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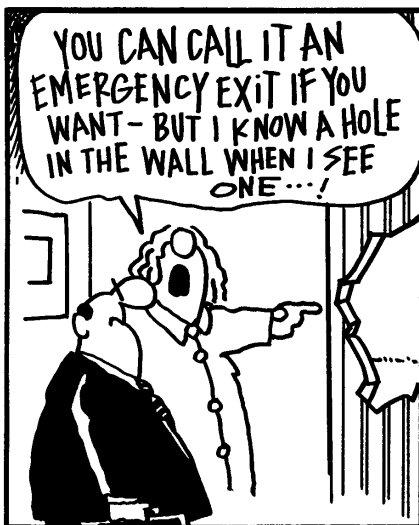
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*Don Puryear's...*

# Service For Life!®

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

## Secrets for Sound Shut-Eye

Do you get eight hours of sleep a night? If you're like most Americans, then the answer is no. According to WebMD, the average American adult gets about 6.9 hours of sleep, and 75% of Americans wake up throughout the night. Lack of sleep affects your health, attitude, job performance, and personal safety (e.g., slow response time causing a car accident). Here are some ideas you might want to try:

- ◆ **Turn off the gadgets.** Light-emitting TVs, smart phones and computers can suppress sleep-inducing melatonin. Don't take your iPad to bed!
- ◆ **Buy a new mattress and the right pillow.** If you've had your mattress more than 7 years, it's probably not giving you the support you need.
- ◆ **Eat a healthy diet,** and avoid smoked meats, chocolate/caffeine, energy drinks, spicy foods which may give you heartburn, and alcohol because it may leave you dehydrated.
- ◆ **Exercise during the day.** Commit to 30 minutes of moderate cardio activity five days a week, but don't do it within two hours of bedtime. At least 10-15 minutes before bedtime, try practicing such techniques as yoga or meditation.
- ◆ **Be aware of these sleep myths:**
  - *You can make up for lost sleep on weekends.* Doing that only upsets your biological clock and prevents deep sleep.
  - *Older people need less sleep.* They often get less sleep due to more physical ailments. They need naps to make up for sleep loss at night.
  - *The main cause of insomnia is worry.* Worrying can keep you awake. Set aside time after dinner to make a "to do" list, plan your next day and try to release yourself from your worries. Persistent insomnia may be caused by medication, depression or even a sleep disorder. If you can't sleep, talk to your doctor or get more information at a site such as [www.sleepeducation.com](http://www.sleepeducation.com).

### Green Up Your Summer Cookouts!

Do you love to BBQ? Consider switching your pit for a Propane Grill. Propane burns much cleaner than either wood or charcoal briquettes. If you can't resist charcoal, try a natural product like those produced by [Cowboy Charcoal](#), which are much cleaner than your traditional briquettes. Don't forget to visit your Farmers Markets for green cuisine to grill! Google Houston Farmers Market for a list.

## Joker's Corner

How did the chewing gum cross the road?

*It was stuck to the chicken's foot.*

## It's Not Easy Being Green

While the color **GREEN** is associated with nature, when the color appears in manmade products, it is often anything but "green." Because it's a difficult color to manufacture, toxic chemicals are often used to stabilize it. Pigment Green 7 -- used to color plastics and paper, for example -- contains chlorine.

## Easy Summer Road Trips

Always wanted to take a road trip but too nervous about planning it? Well, Rand McNally has 40 trips around the U.S. spelled out for you complete with maps and attractions you should see. More trips are added all the time. For details, go to [www.randmcnally.com](http://www.randmcnally.com)

## Words of Wisdom

*Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.*

~Thomas Edison

*My psychiatrist told me I was crazy and I said, "I want a second opinion." He said, "Okay. You're ugly, too."*

~Rodney Dangerfield

## JULY CELEBRATIONS

July is full of interesting holidays other than Independence Day!

Some July designations:

- 😊 Baked Beans Month
- 😊 Hot Dog Month
- 😊 Hug Week (3<sup>rd</sup> Week)
- 😊 Cousins Day 7/24
- 😊 For a complete list, visit

[www.holidayinsights.com!](http://www.holidayinsights.com!)

# Consumer Protection from the Airline Industry

If you're flying this summer on pleasure or business, you'll have more consumer protections, effective Aug. 23.

- ◆ **Lost bags.** U.S. airlines will be required to refund any fee for carrying a bag if the bag is lost. (Sounds like a no-brainer!)
- ◆ **Full disclosure of additional fees.** They will have to prominently disclose all potential fees on their web sites. Plus, they have to include all government taxes and fees in every advertised price.
- ◆ **Bumping.** Involuntarily bumped passengers on oversold flights who are subject to short delays (within two hours of scheduled arrival time domestically and four hours internationally) will receive double the price of their tickets, up to \$650. Passengers subject to longer delays will get paid four times the value of their tickets, up to \$1,300.
- ◆ **Tarmac delays.** Domestic airlines can't allow aircraft to remain on the tarmac for more than 3 hours except for safety reasons; 4 hours for international flights. That rule is being extended to foreign airlines operating at U.S. airports. Those airlines also have to make sure passengers stuck on the tarmac are provided food and water after two hours, as well as working lavatories. (Double no-brainer!)
- ◆ **Fare lock-in.** If you make a reservation at least one week before departure, airlines will hold the reservation at the quoted fare without payment, or let you cancel it without penalty, for at least 24 hours after it is made.

**GOOD NEWS:** In defense of the airlines, since the first consumer protection rule went into effect in December 2009, lengthy tarmac delays have practically been eliminated and involuntary bumping rates are down.

### Beth's Complete Body Circuit

If you don't have enough time to spend hours working on each muscle group separately, consider an exercise circuit. Paired with about 30 minutes of cardio (at your fitness level, of course!), this will get you great results. Adding weights, even light ones, will burn 20-28 calories a minute, compared to 10-18 calories/minute with just cardio. Try this circuit! Perform each exercise in quick succession; take a 90 second rest and repeat twice more!

- ♥ Ball Squat with Dumbbell Curl & Press
- ♥ Push Ups with or without Stability Ball
- ♥ Rear Delt Flys with Dumbbells on Stability Ball
- ♥ Back Extensions on Ball
- ♥ Shoulder Press Seated on Ball
- ♥ Alternating Bicep Curl Seated on Ball
- ♥ Supine French Press on Ball
- ♥ Bridge Curl on Ball
- ♥ Sit ups on Ball or Jackknife on Ball



Get a step-by-step view of this workout on BodyByBeth's [YouTube Channel](#). Just search BodyByBeth!

## Brain Teaser...

You can eat plenty of this food because it's a source of negative calories. (It provides fewer calories than it takes to eat it). What is it?

(See page 4 for the answer.)

## Kitchen Safety Tip

If you have a grease fire, douse the flames with salt. Don't use water, because that will only splatter the grease.

## Cool Vacation Rentals

Looking for a unique place to stay, from a castle to a B&B by the sea? Check out [www.airbnb.com](http://www.airbnb.com). If you need a location for your next company retreat, you can even rent a mountain village in Switzerland for only \$60,000 a night.

## Odd Cream Combos

Try these unusual flavors this summer:

- Baskin-Robbins French Toast
- Cold Stone Strawberry Basil
- MaggieMoo's Buttered Popcorn
- Denny's Maple Bacon Sundae
- Baskin-Robbins Creole Cream Cheese
- MaggieMoo's Caramel Apple

## Shame in Service!

In MSN Money's annual survey, these companies topped the list in the Customer Service Hall of Shame. Do you agree?

1. Bank of America
2. AOL
3. Capital One
4. Sprint
5. Time Warner
6. Comcast

## About To Move?

Beware of the scam involving "official looking" websites that claim to change your address for a fee. You should do it for free at your post office or for \$1 on the [U.S. Postal Service web site](http://www.usps.com).

# 4 Documents You Should Have

Estate planning is probably not how you want to spend your weekend. But it's one of those things you need to do *before* it's too late. AARP says every adult should have these four documents:

- **A will.** This legal document lets you, rather than the state, decide how your estate will be distributed. Having one helps your heirs avoid hassles and costs and will give you peace of mind.
- **A durable power of attorney.** This document lets you delegate power to handle your financial affairs if you become disabled or incapacitated.
- **Advance directives.** This is a term for health care directives, living wills, and health care powers of attorney that allow you to state your preferences for health care if you become physically or mentally unable to make decisions. Do this so your family doesn't have to agonize over decisions.
- **Letter of instructions.** This informal document outlines special requests you want carried out. It's a good way to clarify your intentions.

You can prepare these documents yourself, but you're better off having an attorney do it. An attorney can advise you on regulation changes and discuss other documents, such as trusts, you may want to have. And don't forget to tell your loved ones you've done these documents and where they can find them.

## Cool Summer Dessert: Summer Delight Cake

### Ingredients:

- 1 Angel Food Cake (homemade or purchased)
- 1 qt Orange or Lime Sherbet (softened)
- 1 qt Lemon Sherbet (softened)
- 16 oz frozen whipped topping (thawed)

### Preparation:

Slice cake horizontally into 3 layers, and place each layer on a plate. Spread two layers of cake with their own flavor of sherbet, and then freeze. Once frozen, place the lemon sherbet layer on top of the lime/orange sherbet layer (sherbet side up), and top with the remaining cake layer. Spread whipped topping on the top and sides of the cake, and then freeze. Once completely frozen, wrap in aluminum foil until ready to serve. Serves 10 to 12 people.

# Beware of Blasting Your A/C!

In the summer heat, that's all you want to do is blast your car's A/C when you get in the car, but refrain from doing so. Turn off your A/C, start your engine, open the windows and give your car a few minutes to remove the stale hot air before turning on the air. Not only is this a more efficient way to cool the car down, but you're preventing the inhalation of Benzene, a toxin contained in your dashboard, seats and air freshener.

Benzene is a toxin proven to poison your bones, cause anemia, reduce white blood cells, cause miscarriages and, with prolonged exposure may cause leukemia or increase the risk of cancer. Benzene levels in a hot car during Houston summers can skyrocket to dangerous levels. **So be safe, and open your windows. Let the bad stuff get out before turning on the A/C.**

Get Free money-saving home tips at my web site: [www.NoPlaceLikeHouston.com](http://www.NoPlaceLikeHouston.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?** **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:

**Celery!** It contains 6 calories per 8-inch stalk, but our bodies use more energy trying to extract those calories because they come in the form of cellulose.

## Bye-Bye Food Pyramid...

Pass the plate! The USDA has introduced a new icon to help people understand the components of a healthy meal. The plate is divided into four sections – fruits, vegetables, grains and protein, with a glass of dairy on the side. For details, go to [www.choosemyplate.gov](http://www.choosemyplate.gov)

**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 Barnes & Noble?

Congratulations to **Donna Powell**, who won last month's trivia contest. The question was:

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

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

The answer is c) John Lennon. The cover date was Nov. 9, 1967. So, let's move on to *this* month's trivia question.

**What is the world's largest desert?**

a) Gobi   b) Sahara   c) Arabian   d) Antarctic

*The first two people to email the correct answer to [DonPuryear@ReMax.net](mailto:DonPuryear@ReMax.net) will win!!*

## *Inspector's Corner...*

**Q.** Are there any precautions I should take with my foundation because of Houston's draught?

**A.** With the existing draught conditions in the Greater Houston Area, homeowners should be aware of the possibility of the adverse effects that this condition may have on their home's foundation. The soil in most of the areas around Houston is heavy clay. Clay soils have a tendency to expand and contract with the existing weather conditions, whether heavy moisture or bone dry. If the soil around your home is clay, it may expand and contract if you don't maintain a consistent moisture level. When the soil dries out, it shrinks, which can cause your home to settle. Then, when heavy rains ensue, the soil will soak up the moisture and expand. This constant expansion and contraction of the soil may cause your home to move, which causes what is known as **differential settlement**, resulting in cracks in the ceiling and walls, and windows and doors to sticking, making them become difficult to open and close. Hot dry weather is the primary reason for moisture changes under and around your foundation. Conscientious watering of the soil close to the foundation will maintain consistent moisture content and may help stabilize foundation movement caused by soil expansion and contraction.

### **Other tips to help maintain a healthy foundation:**

1. Provide good drainage away from the foundation. The grade around your home should be sloped away from the structure approximately 6" over a ten-foot span to promote proper drainage.
2. Water the soil surrounding the foundation on an as-needed basis, and consider using a soaker hose to minimize the water required.
3. Be aware of the potential for adverse affects caused by trees and shrubbery.

**Source: Rod Scarborough, American Property Inspections of Texas**  
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