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Broker Associate, ABR, CRS, CLHMS
Accredited Luxury Home Specialist
NAR's Green Designation
Licensed Attorney
Owner-Dogtopia
Web & Mobile App Development

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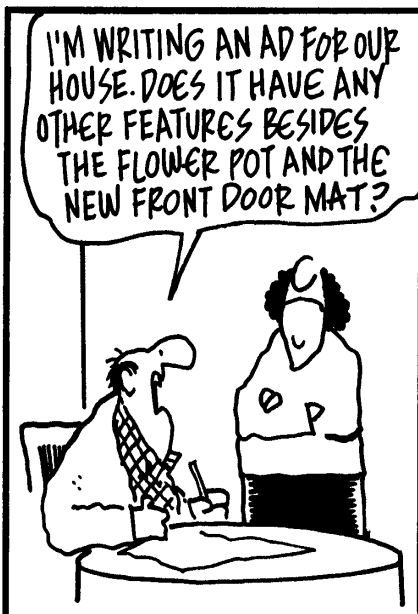
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Don Puryear's...

Service For Life!®

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

Get Smart about Your Heart

People often treat their cars better than their own bodies. That's what the president of the American Heart Association (AHA) says about the public's awareness of cardiovascular disease, the leading cause of death around the world. The key is this: If you do the right things, most heart disease is *preventable*. While getting check-ups with your doctor is important, here's what you can do on your own:

- **Know where you stand.** To get your personal heart score and learn what steps you may need to take to improve your heart health, go to MyLifeCheck.heart.org and click on "Get your assessment."
- **Follow the AHA's "Simple 7":**
 - ♥ **Get active.** 150 minutes/week of moderate exercise or 75 minutes/week of vigorous exercise. Walking is a great way to start.
 - ♥ **Control cholesterol.** Make diet and lifestyle changes if your level is 200 mg/dl or higher.
 - ♥ **Eat better.** Follow the 2011 guidelines at www.dietaryguidelines.gov. The AHA takes these a step further by saying everyone should limit their daily sodium consumption to 1,500 mg a day.
 - ♥ **Manage blood pressure.** Know yours and keep it in a healthy range.
 - ♥ **Weight Maintenance.** Understand the relationship between the calories you're consuming versus the calories you're burning off. Keep both in check to maintain or lose weight.
 - ♥ **Reduce blood sugar.** Diabetes is one of the major controllable risk factors for cardiovascular disease.
 - ♥ **Stop smoking.** Seek out classes/support groups by contacting such organizations as the American Lung Association or Cancer Society.
- **Track and manage your heart health** by using the interactive tool at www.heart360.org.
- **Learn the warning signs** of heart attack, stroke and cardiac arrest. Find this information at a doctor's office, library or online sites like WebMD.com. By acting quickly (calling 9-1-1) you may save a life, including your own.

**Wishing you a Happy Easter
and a Fun-Filled Spring!**

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

Joker's Corner

What do you get if you cross
an insect with the Easter
Bunny? *Bugs Bunny!*

Top Dog

The American Kennel Club says the **Labrador Retriever** is the most popular dog in America for the 20th year. The **German Shepherd** is second, Yorkshire Terrier third and Beagle fourth.

Good Guys in Security

Need an alarm company you can trust? Check out *Safeguard Home Security*. **Rusty Jones** is a nice guy and very reliable! Give him a call at 713-800-7577, and tell him Don sent you!

We're Blogging!

Want to keep up with the Houston Real Estate Market or get great home, health or Pet Tips? All you have to do is visit our Website, www.NoPlaceLikeHouston.com, and subscribe to our Blog. It's also full of great things to do in our fun-filled city! We'd love your feedback or other blog ideas.

Notable Quotables

Let us not look back in anger, nor forward in fear, but around us in awareness.
—James Thurber






Be curious, not judgmental.
—Walt Whitman

Whatever you are, it is your own friends who make your world.
—William James

Imagination is more important than knowledge.
—Albert Einstein

Spend Less Time Shredding!

Does your “snail mail” mailbox overflow with catalogs, solicitations and loads of other stuff you just don’t want? You can opt out of some of these mailings by contacting the companies directly or trying these sites:

-  www.optoutprescreen.com. This is the official site to opt out of pre-screened or pre-approved credit and insurance offers. Who needs more credit cards, right?
-  www.dmchoice.org. While there are benefits to direct mail, you probably want to eliminate things you’re not interested in. The Direct Marketing Association lets you choose whether you want to receive mail from companies in four categories: credit offers, catalogs, magazine offers and other offers (for example, donation requests)
-  www.catalogchoice.org. Use this *free* title-specific service to opt out of postal mail from companies that are already marketing to you. You can reduce more of your mail by signing up for their new Unlisting Service. For a \$20 annual “donation,” they’ll work as your agent to remove your information from third-party marketing company databases.
-  www.yellowpagesoptout.com. This site lets you stop all those phone books you probably don’t use. Type in your zip code and you’ll be surprised to see how many phone books you’re eligible to receive. You also can get tips on how to recycle outdated directories.
-  *Note: Opting out won’t end solicitations from local merchants, religious and charitable associations, professional and alumni associations, politicians and companies with which you conduct business. To eliminate mail from these groups, write directly to each source.*

Forward Email Etiquette

Do you forward emails to your friends and family? Whether you’re sending an email about a virus notification and inspirational piece or a joke, follow these few steps and respect your friends’ email addresses.

Put your email in the “To” field and your distribution list in the Blind Carbon Copy (BCC) area. Doing this protects your friends email addresses, which are now almost as, if not more important than, physical addresses.

Delete email addresses in the body of the email itself before you hit send. Be respectful of your friends’ time. Having to cull through all of those before getting to the point of the email is annoying.

Be careful with all those chain emails: Spammers love to get their hands on valid email addresses. Some of these chain emails look innocent enough, but in reality they are actually started by spammers who are using the email as a tool to benefit themselves.

Think before you send: Remember, not everyone enjoys getting Forwards, especially at work. If you only have someone’s work email, don’t send it.

Brain Teaser

What electronic device did Dr. Martin Cooper invent in 1973?

(See page 4 for the answer.)

Online Guard Guide

Make sure your youngsters are privy to the risks of surfing on the web. The U.S. Federal Trade Commission offers a guide you can follow called "Net Cetera." Check it out at www.onguardonline.gov. Site features a section called *Heads Up* that's written specifically for kids.

Music for Your Ears

Isn't it annoying when TV commercials come on LOUDER than the program you're watching?

Thanks to the "Commercial Advertisement Loudness Mitigation" or CALM Act, they won't be able to do that. But don't hold your breath – TV stations have a full year to comply.

Interview Faux Pas

If you get a cell phone call or text message during your job interview, don't answer it. Hiring managers ranked this the most common mistake job candidates make.

It's For Your Safety

Why do you have to give your full name (as it appears on your government-issued ID), date of birth and gender when you book an airline reservation? So the TSA can conduct Watch List matching and approve airlines to issue a boarding pass. One-hundred percent of passengers on flights within or bound for the U.S. are now being checked against government Watch Lists.

Haven't Seen Our Newsletter in a while?

That's because we're doing our part for the environment! We still have a newsletter every month, as well as, a weekly email blast! Make sure you sign up to receive both or one! Simply send us an email at admin@pureyearteam.com, and we'll be sure to put you on our email list.

Time to Shape Up for Spring!

It is appropriate and fitting that March is National Nutrition Month, since it is in between winter and spring. Winter holiday gatherings have passed and have left many of us with cherished memories and frequently unwanted weight gain!

Healthy eating and routine exercise are needed all year round, but many of us need a friendly reminder to get ourselves back on track. Be kind to your body and reacquaint yourself with healthy eating habits and fitness. Replace your unhealthy habits with smart health choices for a healthier body.

Staying fit means you have a better chance for a higher quality of life, and perhaps a longer one, too. When you are fit, you:

- 😊 Improve your mood, reduce your stress, and increase your energy.
- 😊 Reduce your risk for heart disease, cancer, and diabetes.
- 😊 Can look and feel your best.
- 😊 Have the physical strength and endurance to do the things you want to do.

Fresh Carrot Cake for Spring Time

1 cup cake flour	1 teaspoon baking soda
1 cup whole wheat flour	1 1/2 teaspoons ground cinnamon
1 cup packed brown sugar	3 eggs
1/2 cup white sugar	1/3 cup vegetable oil
1 teaspoon baking powder	2/3 cup buttermilk
1 1/2 cups grated carrots	

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease and flour one 9x13 inch pan or two 9 inch round cake pans.
2. Separate eggs and beat egg whites until frothy, then continue whipping and gradually add 1/2 cup of the white sugar. Beat until stiff.
3. In a large bowl combine; the cake flour, wheat flour, brown sugar, baking powder, baking soda, and cinnamon, mix until blended. Add the oil and the buttermilk and mix well. Add the egg yolks and mix well. Fold in the egg whites and then the carrots. Pour batter into prepared pan.
4. Bake at 350 degrees F (175 degrees C) for 25 to 35 minutes. Cool and frost with your favorite Cream Cheese frosting using light cream cheese.

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

The mobile cell phone! The Motorola employee made the first call on April 3, 1973, on the streets of NYC to his rival at Bell Labs. The DynaTAC phone was the size of a brick and weighed 2 lbs!

Webster's Newest Words

- Bromance – A close platonic male relationship
- Frenemy – Friend with whom one has frequent conflict
- Buzzkill – Person or thing that has a depressing effect
- Truthiness – Quality of seeming true

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...


Outstanding Agents.
Outstanding Results.

Donald Puryear
RE/MAX Metro
713-302-6543

donpuryear@remax.net
www.NoPlaceLikeHouston.com

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

Which U.S. state has the smallest resident population according to the 2010 census?

- a) Wyoming b) Rhode Island c) South Dakota
d) Delaware

The First THREE People to email me the correct answer at DonPuryear@Remax.net will be my winners!

Real Estate Corner...

Q. What do I need to know about lead paint in older homes?

A. If you're planning to buy, rent or renovate a home built before 1978, you need to read the Renovate Right brochure produced by the U.S. Environmental Protection Agency. In it you'll learn that lead-based paint, which is dangerous to adults but especially to children under six years of age, was used in more than 38 million homes until it was banned from residential use in 1978. You can download a free copy of the brochure at **www.epa.gov/lead/pubs/renovaterightbrochure.pdf**.

You have the option to hire a certified risk assessor or inspector to check for lead-based paint (call the National Lead Information Center for help finding one). Or you can assume that it's present if your home was built prior to 1978 and follow the practices in the brochure.

Federal law now requires that contractors performing renovation, repair and painting projects that disturb painted surfaces in these homes be EPA Lead-Safe Certified. You can use the search tool on the EPA web site to find a certified renovator near you or call your local homebuilders' association for a list of certified remodelers. After the job is complete, be sure to save the records so you can pass them on if you decide to sell your home. If you have any questions, or need capable and trustworthy representation, please call me at 713-302-6543.