



Did you file for your Homestead Exemption?

February 2011

Broker Associate, ABR, CRS, CLHMS
Accredited Luxury Home Specialist
NAR's Green Designation
Licensed Attorney
Owner-Dogtopia
Creator BOTL Social App/Website

Inside This Issue...

Your Challenge: Get Your Family Fit in 2011...Page 1

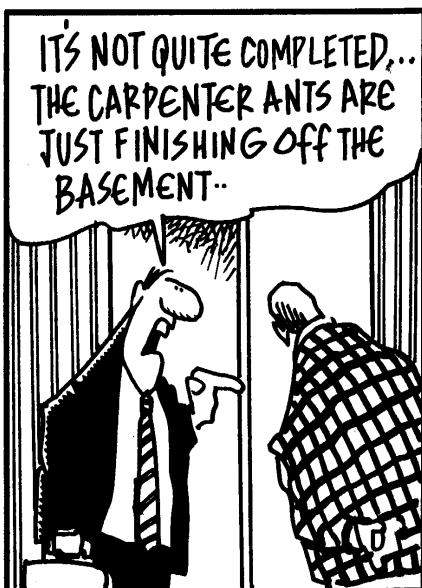
Know the Do's & Don'ts of Re-gifting...Page 2

5 Foods That Fill You Up...Page 3

Why Your Credit Score Matters...Page 3

This Trivia Question Could Get You a Gift Card!...Page 4

What You Should Look For in Buying a Green Home...Page 4



Don Puryear's...

Service for Life!®

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

Get Fit As a Family

How is that "exercise more" New Year's Resolution working out for you? If it already feels a little stale maybe you should tweak it a bit by adding your family, spouse or friend. Consider the President's Challenge, which will help you and your family commit to daily physical activity, set realistic goals and track your progress during the year – plus it's free! Here's what you can do to make your resolution a reality.

Study the program. Go to www.presidentschallenge.org. Talk to your doctor to see if it's right for you and your team. Sign up as an individual, start a group (a school class) or join one (it's a worldwide program).

Know the goals. Adults (over 18) need to be active 30 minutes/day at least five days a week for six out of eight weeks. Or, achieve 8,500 steps/day on a pedometer. Kids need to be active 60 minutes/day in the same time frame.

Choose your challenge. Take the Adult Fitness Test (on the website) to estimate your level of aerobic fitness, muscular strength and endurance, flexibility and body composition. Kids and teens take the Physical Fitness Test, which includes curl-ups, shuttle run and endurance run/walk. You'll take these tests over again to see how your fitness changes during the program.

Improve your fitness. You'll add exercises according to the FITT principle: F (Frequency); I (Intensity); T (Time) and T (Type).

Choose from 100 activities, from biking or swimming to walking, dancing, yoga or skating. You can even choose the interactive video game, Wii Sports.

Move on to the Presidential Active Lifestyle Award Challenge or the President's Champions Challenge. These activities will help make physical fitness an integral part of your everyday life.

Enjoy the benefits. You'll know you're helping your heart, building stronger bones, maintaining a healthy weight and having fun with your family.

*Wishing You and Yours a
Happy Valentine's Day!*

Joker's Corner...

Why did the chicken cross the road?

To show the armadillo it could be done!

Recycle Your Gadgets

Did you just buy a new smartphone, but don't know what to do with your old one? You can get money for it (or other items like iPods and gaming consoles) from such sites as

www.gazelle.com or

www.nextworth.com. The more current the device (in good condition), the better deal you'll get.

Empty Nest? Think Not!

Because of the tight job market, 85 percent of college seniors in a Twentysomething Research poll said they planned to move back home with their parents after graduation. Some plan to stay even after they get jobs!

Got Aches?

Are your joints aching? Drink fresh orange juice! It's high in vitamin C, an anti-inflammatory, and beta-cryptoxanthin, an antioxidant.

Put These on Your Kindle

Here's Time magazine's list of the top 5 books you were forced to read in school. You might enjoy re-reading them now!

- To Kill A Mockingbird
- Of Mice and Men
- A Separate Peace
- The Catcher in the Rye
- Animal Farm

Quotes to Live By...

It is better to be a failure at something you love than to be a success at something you hate.

-George Burns

There are few things more satisfying than seeing your children have teenagers of their own.

-Doug Larson

The Do's & Don'ts of Re-gifting

While some think it's tacky, re-gifting is a definite consideration when it comes to gifts you aren't going to use that might not be returnable. 36% of us do it according to a recent Consumer Reports survey. Just make sure you follow these five guidelines concerning re-gifting etiquette.

DON'T...

- **Leave the gift in the old wrapping paper/gift bag.** Since you are saving money on the actual gift, make sure you take the time to put it in fresh gift wrap.
- **Give people a reason to call re-gifters tacky.** DO NOT re-gift food, used gift cards, undergarments, personalized items, promotional items or random appliances no one would ever use.
- **Give anyone Hand-Me-Downs.** Re-gifts should be brand new. Gently used items should be non gifts that have been discussed between the giver and receiver.

DO...

- **Make Sure it's Appropriate:** The receiver should actually want it or like it. Don't pawn it off on someone else – that's just mean.
- **Keep Track of Who Gave the Item to You:** You don't want a re-gifted item to float in the same social circles; it could be awkward for all involved.

Spice up Your Night with this Healthy Dinner for Two

Chili-Rubbed Shrimp Tacos:

15-20 Raw Shrimp
Chili Powder, Salt and Pepper
2 Tablespoons Oil
1 Sliced Avocado
Shredded Lettuce or Red Cabbage
Diced Tomatoes
Shredded Mexican Blend Cheese or Fresca Cheese
6 Corn or Flour Tortillas

Season shrimp with chili powder, salt and pepper on both sides. Heat skillet. Cook shrimp in oil for 6 minutes turning half way. In microwave, heat tortillas on a paper towel for 15 to 20 seconds. Lay out all the *fixins* on a platter accessible for both you and your Valentine. Enjoy!!!

Five Filling Foods

If you're watching your weight, you can eat more than salad for breakfast, lunch and dinner. These foods will help fill you up, not out:

- **Oatmeal (not instant).** It's a healthy carb with a high fiber content.
- **Eggs.** Eat them for breakfast and you'll have about 330 calories less than usual throughout the rest of the day.
- **Dark chocolate.** Researchers say compounds in dark chocolate slow down digestion and make you feel full longer. But don't eat the whole bar!
- **Soup.** A Pennsylvania State study showed that people who had two servings of low-calorie soup daily lost 50 percent more weight than those who ate the same number of calories in snack foods. Choose broth or vegetables, not the creamy variety.
- **Pine nuts.** They contain pinolenic acid, which stimulates hormones that suppress your appetite. Plus, your mouth likes the crunch.

February is Black History Month

Black History Month is an annual celebration to remember and learn more about the history and culture of Black Americans and their contributions to the history of the United States of America as well as Canada. Before Black History Month, Black Americans were mentioned rarely in history books, and mostly only as slaves. Black History Month became a time to celebrate them for their achievements. A similar holiday is celebrated in the United Kingdom in October.

The Association for the Study of Negro Life and History (ASNLH) was started in 1915 by Dr. Carter G. Woodson and Rev. Jesse E. Moorland. They wanted to bring awareness to the contributions of African Americans in U.S. and world history. February was chosen because it was the birth month of both Abraham Lincoln and Frederick Douglass. In 1976 it was extended to a month and called Black History Month.

Why Your Score Matters?

Why should you order a copy of your credit report every year? Because lots of other people are looking at it! Here are some of the people who might be taking a peek at your report:

- **Lenders.** A good credit score helps you qualify for the best rates on mortgages, car loans, credit cards, etc.
- **Insurers.** Many home and auto insurers use your score to help determine your rates.
- **Landlords.** They view your credit as a measure of your responsibility to pay bills on time.
- **Potential employers.** With your consent, they can look at your score but they don't get to see as many details as lenders.
- **Government agencies.** They can only look at limited information.

When a business checks your credit report because you made an application for a credit card, loan or other service, a "Hard" inquiry gets recorded on your credit report. These inquiries impact your credit score. "Soft" inquiries (made by you or a business you already have an account with) do not affect your score.

You are entitled to order a free credit report from each of the three U.S. national credit bureaus every year. Make sure you go to the only source authorized by law at www.annualcreditreport.com.

Brain Teaser...

What do these phrases have in common?

Was it a car or a cat I saw?

Todd erases a red dot.

Race fast, safe car.

(See page 4 for the answer.)

Shopping Tip

The Annual International Consumer Electronics Show runs the first week of January. Since retailers want to stock up on the newest gadgets, it's a good time to buy current models (if you didn't already buy over the holidays). Just do your research before you go.

Visit These Movie Locations

- "Field of Dreams" — Dyersville, IA
- "Twilight" movies — Forks, WA
- "Harry Potter" — many school scenes were filmed at Oxford University, Oxford, England.
- "Sex and the City," "Breakfast At Tiffany's" — you can tour many NYC locations used through a company like On Location Tours.

Save \$\$\$ On Printing

Change the font! In a test of 10 fonts (including Arial, the most popular) on two kinds of printers (home & business), Printer.com says the winner was Century Gothic, which had 31 percent savings on both printers. A private user printing 25 pages/week would save \$20 in a year. A business-user printing 250 pages/week could save \$80 per printer. FYI another good performer was Times New Roman.

Make Friends with Fungus

What's tasty *and* good for your skin? Mushrooms! They contain selenium, B vitamins and copper that all combine to give your skin a radiant glow. So pass the Portobellos!

Facebook Facts

- ◆ Facebook is now the third largest *country* on Earth.
- ◆ It added its 550 millionth member in 2010; its membership is growing at 700,000 people a day.
- ◆ 70% of users live outside the U.S.
- ◆ Average number of friends is 150.

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?



RE/MAX 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:

They're all palindromes. That is, they read the same backward as forward.

Better Than Coupons

The next time you go to the grocery store, pay with cash! Studies show that people who use credit cards are less emotionally attached when they check out. Whereas those who use cash are more aware that they're handing over their hard-earned dollars to buy something they really don't need.

Interesting Copper Cleaner

Use ketchup! Rub it on the copper and let it sit for 15 minutes. Then rinse the cookware. Put the rest of the ketchup on your fries!

THANK YOU for reading my *Service For Life!*[®] personal newsletter. I wanted to produce a newsletter that has great content and is fun and valuable to you. Your constructive feedback is 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...



Donald Puryear

RE/MAX Metro

713-302-6543

donpuryear@remax.net
www.NoPlaceLikeHouston.com

Who Else Wants To Win a \$25 Gift Card to Marshall's?

Answer this question correctly, and you may be our next winner. This month's question is:

What is the current population of the world?

a) 4.7 billion b) 6.8 billion c) 9.5 billion d) a gazillion

The first two people to email me at DonPuryear@remax.net will be my next winners!

Real Estate Corner...

Q. I'm planning to buy a "green" home. What do I need to look for?

A. Here are some of the features you should look for, according to the National Association of Home Builders (NAHB):

Energy-efficient. Look for appliances, windows and water heating systems with ENERGY STAR® ratings and efficient lighting fixtures and bulbs. Renewable energy sources further decrease energy consumption in the home.

Water-efficient. Look for programmed, low-volume irrigation systems, rainwater collection systems, wastewater treatment systems and hot water recirculation systems.

Resource-efficient. The home should use strategies to reduce heat gain in the summer and heat loss in the winter. It should contain renewable materials and recycled-content materials in carpets, tiles and concrete formulations.

Indoor Air Quality. The heating, air conditioning and ventilation system must be appropriately sized. Look for low-VOC (volatile organic compounds) paints and finishes.

To ensure the home is "green," look for the Green Certified mark issued by the NAHB Research Center.

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