people. If you are stressed out because of others, it's important to go through the steps of control, change and letting go. Unless you are ready to leave your job, family, or the planet earth, chances are you will continue working or being around the "stressful people." Ask yourself if the other person is actually a "stress carrier," or simply has a different style.

Letting go is a process. It takes time, and doesn't always happen at once just because we will it. We have to use our thoughts to control our emotions and our actions. Remind yourself that there are people and events you cannot control. All you can control is your attitude and your reactions. It's possible to change yourself-talk about the situation. Identify which stresses you can control, take appropriate action, and learn to let go of the things you can't.

Pick something in your life that stresses you out. Can you control it? If so, what can you do? Can you change it? If so, how? Perhaps you can only change or control a part of it. Do you need to let it go? If so, what can you do in order to let go?

You can view life as unexpected and exciting or you can view it as scary because you don't know what the future holds. Take charge; take control or let it go. The choice is yours!

*Simma Lieberman is a trainer, speaker, consultant and coach with over 20 years of experience helping organizations and businesses meet the demands of modern workplaces. She is known for her ability to help people break down assumptions, build dialogues, and create healthy working relationships. For additional information, contact the FrogPond at 800.704.FROG(3764) or email [susie@FrogPond.com](mailto:susie@FrogPond.com) <<mailto:susie@FrogPond.com>>*

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**CHECK US OUT ON THE WEB: [www.wa3hq.org](http://www.wa3hq.org)**



## Pros and Cons (con't)

(Continued from page 1)

business owners and large corporations are terrified of what it may do to their profits, and they're more likely to reduce workforce before they even see their bottom line results.

### Pro: Strengthened infrastructure

This element is so vital to the general population and job growth that it could be considered essential. As the population continues to grow, greater infrastructure will be needed to support job growth and consumer culture, and without higher taxes, it could prove impossible.

### Con: Irresponsible spending

It's true. When taxes are higher, the government does have a reputation for wasteful spending. By keeping tax revenues down, it could be just the catalyst that Washington needs to make tough but necessary decisions they've been unwilling to make. Decisions that could ultimately save the country's economic system.

When considering the arguments for higher taxes on the wealthiest 1 percent, one cannot lose sight of the far reaching effects and the ultimate consequences. But one thing is for sure: revenue must increase. Where will the money come from?

Source: Free Articles from ArticlesFactory.com

Dennis Piper has lead an [Accounting firm Pittsburgh](#) for over 20 years. His services include business consulting and [tax compliance](#) help to corporations, individuals, partnerships, limited liability companies, estates, trusts, and not-for-profits. Dennis is also a 2008 SBA Award Winning [Pittsburgh CPA](#)



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## October Events



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## Events:

### NOVEMBER:

**7 - Annual General Membership Lunch at Weber's Inn...** Last chance to use membership bucks and to vote for next years officers

**8 thru 10 — NAA Assembly of Delegates Meeting in Indianapolis, IN.** McKinley's newest team member **Alexandra Jackiw** will be installed as the 2013 Chairman of the National Apartment Association

**15 thru 16 — GLAStar Education Conference and Awards Banquet:** Join national speakers **Bruce Wilkinson, Toni Blake, Donna Olsen and Barbara Savona** in an all star education two day event.

**DECEMBER 6th, Year End Holiday Celebration at Weber's**

**January, 17th — General Membership Meeting**

**February 14th — Trade Show and Maintenance Mania 2013**

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