

Don Puryear's...

Service For Life!®

“Insider Tips For Healthy, Wealthy & Happy Living...”

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Focus on Eye Health



Millions of people have undetected vision problems, and you or your family members may be among them. These simple steps will help you understand and protect your eyes:

- **Schedule a comprehensive dilated eye exam every one or two years**, even if you think your vision is fine. Have your children's eyes checked at regular intervals. If your child has headaches or difficulty at school, it might be due to a vision problem. Amblyopia, or lazy eye, is the most common cause of eye impairment in childhood.

Another reason to go? Studies show that eye doctors may be the first to detect serious conditions such as high blood pressure, high cholesterol and diabetes because they look directly at the eyes' blood vessels.

- **Eat these eye "super foods"**: Spinach, salmon, walnuts, berries, eggs, orange bell peppers, broccoli, avocados and of course carrots. They contain valuable nutrients such as vitamins A, C and E, beta carotene
- and zinc as well as lutein and zeaxanthin. Eating them will help prevent age-related macular degeneration, blurred vision and blind spots.
- **Learn your family's eye-health history**. People with a family history of some eye diseases, such as glaucoma and cataracts, are at increased risk of developing them. Talk with your eye doctor to confirm diagnosis.
- **Reduce eye strain**. To avoid Computer Vision Syndrome (headaches, dry and tired eyes), use the 20-20-20 Rule: Every 20 minutes, look away 20 feet in front of you for 20 seconds.
- **Wear protective goggles when handling power tools or chemicals**. Did you know half of all eye injuries happen as a result of doing regular household chores? Buy safety goggles at any hardware store and use them.
- **Wear sunglasses, even when it's hazy**. Look for shades that block out 99 to 100 percent of both UV-A radiation and UV-B radiation – and make you look cool!



THANK YOU for your continued support and referrals. You have helped us achieve RE/MAX's designation as a **Top Producing Team** for 2011!



Joker's Corner



What did the water
say to the boat?

Nothing. It just waved.

What Is RSS News Feed?

It stands for Really Simple Syndication and you see it on thousands of web sites. It allows you to put together your own list of news and info. Sign up for a "news reader" by searching online or use: Google.com/reader. Then choose the sites you want to get news from by selecting the RSS symbol on the site.

Want A Good Laugh?



Check out the real photos at:
awkwardfamilyphotos.com.

You may want to submit your own!

Collegiate Communication

Got a child in College? Learn to text! Today's students don't use email much and may not answer their phone on the way to class, but a quick "How RU?" text will probably get a response. You might also consider Skype for longer talks.

Green Tips for Back-to-School

- Use a reusable lunch bag or box instead of a paper one.
- Use reusable containers instead of plastic baggies.
- Freeze water or juice in a reusable container to keep lunches cool.

Words of Wisdom

Strength is the capacity to break a chocolate bar into four pieces with your bare hands -- and then eat just one of the pieces.



—Judith Vorst

If I had my life to live over again, I'd make the same mistakes, only sooner.

—Tallulah Bankhead

Ace Your Next Job Interview

If you find yourselves as one of the millions of people looking for a new job, the key to getting it usually lies in the interview process. Here are four essential tips to set yourself apart from the rest.

★ Plan ahead for these questions:

- ✓ *Tell me about yourself.* Talk about specific skills and accomplishments but be concise. If you *think* you're talking too much, you probably are. Save some of the examples for later in the interview.
- ✓ *Why should I hire you?* Learn everything you can about the company and specifically what you can contribute to it.
- ✓ *Why did you leave your last job?* Interviewers want to see if you'll badmouth your employer. Put a positive spin (e.g. no room for promotion) on the reason.
- ✓ *What is your biggest weakness?* No one is perfect. Cite a weakness (pick one that wouldn't be a requirement in this job) and what you're doing about it. ("I wasn't proficient at spread sheets so I took a course in Excel.") Don't disguise a strength ("I like to work too hard.") as a weakness. The interviewer has heard that one before.
- ✓ *Where do you see yourself in five years?* Talk about moving up in *their* company.



★ Think of it as a conversation, not a Q&A session.

You want to know if the job is right for you as much as the interviewer wants to know if you're a good fit. Don't waste time on chit-chat (or immediately bring up salary).

★ Be ready when they ask if you have questions.

For example:

- ✓ *How long has this position existed and how long has it been open?*
- ✓ *What are the most important responsibilities of the job and how would you measure my success in accomplishing them?*
- ✓ *What projects would I immediately be taking on?*

★ Close by telling them that you want the position (if that's true).

It removes any doubts and leaves a positive impression.

We are grateful for the referrals we receive from our past clients.

This month we would like to say a special **Thank You** to **Liz & Brian Van Burkleo**. We have had the pleasure of helping their friends find dream houses. For **Amit Mathur**, it was a brand-new Tricon home in Rice Military. For **Megan & Clayton Ellis**, it was a beautifully updated home in Willowbend. We have a gift certificate to Tony Mandola's Seafood Kitchen for Brian & Liz to show our appreciation!!

And congratulations are in order! This month, our client **Sandra Porter** sold her home in Rice Military and purchased a luxury condo in Afton Oaks. Here is what Sandra had to say about her experience:

"Don Puryear is a knowledgeable and accomplished Realtor who always keeps my best interests in mind. Being a former attorney, he understands the legalities of a deal and stayed on top of the transaction, an added benefit of doing business with him. I would recommend Don to any of my friends and associates."

Brain Teaser...

What do asphalt, crayons and deodorant have in common?



(See page 4 for the answer.)

Hypoallergenic Besties?

While there are no totally hypoallergenic pets, but these are the best choices if you have allergies:

- ★ Portuguese Water Dog
- ★ Sphynx cat (hairless)
- ★ Kerry Blue Terrier
- ★ Standard Poodle
- ★ Bichon Frise
- ★ American Labradoodle
- ★ Goldfish

What's in My Belly Button?

When scientists for the Belly Button Biodiversity project studied the bully buttons of volunteers, they found 1,400 different bacterial strains, 662 of which seem to be new to science! So, pay more attention to this location and wash it daily with soap and water.



THERE'S A WORD FOR IT!

- 🎓 Tittle – the dot over an i
- 🎓 Philtrum – the vertical groove between your upper lip and your nose
- 🎓 Lemniscate – the infinity symbol
- 🎓 Virgule – the slash mark
- 🎓 Octothorpe – the # symbol
- 🎓 Pandiculation – the act of stretching and yawning

Got Your Child's Back?

Now that the kiddos are back to school, be sure they have the right backpack. Heavy and misplaced backpacks can lead to back, neck and shoulder injuries. Look for wide, padded shoulder straps, a waist strap and padded back. And don't overload. The backpack shouldn't weigh more than 10 to 20 percent of your their total body weight.

Give Your Pooch A Healthy Mouth!

Did you know that you can make simple choices to prevent gum disease in your pup? Unfortunately, gum disease is common in dogs by the time they're four years old because they aren't provided with proper mouth care. Follow these easy tips from the ASPAC for a happy dog with a dazzling smile!

1. **Breath Test: Pay close attention to Fido's breath.**
Really offensive breath -- combined with a loss of appetite, vomiting or excessive drinking/urinating -- can signal a serious condition and may warrant a trip to the vet.
2. **Gum Check: Lift up the fold of their lips to examine their gums.**
Your dog's gums should be pink -- not white or red -- and there should be no swelling.
3. **Teeth-Cleaning:** In addition to professional teeth-cleaning every year or two, there are steps you can take on a daily basis at home. Buy a fingertip brush or toothbrush specially made for dogs, or wrap gauze around your finger to clean their teeth regularly. There is special toothpaste for dogs, or you can make your own out of baking soda and water. **Never use human toothpaste on pups!**
4. **Let them Chew:** Gnawing on a chew toy or certain dog treats can also help massage their gums and help keep their teeth clean by scraping away soft tartar.



Try Balance Training to Challenge your Mind and Body

Bored with your same old cardio class or weight routine? Try working the mind along with your muscles by incorporating a few balance moves into your workout. Balance training is a great focus exercise for your mind, posture, legs and core, because balancing activates more muscles in your whole body than just lifting a weight.

Try this on for size: Instead of a standard squat, lift your left leg, bend the knee slightly, and then bend at the hips to touch your left hand's fingers to your right foot's toes. Do 5 reps and then switch sides.

For more balance exercises, check out [BodyByBeth's Youtube Channel!](#)



Weeds Good Enough To Eat

Who knew healthy greens were in your backyard. These weeds are edible, but do your research and properly identify and wash them before you put them on your plate. *Don't try these if you are prone to allergies.*

🌿 **Dandelion.** Add the leaves, which contain vitamins A, C and K, to soup. The leaves are tenderer and less bitter if you eat them before they flower.

🌿 **Plantain** (the weed, not the banana). Blanche the leaves and sauté with butter and garlic. You also can crush them and use on insect bites.

🌿 **Stinging nettles.** You must steam or boil these to get rid of the nettles, but they are said to make a nutritious tea.

🌿 **Purslane.** Eat the young stems and leaves in salads or sandwiches or use them in recipes that call for spinach (the taste is similar). Purslane contains antioxidant vitamins and omega-3 fatty acids.

Thanks for Thinking of Me!

Did you know I can help you or any of your friends, family or acquaintances save time and money when buying or selling a home


ANYWHERE

IN THE WORLD? 

sells more real estate than any other company, and we have over **100,000** agents worldwide – resources and experience we can make available to YOU! Thanks for keeping me in mind with your referrals...and spreading the word!

Cleaning Plastic Patio Furniture?


Try Foam Shaving Cream!

Let it sit for 5 minutes,  then use a soft brush or coarse sponge to wipe the dirt away and hose 'em down.

Brain Teaser Answer

They are made from petroleum.

The Mighty Mushroom

 Loaded with Vitamin B12, potassium, protein and fiber, they are helpmates in the fight against heart disease and allies in the fight against cancer. So be sure to add Shiitake, aitate and oyster mushrooms to your dishes!

THANK YOU for reading my Service For Life!® newsletter. Your feedback and suggestions are always welcome. And whether you're thinking of buying, selling or leasing, or just simply want to say "Hi" -- I'd love to hear from you!


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Who Wants To Win a \$25 Gift Card to the Movie Theater?

Congratulations are in order for Amy Whitfield, who answered our trivia question correctly! Enjoy your prize, Amy! The question was:

The center of the Earth is how many miles below the surface?

a) 2,000 b) 4,000 c) 8,000 d) 10,000

The answer is **b) 4,000 miles** (at the equator). The distance at the poles is slightly less because the Earth isn't a perfect sphere. So, let's move on to *this* month's trivia question.

What was the first animated feature film created solely with Computer Generated Imagery (CGI)?

a) The Polar Express b) Tron c) A Bug's Life d) Toy Story

The first two people to email me the correct answer at DonPuryear@REMAX.net will win!

Real Estate Corner

Q. What are the most common home-buying mistakes?

A. In general, most home-buying mistakes can be attributed to a new buyer having incomplete or inaccurate information.

An experienced Realtor® can help new buyers avoid these pitfalls:

- ◆ **Falling in love with a house without considering all the facts**, such as structural flaws, location, neighborhood and potential for resale. It is easy to fixate on desirable features of a home and lose sight of factors that may make the home a poor fit. The time to evaluate all of those conditions is BEFORE buying and moving in.
- ◆ **Not understanding the fair market value of a property.** Without a clear understanding of a property's value, a buyer risks overpaying. On the flip side, if a buyer offers far less than a home is worth, he may lose the home to another buyer or he may compromise his ability to negotiate reasonable terms.
- ◆ **Failing to research deed restrictions and homeowner's association rules.** Mandatory membership in homeowner's associations often includes monthly charges and restrictions that may impact the buyer. For example, some rules prohibit owning certain pets (e.g., dogs over 40 lbs., exotic fowl like parrots or finches); some rules restrict using your home to conduct business.
- ◆ **Not knowing how much house they can afford.** Before beginning the search, buyers should consult with both a real estate agent and a loan officer to have an understanding of all the costs involved, including taxes, insurance and ongoing maintenance.

For a free copy of our handout, "**Common Buyer Mistakes**," please email your request to me at DonPuryear@REMAX.net.