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*Don Puryear's...*

# Service For Life!®

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

## Need Pain Relief? Try This...

If you're looking to relieve pain – try meditation. People all over the world have recognized the benefits of meditation for thousands of years. Recent studies show even brief training in meditation can help ease pain.

University of North Carolina at Charlotte researchers found that students who received a single hour of mindfulness training over three days significantly reduced their awareness and sensitivity to pain. Other studies show that meditation is particularly helpful to people who suffer from chronic back pain, fibromyalgia and migraines. Here's how you can get started:

- **Understand that most types of meditation have four elements in common:** 1) a quiet location, 2) a specific and comfortable posture, 3) a focus of attention, and 4) an open attitude.
- **Try this 3-minute exercise called A.C.E.** recommended by Psychologist Elisha Goldstein, PhD. Do it several times a day:
  - **Awareness.** Spend 60 seconds becoming aware of what is happening right now in your thoughts and emotions.
  - **Collecting.** Spend another 60 seconds collecting your attention on your breathing. Notice where you are breathing most prominently — your nose, chest or belly.
  - **Expanding.** Spend another 60 seconds expanding your awareness into your physical body and noticing sensations like tingling, warmth, pain and coolness at specific sites.
- **Practice.** Dr. Robert Bonakdar from the Scripps Center for Integrative Medicine says the idea is to relax your body and become aware of your pain without judging it or fixating on it. Instead of running away from pain, come to terms with it. The reduced tension helps ease pain.
- **Educate yourself.** You can buy books and tapes on all kinds of meditation techniques (mindfulness meditation, mantra meditation, relaxation response, guided imagery, etc.) or seek out information on the internet. Try different techniques to see which one best suits you. If you have chronic pain, you might consider taking formal training.



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

## Joker's Corner

What's a Mummie's favorite type of music?

*Wrap!*

### Telemarketing Tip-Off

Caller ID is the best way to identify telemarketing calls. Look for an 800 number, "Private" or "Unknown." But some collection agencies and others who want to hide their identities are using "spoofing" services that put a fake corporate name on your screen. Be sure to call the company back yourself before you give out info.

### Best Careers

U.S. News listed these among the 50 best careers for 2010. Bet they'll be good for 2011 as well:

- 💰 X-ray technician
- 💰 Veterinarian
- 💰 Meteorologist
- 💰 Firefighter
- 💰 Special education teacher
- 💰 Computer software engineer

### Be a Volunteer

Looking for volunteer opportunities? Go to [www.volunteermatch.org](http://www.volunteermatch.org)

### Happy Tails Has A New Name!

That's right! Don is excited to announce Happy Tails is now ***Dogtopia of Houston***, and we are celebrating by participating in the franchise-wide fundraiser for the Susan G. Komen for the Cure®!

### *Quotes To Live By...*

"Never pick a fight with an ugly person. They've got nothing to lose."

~Robin Williams

"I'm becoming a convert to the principle that you can't motivate people to do things. You can only demotivate them. The primary job of the manager is not to empower but to remove obstacles."

~Scott Adams

# Bugged About the Flu Vaccine?

Despite all the publicity and serious worldwide concern about the H1N1 flu virus last year, many U.S. adults chose not to get vaccinated. As flu season approaches, here are some points to consider:

- The U.S. Centers for Disease Control reiterates that the **flu is a contagious disease that can be life-threatening**. They estimated that 60 million Americans contracted the H1N1 virus by March 2010. Some 270,000 were hospitalized and more than 12,000 died.
- The 2010-2011 vaccine will protect against 2009 H1N1 and two other flu viruses. People who got the 2009 H1N1 vaccine (or had that flu) should still get the 2010-2011 vaccine.
- The CDC recommends that **all people six months and older be vaccinated each year**. Adults only need one shot while some children will need two. A new, higher-dosage vaccine will be available for people 65 and older. Most flu occurs from November through May.

*For flu prevention tips, see [www.cdc.gov/flu/protect/habits/index.htm](http://www.cdc.gov/flu/protect/habits/index.htm)*

## **Spooky Snack – Graveyard Gravel**

3 cups semisweet chocolate pieces, 1 14-ounce can sweetened condensed milk, 2 tbsp butter or margarine, 1-1/2 tsp vanilla, Dash salt, 2 cups tiny marshmallows, Unsweetened cocoa powder mixed with an equal amount of powdered sugar, Powdered sugar

### Directions

1. Line a 9x9x2-inch or an 8x8x2-inch baking pan with foil; set aside.
2. In a medium saucepan, heat and stir chocolate pieces, condensed milk, butter, vanilla, and salt over medium heat until melted and smooth. Remove from heat; stir in marshmallows just until combined. Spread mixture evenly in the prepared pan. Using a table knife or thin metal spatula, swirl marshmallows through fudge in pan until marshmallows are mostly melted. Cover and chill about 2 hours or until firm.
3. Using a small scoop, scoop fudge and shape into rocks (fudge will be sticky). Roll some in cocoa powder mixture and some in powdered sugar. Store in an airtight container for up to 3 days. Makes about 80 pieces (2 1/4 lbs.).

## Not Your Standard Advice

If you just sent your son or daughter off to college, chances are you gave him or her plenty of advice, but Trent Hamm of [TheSimpleDollar.com](http://TheSimpleDollar.com) has a few more.

- **Don't worry too much about picking a major early on.** This is the time to see what does or does not interest you. Try things you've never done before.
- **The biggest value you'll get from college is your relationships with other people.** Build relationships with students, professors, staff members, *anyone* you respect, admire and enjoy being with. They may help you with your career path and end up being your friends for life.
- **The biggest value you'll get from your classes is transferable skills.** You'll learn to process information, manage your time and communicate (writing, speaking, presenting) with a variety of people. These are skills you'll use no matter what career you pursue.

## Brain Teaser...

I am the beginning of the end,  
and the end of time and space.  
I am essential to creation, and  
I surround every place.

*What am I?*

(See page 4 for the answer.)

## Things That Make You Go "Hmm"

- Why do we pay to get to the top of tall buildings, then use binoculars to look at things on the ground?
- Why does a dog get mad if you blow in his face, but then sticks his head out the window when you take him for a car ride?
- Why did we put a man on the moon before we realized it would be a good idea to make luggage with wheels?

## Crooked Credit Cards

Be wary of an offer in your mail for a "professional card." These are normally sent to small-business owners or corporate executives but more people seem to be getting them. The catch? These cards aren't covered by the new protections of the Credit Card Accountability and Responsibility and Disclosure Act of 2009.

## Multi-Talented Microwave

- ★ Warm plates. Sprinkle with water and stack them. Heat for 30 seconds.
- ★ Zap sponges and dishcloths for 2 minutes to kill bacteria.
- ★ Dry herbs. Wash; put between paper towels; and heat for 40 seconds.
- ★ Heat fresh breadcrumbs to make them dry enough to use as a coating.
- ★ Get more juice out of lemons and limes by heating 15 seconds.

## **TARGETed Ads**

Did you know you can customize your own weekly ads from Target? Go to [www.target.com](http://www.target.com) and click on *My Target Weekly*, where you can request alerts when your favorite items go on sale.

# Beware Risky Investor Traps

You're anxious to rebuild your nest egg but want to make sure you invest wisely. Here are some of the top products and practices you should avoid, according to the North American Securities Administrators Association:

**Foreign Exchange Trading Schemes.** Beware of salesmen who claim to have algorithms or propriety software programs that allow them to beat the market.

**"Green" schemes.** Be wary of those exploiting headlines related to the Gulf oil spill clean-up and "clean" innovations, such as wind energies or carbon credits.

**Oil & Gas schemes.** These unregulated investments tend to be unsuitable for smaller investors who can't afford the risk.

**Affinity fraud.** Scam artists like to prey on groups, such as church members and professional groups.

**Private or special deals.** Although properly used by many legitimate issuers, private offerings have become an attractive option for con artists who steal money by promoting special deals.

**"Off the Books" deals.** Be cautious if your broker offers an investment on the side instead of one sold through his or her employer.

**Unsolicited online pitches.** Fraudulent investment scammers are now using social media (Facebook, Twitter, Craigslist, YouTube) to solicit unsuspecting investors.

Best advice to avoid getting taken? Do your homework and only do business with licensed brokers and advisers. Check out any adviser before you invest at a site such as [www.adviserinfo.sec.gov](http://www.adviserinfo.sec.gov). Report any suspicion of fraud to your state or provincial securities regulator.



Dogtopia is proud to have partnered with Susan G. Komen for the Cure®, the world's largest grassroots network of breast cancer survivors and activists.

Treat your canine to a spa bath or nail trim during the month of October and Dogtopia will donate 10% of the purchase price to Komen for the Cure® in support of breast cancer research and community outreach programs.

Don's Dogtopia is adding a little more incentive for you art *and* dog lovers. Talented animal artist, April Murphy will have autographed prints of "Pink Ribbon Pups" (above) available for sale at Dogtopia. All proceeds will be donated to The Komen for the Cure® foundation. Don's Dogtopia is located on 1315 Waugh Drive in the Montrose Area.

## Your Referrals are Great!

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 letter **E**: End, tim**E**, spac**E**, Every plac**E**.

### A Hot Item?

These are America's most stolen cars (vehicles 1-3 years old), according to the Highway Loss Data Institute. They all have the latest anti-theft technology, but you still can load them on a truck.

1. Cadillac Escalade
2. Ford F-250 pick-up
3. Infiniti G37
4. Dodge Charger HEMI
5. Corvette Z06
6. Hummer H2 4WD

Least stolen? The Volvo S80.

**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...



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## “Who Wants to Win a Gift Card to Quiznos?”

Congratulations to Corey Hartzog, winner of last month's trivia contest:

**What is the longest-running TV game show in U.S. history?**

- a) Truth or Consequences   b) The Price Is Right  
c) Hollywood Squares   d) Let's Make A Deal

The answer is b) The Price Is Right. The show, which debuted in 1972, is a revival of an earlier incarnation of the show, which aired from 1956 to 1965. So, let's move on to *this* month's trivia question...

**What athlete has appeared on the cover of *Sports Illustrated* the most times?**

- a) Jack Nicklaus   b) Muhammad Ali   c) Michael Jordan   d) Magic Johnson

**Email Me at [donpuryear@remax.net](mailto:donpuryear@remax.net), and you could win this great prize!**

## Real Estate Corner...

### **Q. How important is landscaping in buying or selling a house?**

**A.** Good landscaping can increase your home's resale value by 14 percent, according to the Associated Landscape Contractors of America. Better curb appeal may speed up the sale by as much as six weeks.

Professionals recommend that you invest 10 percent of your home's value in landscaping. More than just plantings, this includes structural features such as lighting, outdoor rooms, fences and pools. Here are some helpful tips:

- ◆ **Determine what you need.** Are you landscaping to sell your home or to enjoy the property yourself for the longer term.
- ◆ **Get professional guidance.** Depending on the scope of your project and budget, consider hiring an arborist, a landscape designer or a certified landscape architect. Ask friends for recommendations or search web sites such as the one for The American Society of Landscape Architects.
- ◆ **Develop a plan.** Set your priorities — what needs to be done (have you solved that drainage problem?) versus what you'd like to do (put in an outdoor entertainment area). If you take a piecemeal approach, the result will look disorganized and cost you more money in the long run.

If you have any questions, need capable and trustworthy representation, or would like a recommendation for a reliable landscaper, please call me at 713-302-6543.

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