



Hurricane Season began this month. Check my Blog and weekly Email blast for helpful Hurricane Prep tips.

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Don Puryear's...

Service For Life!®

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

Be Cautious About “Natural”

If a product is advertised as *natural* and *organic*, it's good for you, right? Maybe not! While the U.S. Food & Drug Administration has taken some enforcement actions against companies, food labels still need improving. Here's what to look for when selecting *organic* or *natural* foods.

- 🌱 **“Zero trans fat.”** That may be true, but it could mean the product is high in *saturated* fat. Be sure to read the Nutrition Facts label for the full story.
- 🌱 **“Low calorie” or “Reduced fat.”** Compared to what? Chances are the company has a previous, higher-calorie version of the product.
- 🌱 **“Made with real fruit.”** That may be in the form of a concentrate, and the primary ingredient may be sugar. You're better off eating an apple.
- 🌱 **“Natural.”** This word isn't regulated. To be sure a product is natural, buy from a local farmer or buy food that is certified organic by the USDA.
- 🌱 **Ingredient label tricks.** Since ingredients are listed in order of their proportion in the product, the first three are what you're primarily eating. A manufacturer may use various sugars (sucrose, high-fructose corn syrup, dextrose, etc.) in the product so the word “sugar” isn't listed first.
- 🌱 **Combining healthy ingredients.** The actual amount of the healthy ingredients may put them at the end of the list. By combining them into a “blend” or “mix,” they can make it to the top.
- 🌱 **“Yeast extract.”** It's a labeling trick to hide monosodium glutamate (MSG), which can cause side effects for people sensitive to this additive.
- 🌱 **Using the word “wheat.”** All flour derived from wheat can be called “wheat flour,” even if it's processed. The key is to look for “whole grain wheat flour” on the ingredient list to make sure you're eating whole wheat.

Summer Salad: Almond & Strawberry

Salad: 3 cups fresh baby spinach, 1/2 cup sliced fresh strawberries,
1/4 cup sliced honey-roasted almonds
Dressing: 1 tablespoon cider vinegar, 1 1/2 teaspoons sugar

In a large bowl, combine the spinach, strawberries and almonds. In a small bowl, stir the sugar into the cider vinegar, drizzle over salad and toss to coat.

Joker's Corner

What do you get when you cross a stream and a brook?

Wet Feet!

A Small Vocabulary Pays!

Arnold Schwarzenegger received a salary of \$15 million for "Terminator 2: Judgment Day." The 700 words he spoke translate to **\$21,429 per word**. "Hasta la vista, baby" cost \$85,716!

'Be Prepared' for This

Boy Scouts can now earn awards (a belt loop and an academics pin) for playing video games. It may not be survival in the forest, but it is educational. They have to know about game ratings, how to teach someone a multi-player game, and ultimately how to install a gaming system. I'll bet they can even build a virtual campfire!

Insurance Assurance

Want to check out insurance companies before you buy? **The National Association of Insurance Commissioners** Consumer Information Source gives you information, including complaints, licensing info and financial data. Go to: <https://eapps.naic.org/cis>

Stay In the Loop with The Puryear Team

Our weekly email blast is full of great information pertaining to living, working & playing in Houston. If you do not receive our weekly e-blast and want to be a part of our mailing list, visit our website, NoPlaceLikeHouston.com, and click on the *Free Email Updates* tab.

Quotes of the Month

*If you think you can, you can.
And if you think you can't,
you're right.*

-Mary Kay Ash
MARY KAY COSMETICS

How to Can Spam

Don't give out your address arbitrarily. Seems harmless, but companies sometimes sell their lists with other companies you don't want to hear from.

Check privacy policies before you submit your address online. Reputable sites will tell you what they plan to do with your address.

Use your spam filter. It works, but check occasionally for legitimate emails.

Don't click on anything in a spam message. If you click a link, the spammer knows it's a valid email address and will send more spam.

Don't be a spammer yourself. Be wary of emails that say "send to everyone you know." Check out hoaxes on sites like www.snopes.com. Even charitable emails can be false.

The Difference Between A "Real Estate Agent," And A Dedicated Professional...

People say I'm very different from the "flock" of real estate agents out there. Instead of hounding strangers for business and pestering people with cold calls, I spend my time building relationships, making friends, serving as a professional resource, and providing the absolute highest quality service available anywhere. By structuring my real estate practice with a team model, I have licensed assistants and support staff that enable me to best accommodate my clients' schedules and needs.

If you or anyone you know is thinking of buying or selling real estate, or who simply has questions about their home and wants a dedicated, competent professional, please call me at **713-302-6543**.

Tips for a Greener Summer

Having fun in the sun still can be an earth-friendly adventure! Here are a few tips to keep you green this summer:

Keep R&R in the home to a minimum. Keeping the family outdoors will reduce the electricity spent on the computer, TV or A/C. Plus, adding some exercise to the day by simply taking a nature hike at a local park or zoo or playing some sports at a park or beach will be just what the Doctor ordered!

Green BBQ's. Instead of traditional charcoal, try a cleaner burning Propane grill. If you must use charcoal, Cowboy Charcoal is cleaner than the traditional briquettes. Plus, buying local produce at a farmers market is a tastier alternative to the produce that's carted here from all over the country. Lastly, consider taking the extra step of doing dishes over throwing out Styrofoam or plastic plates.

Don't repel more than the mosquitos. True, we don't want those pesky bugs biting us, but using harmful repellents that have the DDT chemical in them harms all the other animals, insects and people that visit your backyard too. Try a less invasive repellent like a garlic barrier, planting rosemary or something a little higher tech, like the Mosquito Magnet.

Riddle Me This

Forward, I am heavy.
Backward, I am not.
What am I?

(See Page 4 for the answer.)

Fun Definitions

- **Egotist:** someone me-deep in conversation
- **Antique:** an item your grandparents bought, your parents got rid of and you're buying again
- **Handkerchief:** cold storage
- **Committee:** a group that keeps minutes and wastes hours
- **Mosquito:** an insect that makes you like flies better
- **Heroes:** what a guy in a boat does

Doctor Oz Says it Works!

Remove warts with DUCT TAPE!
Studies show it's more effective than freezing. Cut a piece of the tape bigger than the wart, and put it in place.
Remove the tape every 3 days and file down the dead skin. The chemicals in the tape actually help kill the wart!

Are They Doing Their Job?

Do you know the names of your U.S. Congressmen and what their voting records are?

Go to: www.govtrack.us

You also can research bills back to 1993 and track pending legislation. The Library of Congress is another good source at <http://thomas.loc.gov>

Design Your Own Dollar

Get your kids interested in money by letting them design their own! Go to: newmoney.gov/education/default.htm

COFFEE TIPS:

Spice up your coffee by adding a pinch of cinnamon or a couple drops of almond or vanilla extract before brewing.

Apply coffee grounds to wet skin to exfoliate and tighten.

Great Guidelines for Grads

You just got a degree and you're ready to find a job. It's quite a challenge in today's competitive job market, so use these tips to make the most of your time and get started on your career path:

- 🎓 **Do your research.** Chances are you've chosen a field of interest. Check the latest stats by going to www.careeronestop.org. Look under "Explore Careers" for info on the fastest growing industries or check out employment trends by state.
- 🎓 **Approach finding a job as a full-time job in itself.** Get good at the basics of resume-writing, interviewing and following up.
- 🎓 **Work to get your dream job.** Acquire as many skills and experience in that field as you can before applying for your dream job. Look into intern or apprenticeships, or take an entry-level job with the agency as a starting point.
- 🎓 **Not sure what you want to do yet?** Do some "informational interviewing." Interview people in professions you are considering.
- 🎓 **Build a network NOW!** Join career-specific social networking sites like www.linkedin.com or local networking groups to let people know you are looking for a job.
- 🎓 **Consider a start-up.** You may have more responsibilities at a smaller company. Check out a site like www.startuphire.com.
- 🎓 **Overwhelmed?** Take some time off, but do something productive to get your life ideas flowing; volunteer overseas, for example.

BBQing the SAFE Way!

Getting family and friends together for outdoor cookouts is a summer staple, but before you fire up your grill, make sure you consider these safety tips:


PROPANE GRILLERS:

- Inspect the cylinder and hoses of your propane tank. If there is any evidence of bulges, corrosion or brittleness, it's time to replace your equipment.
- Be sure to keep propane tanks upright, and move gas hoses away from dripping grease and hot surfaces.
- Never use cigarettes, lighters, or matches near your gas grill, whether it's in use or not.
- Never try to remove the valve from your propane tank, because you'll risk an explosion. In addition, always close the tank valve when you're finished using it.
- If you must transport your propane tank for any purpose, be sure you choose a relatively cool day.
- Never dispose of your propane tank by throwing it in the trash. Check to see if there are [municipal programs for collection in your area](#).

CHARCOAL GRILLERS:

- Operate charcoal grills only outdoors, never inside an enclosed area; they produce carbon monoxide, so keep your charcoal grills outside at all times.
- Don't wear loose clothing, especially long sleeves, while grilling.
- Charcoal grills tend to flare up, so keep a fire extinguisher handy.
- Use charcoal lighter fluid to light new coals only; don't use it on coals that are already lit.

We Appreciate Your Referrals

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:

The word “TON.”

We All Make Mistakes!

“The New York Daily News” says George Washington owes \$300,000 in late fees. He borrowed “The Law of Nations” and transcripts from the British House of Commons at the New York Society Library on Oct. 5, 1789. They’ll forgive the fees, but they would like the books back!

Keep Your Feet Fit

Want a fun way to strengthen the muscles in your feet? Spread some marbles on the floor. Sit in a chair and use your toes to pick them up and put them in a bowl. Have a competition with your kids!

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 financing real estate, or just want say “Hi,” I’d love to hear from you...



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Answer this Question to Win A \$25 Gift Card to Edwards Theaters

Congratulations to Carmen Deatherage, Caroline Gramson and Leroy Hanson, winners of last month’s trivia contest.

What is the nationally recognized flower of Memorial Day?

- a) Carnation b) Red Poppy c) Bluebonnet
- d) Red Rose e) Indian Paintbrush

The correct answer was b, the Red Poppy. Now for this month’s trivia question:

What product has continuously carried the Good Housekeeping Seal longer than any other product?

- a) Bissell Vacuum Cleaner b) Hershey’s Kisses
- c) JOLLY TIME Popcorn d) Clorox Bleach

The first two people to email me at DonPuryear@swbell.net, will be my July winners!

Real Estate Corner...

Q. How can I make my home healthier for my family?

A. Whether you have an older home or a new one, you can make your home healthier by following these seven basic principles recommended by the U.S. Department of Housing and Urban Development.

- 1. Keep your home dry.** Check for external and internal leaks in roofing and plumbing. Moisture invites mold, which can cause serious problems.
- 2. Keep it clean.** Clean surfaces frequently to control allergy-causing dust.
- 3. Keep it safe.** Install smoke and carbon monoxide detectors. Have fire extinguishers available on each floor.
- 4. Keep it well-ventilated.** Increase the amount of fresh air, which improves respiratory health.
- 5. Keep it pest free.** Seal cracks and openings to keep the critters out and store all food securely.
- 6. Keep it contaminant free.** Check for deteriorating lead-based paint in homes built before 1978. Have your home tested for radon.
- 7. Keep it well maintained.** Routinely inspect your home and make repairs. Better to fix small problems before they become bigger ones.

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

Get Free money-saving home tips at my web site: www.NoPlaceLikeHouston.com