



October 2011  
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Don Puryear's...

Happy Halloween

# Service For Life!®

"Insider Tips For Healthy, Wealthy & Happy Living..."



## How To Be "Emergency Ready"

What would your family do if your area had a devastating emergency like the Japanese earthquake or other natural disaster? Would you be prepared?

To be prepared, make sure important documents like insurance information and pet vaccination records are organized and kept in a secure place. Keep a current Emergency Contacts list handy, including out-of-state family members, and build an adequate supply of these emergency supplies:

- Water is essential.** Purchase and store the recommended one gallon of water per person per day, or fill bottles yourself. Recycle used 2-liter soda bottles or inexpensive pitchers or other containers. Refill the containers every few months and keep a record on your calendar so you don't forget.
- Non-perishable cans that are stacked easily** are the best way to store food. All types of foods come as canned goods but be sure your emergency kit includes what you enjoy eating and foods that can be eaten cold. Also, choose a balanced variety of beans, soups, fruits and vegetables. Replenish your stocks by rotating with your pantry at the same time you refill your water supplies. Remember pet food and a hand-operated can opener!
- Keep flashlights and extra batteries on hand.** Candles and oil lamps are also good to have in case the batteries run low on the flashlights. Glowsticks and glow bracelets are inexpensive, practical solutions as well. (Loop a glow bracelet over door knobs when power is out at night.)
- Stash some cash** because you will not be able to use the debit card if the power is out. Make sure the money supply includes coins and small bills.
- Basic first aid supplies** should be stored with the rest of the emergency kit. Include an anti-diarrheal product, pain medication, bandages, antibiotic cream, hydrogen peroxide or rubbing alcohol, tweezers and cotton balls.

Fun things to do like playing cards and board games are not essential but will be welcomed in an emergency, too. Find out more ways to prepare for emergency by visiting [www.ready.gov](http://www.ready.gov).

### Ever Wondered Where Your Tax Dollars Go?

The City of Houston has a new "My Tax Dollars at Work" feature on its website. Go to <http://hfdapp.houstontx.gov/MyTaxDollar>, plug in the appraised value of your home and answer whether you receive a homestead exemption. Click **GO!**, and then you'll receive a detailed breakdown of how your annual property taxes are spent!

## Word of the Month...

Studies have shown your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends (and maybe even fatten your wallet!)

**Negligible** (NEG-lih-juh-bul) adjective

**Meaning:** So small as to be neglected or disregarded.

**Sample Sentence:** In Facebook, you may communicate with close friends or with people whose relationship is really negligible.

## Does He Want It Back?

It was quite a shock when a woman finds out that her estranged husband was suing her for the kidney he had donated to her before their marriage went on the rocks. Did he really expect her to give it back?

## Wash and Wear

How many times can you get by with wearing an item of clothing before it must be washed? Here is a general guideline from [www.realsimple.com](http://www.realsimple.com):

- Jeans and dress pants: 4-5 times
- Jackets and blazers: 5-6 wears
- Khaki pants and shorts: 2-3 wears
- Pajamas: 3-4 nights of wear
- T-shirts and tanks: after each wear

## Quick Furniture Fixes

Bring shabby furniture to new life by hiding the little scratches and dings with a simple permanent marker. More tips at: [www.familyhandyman.com](http://www.familyhandyman.com)

## Quotes To Live By...

Do what you do so well that they will want to see it again and bring their friends. - Walt Disney

Popularity is the easiest thing in the world to gain and it is the hardest thing to hold. - Will Rogers

Your success does not depend on the economy; it depends on your mindset. -Maya Bailey

# 5 Foods to Keep You Running

If you get exhausted when exercising or find yourself sore for days after a long workout, here are foods to boost your stamina and speed recovery:

1. **Eggs** – They are truly as advertised... “The incredible edible egg.” The protein in one egg provides about 10% of your daily value of protein. They also are full of amino acids that improve muscle recovery and Vitamin K (healthy bones), lutein (Eyes), and choline (brain).
2. **Citrus Fruits** – Oranges, lemons, limes and grapefruit are all rich in Vitamin C which can lessen muscle soreness and help repair muscle.
3. **Salmon or Tuna** – Running increases the need for high quality protein. Not only are these fish excellent protein sources, but they also provide omega-3 fats that are good for your heart muscle and curb inflammation.
4. **Almonds** – The perfect snack, almonds are packed with Vitamin E which is an antioxidant that can keep tired muscles from aching. Dense with protein and fiber, these little nuts can keep you full for long workouts.
5. **Sweet Potatoes** – This lowly root vegetable supplies beta carotene, iron, potassium and magnesium which can replenish the body after exercise.

## Would You Like To Know How Much Your Neighbor's Home Listed Or Sold For?

Maybe you're just curious. Or maybe you want to know how much your home is worth. Either way, I can help...with no “sales pitches” or runarounds. Just email me at [DonPuryear@remax.net](mailto:DonPuryear@remax.net), and I'll give you all the facts.

# Kids and Pet Safety

Teaching kids to create good relationships with pets is important for both the child and the pet. Here are a few basics:

- ◆ Teach a dog to respond to the command “Stop” and encourage your child to practice using the word when appropriate.
- ◆ Teach your child that the pet has a right to end the play session too.
- ◆ Designate a “safe spot” where the pet can retreat if they become disinterested in playing and in need of some quiet time.
- ◆ Don't give your child a balloon around a pet. Not only does the noise of a popping balloon frighten the pet, but also it presents a dangerous choking hazard when deflated.
- ◆ Your child's friends should not bring their pets to your house without careful adult supervision.
- ◆ Don't let your pet play with your child's toys. Keep them stored in an area the pet can't reach so the toy does not get dirty or destroyed.

Giving your child age-appropriate responsibility for pets can be expected, and if they neglect the duties agreed, there should be suitable consequences. Learn more about kids and pet safety at: [www.aspca.org](http://www.aspca.org).

## Brain Teaser...

Peacocks are birds that do not lay eggs. So how do baby peachicks arrive into this world?

(See page 4 for the answer.)

## Popular Baby Names

Here are the most registered names in 2010 according to the Social Security Administration:

**For boys**, parents' top five choices are currently Jacob, Ethan, Michael, Jayden and William.

**For girls**, the five trendiest names are Isabella, Sophia, Emma, Olivia and Ava.

**For twins**, the number one combinations are Joshua/Jacob, Ella/Emma and Madison/Mason.

## Makes You Wonder

The evening news is where they begin the program with "Good Evening" .... and then proceed to tell you **why it isn't!**

To steal ideas from one person is plagiarism. To steal from many is **research.**

## Avoid Illness From Foods

The Centers for Disease Control and Prevention (CDC) estimates that around 48 million people become ill from food in the US every year. Change a few habits to keep everyone safe.

- ✓ Use a meat thermometer.
- ✓ Send undercooked meat back at restaurants.
- ✓ Wash all produce before eating.
- ✓ Thaw food in refrigerator
- ✓ Keep raw and ready-to-eat foods separate in the shopping cart, in the fridge, and while cooking.

## Biggest Pet Peeves

What things are done by other people that really annoy you? Do people most annoy you in traffic, while eating or in their public behavior? Compare your pet peeves to a list you will find on [www.getannoyed.com](http://www.getannoyed.com).

# Tech-Savvy Shopping Strategies

Gone are the days where you had to run around from one store to the next taking notes and trying to make sure you get the best quality product for the best possible price. With the technology available today, it only takes a few minutes to get really good products at the lowest prices. Here are a few tips and online tools I find helpful when comparing products:

- ◆ **Take the time to learn what others think about the products** you want to purchase. From a major appliance replacement to a new computer, you can find out about the range in opinion from these two good resources: [www.eopinions.com](http://www.eopinions.com) and [www.consumerreview.com](http://www.consumerreview.com).
- ◆ **You can know if you're getting the best deal with tools** that actually search several sites for you and compare merchant prices side-by-side. It sure beats having to go to one site at a time and write it all down. Try using the tools at [www.nextag.com](http://www.nextag.com) or [www.pricegrabber.com](http://www.pricegrabber.com).
- ◆ **Set yourself up for email alerts on the big ticket items and travel.** A fun site is [www.yahooshopping.com](http://www.yahooshopping.com) where they will send you an email alert when the price reaches your target. Many travel sites will let you know about airline prices with an email alert too. It's possible to save a hundred dollars or more from these special deal alerts from websites like [www.tripadvisor.com](http://www.tripadvisor.com).
- ◆ **Join newsgroups to stay on top of the prices and quality of items** that you plan to purchase. A bonus to doing your comparative shopping this way is you can participate in an active community of people you can get to know and even forge long term relationships. Check out several groups to find one who seems to match your style. Start with these two popular sites: [www.googlegroups.com](http://www.googlegroups.com) and [www.squidoo.com/groups](http://www.squidoo.com/groups).

## Time to Get Outside!



Fall is in the air, which means cooler temps and less humidity. This is the perfect opportunity to take advantage of the outdoors to spruce up or inspire you to try something different in your workouts. **Perhaps you're a treadmill runner.** Why not take advantage of some of the great parks and hiking trails. Having a change of scenery from the gym or your home can make the time and miles go by faster. Like Resistance Training? Try Bootcamp style exercises that challenge you in a whole different way; all with natural body resistance! Here are a few exercises...

**The Reptile:** Get in a full push up position and bring alternate brining your legs up toward your triceps, as fast as you can for 1 minute.

**The Dive-Bomber:** Start in an inverted "V" position with your legs wider than shoulder-width apart; arms fully extended. Bend your arms to let your chest skim the ground, slowly moving into a cobra position with legs and arms straight, reverse to complete one rep.


Aim for 15 to 20 reps. Want more workouts and advice?

Visit Body By Beth's Blog @ [bodybybeth.wordpress.com](http://bodybybeth.wordpress.com)



## 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:

Peacocks are male peafowl. Female peafowl are called peahens. Baby peafowl are peachicks. The **peahens** lay the baby peachick eggs.

## Top 7 Recalled Kid Products

Be careful when purchasing resale children's products. Here are the most dangerous according to [www.cpsc.gov](http://www.cpsc.gov):

1. Playskool Travel-Lite play yards
2. Evenflo Happy Camper play yards
3. Baby Trend Home and Roam portable cribs and play yards
4. Magnetix magnetic building sets
5. Easy Bake Ovens
6. Polly Pocket Dolls with magnets
7. Simplicity drop-side cribs

Discover YOUR Energy Footprint at [www.myfootprint.org](http://www.myfootprint.org)

**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 Pappas Gift Card?



Congratulations are in order for Lindsay Colvin, who answered our September trivia question correctly! Enjoy your prize! The question, if you missed it, was:

**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 answer is d) Toy Story. Over 800,000 hours of mathematical equations went into the film, made by Pixar in 1995. That works out to more than a week of computer time for every second on the screen. So, let's move on to *this* month's trivia question.

**What animal has the most taste buds?**

- a) Shark   b) Elephant   c) Catfish   d) Giraffe

*The first two people to email me the correct answer at [DonPuryear@REMAX.net](mailto:DonPuryear@REMAX.net) will be my winners!!*

## Real Estate Corner...

### Q. What routine home maintenance should be done each year?

**A.** Don't feel overwhelmed by the task of regular maintenance. Most of caring for your home is a matter of keeping things clean and free of corroding dust and grime. Read the label on the cleaning product to make sure it is safe for the surface you are cleaning.

Add these often-neglected areas to your calendar to save yourself from major repairs:

Have your heating and air conditioning unit inspected annually, and also replace your air filters monthly. Inspect the chimney every two years. Change the batteries on your smoke alarms twice per year. Easy reminder: Always change them when daylight savings time changes.

Watch for needed repair to siding or trim. Check rain gutters each month and keep them clean by removing leaves and other debris. Apply weather stripping to windows and doors as air leaks develop. Touch up paint on both inside and outside walls to keep your home fresh and beautiful.

You can get more home maintenance tips at [www.nahb.org](http://www.nahb.org).

If you have questions or need recommendations for contractors & handymen, please email me at [DonPuryear@REMAX.net](mailto:DonPuryear@REMAX.net).

*For real estate information & home tips, visit [www.NoPlaceLikeHouston.com](http://www.NoPlaceLikeHouston.com)*