



Don Puryear's...



# Service For Life!®

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

## How to Avoid Getting a ‘Bug’

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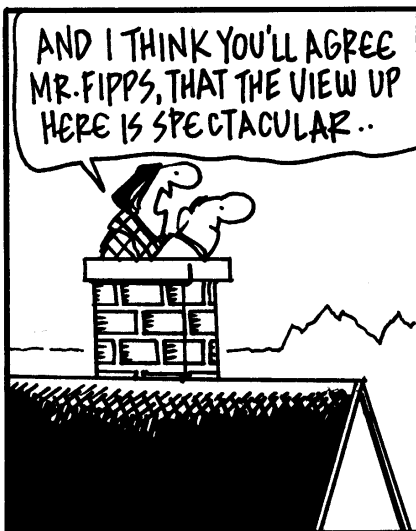
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We’ve all had those ‘bugs’ that give us tummy trouble for a day and seem to magically disappear the next. These foodborne illnesses happen to millions of people every year, particularly in warm, humid summer months. While they are painful and inconvenient, they are easily preventable. Check out these tips for avoiding the food bugs.

**Know potential threats.** Some common culprits – undercooked poultry (*campylobacter*); contaminated lunch meats (*listeria*); undercooked beef (*e.coli*); food touched by someone with the virus (*norovirus*); and raw eggs or contaminated produce (*salmonella*).

### Keep food safe by following these basic steps:



- ✗ **Clean.** Wash your hands, utensils and surfaces in hot soapy water before and after you prepare food.
- ✗ **Separate.** Keep raw meat, poultry and seafood away from other foods.
- ✗ **Cook.** Cook food to the proper temperature and use a thermometer.
- ✗ **Chill.** Refrigerate prepared food and leftovers within two hours.

### Take it a step further:

- 🍎 Wash all fruits/vegetables, even if you’re going to peel them. If you cut something *before* washing it, you can transfer bacteria to the inside.
- 🍎 Be picnic/barbeque savvy. Don’t let food sit out for more than an hour in hot weather.
- 🍎 Don't keep sliced deli meat for longer than 3-5 days. (Bacteria you can't see or smell can grow in the fridge.) Lower your risk by buying packaged lunch meats that contain antimicrobials.
- 🍎 Buy pasteurized eggs. (Look for a P on the carton or the eggs.)
- 🍎 Disinfect cutting boards with 1 Tablespoon bleach per gallon of water. Using more bleach can be harmful.
- 🍎 Follow the “stand time” instructions after microwaving food. The extra minutes cool the food to a safe internal temperature.

**Check for recalls.** It seems like food items, from eggs to spinach, are being recalled every week. Go to [www.foodsafety.gov/keep/recalls](http://www.foodsafety.gov/keep/recalls)



### Sweet Summer Breakfast: Fruit Parfait

All you need is Cottage Cheese and your favorite Mix of Berries  
In a tall glass, Layer a tablespoon of cottage cheese, then a scoop of berries. Once you’ve layered to the top, finish it with a bit of sliced almonds and lemon zest! This sweet breakfast is packed with healthy protein and carbs to get you focused and ready for the day!

## Joker's Corner

What did one plate say to the other plate?



*Lunch is on me!*

## Misguided Eats

You might be consuming more trans-fat than you think. Foods containing up to 0.49 grams can be labeled as contain 0 grams!

It all adds up when you consider experts recommend that you consume no more than 1.11 grams per day. Best bet? Avoid foods with labels that have *partially hydrogenated oils or shortening listed in the ingredients.*



## What's Your Perspective?

Now you can have one; view more than 1,000 pieces of art online in fantastic detail at [www.googleartproject.com](http://www.googleartproject.com). In addition to viewing artwork, you can explore museums around the world, watch videos and create your own collection of favorites.

### Get Fit with Body By Beth?



Puryear Team Member, Beth Lazarou is a newly NASM Certified Personal Trainer who is ready to accept new clients! "LIKE" her Facebook page, [Body By Beth](#) for informative fitness, diet and recipe posts from her Blog [Beth's Busy Body](#), plus mini workouts you can do in minutes! Check it out!

## Quotes To Live By

*If it takes a lot of words to say what you have in mind, give it more thought.*



-Dennis Roth

*I like this positive quote, "Whenever you fall, pick something up."*

-Oswald Avery

# Cars Communicate With Smoke Signals

The next time you're wondering what's wrong with your car, check out the color of the smoke that's coming out of the exhaust. AAA.com says these are the colors to look for:

**Blue smoke:** This means engine oil has leaked into the cylinder area and is burning. It's okay to drive but you should take your car to a technician as soon as possible before oil starts to affect the spark plugs.

**Black smoke:** There may be too much fuel in the fuel-air mixture that's burned in the car's cylinders. It could be caused by the fuel pump or injectors. If it only happens when you start the car, don't worry. But if it continues and the color of your oil on the dipstick is brown or milky, call a tow truck.



**White smoke:** It's not smoke – it's steam. A thick steam coming out of your tailpipe means water and/or antifreeze is entering the engine and being vaporized. Address this immediately before driving to avoid further engine damage. If you don't see steam but you do have to add coolant regularly, you should be suspicious of a leak and talk to a technician.

## Celebrate National Outdoors Month!

Which month is more fitting to celebrate the outdoors than June? Officially, summer doesn't begin until June 21<sup>st</sup>, but the temperatures suggest otherwise! June was proclaimed Great Outdoors Month in 1998 by Former President Bill Clinton and is meant to remind Americans to get off the couch and enjoy nature; enjoy all the parks, hike and bike trails, playgrounds and Galveston's beach this month, but wear your sunscreen and drink plenty of fluids!

# 5 Tips About Warranties

Whether you just bought a computer, flat-screen TV or washing machine, chances are you were offered an extended warranty. Here are 5 tips to help you make the decision.

- 🛒 **Retailers will push them.** They make more money on the warranties than they do on the products themselves.
- 🛒 **Know the difference between an extended warranty and a service contract.** An extended warranty protects you against manufacturing defects; a service contract provides varying degrees of maintenance.
- 🛒 **You probably don't have to decide on the spot.** Many retailers let you add extended coverage up to 30 days after your purchase. Go home and research the repair costs and track record of the specific item.
- 🛒 **Not all warranties are alike.** If you think you do need one, be sure to read the fine print. Don't be afraid to negotiate with the retailer.
- 🛒 **You may already have coverage.** Your credit card company may extend the length of your manufacturer's warranty. Check before you shop.

## Brain Teaser

What's the largest living organism on Earth?

(See page 4 for the answer.)



## Computer Quips

- Computers are incredibly fast, accurate and stupid; humans are incredibly slow, inaccurate and brilliant; together they are powerful beyond imagination.
- Alert! User Error. Please replace user and press any key to continue.
- I'm not anti-social; I'm just not user friendly.

## Allergic to Your Phone?



Do you get itchy bumps along your cheek or ear? You could have a cell phone rash. It's really a nickel allergy, which affects 17% of women and 3% of men. If that's not it, you might be allergic to the electromagnetic transmissions from cell phones.

## Need Exercise?

Get a dog! Research show that among dog owners who take their pets for regular walks, 60 percent meet federal criteria for moderate or vigorous exercise. That's about 30 minutes more a week than people who don't have dogs. As one vet said, "It's good for both ends of the leash."

## Be an Earthquake Reporter

Did you just feel the earth move? If so, you can help scientists at the U.S. Geological Survey by reporting it on their "Did You Feel It?" site. Check out the earthquake monitoring project [www.earthquake.usgs.gov/earthquakes/dyfi](http://www.earthquake.usgs.gov/earthquakes/dyfi)

## Stumped on What to Get Dad?

Here are five gifts to consider for dad courtesy of [Gifts.com!](http://Gifts.com)

- Multiple Gadget Charging Station
- A Set of Whiskey Stones
- Golf Organizer Storage Case
- iPhone Case Bottle Opener
- Jerky of the Month Club

# Help Your Pup Stay Cool



We all know the Houston Summers can be brutal...high temperatures with little rain can make even the strongest, healthiest people a little weak in the knees. Consider all of our discomfort, add a thick coat of fur to it and what do you get? Our pets! Not only can these hot days be uncomfortable for them, but they can pose potential health risks to your pups if you're not careful. Be sure to take your four-legged friend into consideration when hanging out in Houston this summer. Here are some tips to keep them happy and healthy!

- ★ If your dog is outside on a hot day, make sure he has a shady spot to rest in. Doghouses are not good shelter during the summer as they can trap heat. You may want to fill a child's wading pool with fresh water for your dog to cool off in.
- ★ Never leave your dog in a closed vehicle on a hot day. The temperature inside a car can rise to over 100 degrees in a matter of minutes.
- ★ Always provide plenty of cool, fresh water.
- ★ Avoid strenuous exercise on extremely hot days. Take walks in the early mornings or evenings, when the sun's heat is less intense.
- ★ Try to avoid prolonged exposure to hot asphalt or sand, which can burn your dog's paws.

★ Dogs that are *brachycephalic* (short-faced), such as Bulldogs, Boxers, Pugs, Boston Terriers and Pekingese, have an especially hard time in the heat because they do not pant as efficiently as longer-faced dogs, so keep them inside with air-conditioning.



## Watch for Heatstroke in Your Dogs

Heatstroke can be the serious and often fatal result of a dog's prolonged exposure to excessive heat. Below are the signs of heatstroke and the actions you should take if your dog is overcome.

### Signs of Heatstroke:

- \*Heavy panting
- \*Bright red gums and tongue
- \*Rapid breathing
- \*Standing or spreading out in an attempt to maintain balance
- \*Excessive drooling

### More Serious Signs:

- \*White or blue gums
- \*Labored/noisy breathing
- \*Unwillingness to move
- \*Shock
- \*Uncontrollable urination or defecation

### What To Do? Try to Cool Your Dog Down


- Apply rubbing alcohol to the dog's paw pads
- Apply ice packs to the groin area
- Hose down with water
- Allow the dog to lick ice chips or drink a small amount of water
- Offer *Pedialyte* to restore electrolytes.

Check your dog's temperature regularly during this process. Once the dog's temperature has stabilized at between 100 to 102 degrees, you can stop the cool-down process. If you cannot get the dog cooled down and you begin to see signs of advanced heatstroke, take the dog to the veterinarian immediately.



## 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!

## Brain Teaser Answer:



Australia's Great Barrier Reef, a system that stretches 1,430 miles. It's made of billions of living coral polyps.

## Club Soda Exposed!

Is it true you can use club soda to clean up any stain? No! It works on water-based stains on washable fabrics only. So, don't use it on oil-based stains (like gravies, French fries, and vinaigrette). It can set or spread the stain.



**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 Gift Card to La Madeleine?

Congratulations to Rosalind Lyssy winner of last month's trivia contest. She will enjoy a small shopping spree at Marshall's! In case you missed it, last month's question was:

### What is the largest known animal to exist on Earth?

- a) African elephant b) Giant squid c) Sauropod Argentinosaurus  
d) Blue whale

The answer is d) Blue whale. National Geographic says one can be as long at 100 feet and weigh 200 tons (equal to 40 elephants). So, let's move on to *this* month's trivia question.

### Who appeared on the first cover of "Rolling Stone" magazine?

- a) Janis Joplin b) Jim Morrison c) John Lennon d) Bob Dylan

**Be the first to Email me at Don [Puryear@ReMax.net](mailto:Puryear@ReMax.net), and you could be my next winner!**

## *Real Estate Corner...*

**Q. *What do I need to know about liability protection when I hire a mover?***

**A.** Under federal law, interstate movers must provide liability information outlined in the "Your Rights and Responsibilities When You Move" booklet. The two options to protect your belongings (called valuation coverage) are:

**Full Value Protection.** Your mover is liable for the replacement value of lost or damaged goods in your shipment. They are permitted to limit their liability for loss or damage to articles of extraordinary value (items whose value exceeds \$100 per pound), unless you list these items on the shipping documents. Ask your mover for a written explanation of this limitation.

**Released Value.** This option assumes liability for no more than 60 cents per pound per article and is offered at no additional charge. You'll be compensated according to the weight of the item, not its actual value. If you don't select Released Value, your shipment will automatically be transported at the Full Value Protection level and you will be charged appropriately.

If you pick Released Value, some movers may offer to sell or obtain for you separate liability insurance. This insurance is regulated by state law. You also may choose to purchase insurance from a third-party insurance company.

If you have any questions, or need capable and trustworthy representation, please call me at (713) 302-6543.