



September 2010

Broker Associate, ABR, CRS, CLHMS
Accredited Luxury Home Specialist
Certified Distressed Property Expert

NAR's Green Designation

Licensed Attorney

Owner-Happy Tails Dog Spa

Inside This Issue...

Shake the Salt Habit...Page 1

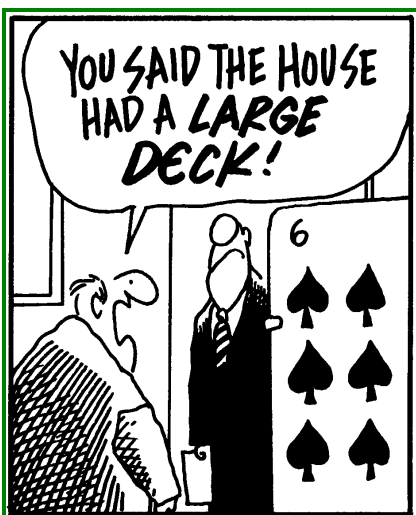
*Is Someone Spying on You?
Do This to Avoid Nosy
Software...Page 2*

*Don't Use These Words When
You Talk to Insurers...Page 3*

*De-cluttering Tips to Save
Money...Page 3*

*Beat this Trivia Question, and
You Could Win a Gift Card to
Barnes & Noble...Page 4*

Realtor's Corner...Page 4



Don Puryear's...

Service For Life!®

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

Shake the Salt Out of Your Diet

Did you know adults consume about 3,400 milligrams of sodium a day on average, and that doesn't count what you add with the salt shaker! Too much sodium can contribute to high blood pressure, leading to heart disease, stroke and other serious health problems. Here's what you need to know and do to shake the habit.

- 👉 **Your body needs sodium to function, but only about 500 milligrams a day.** Table salt is 40 percent sodium so one teaspoon is 2,300 milligrams. Set your salt budget to 1,500 milligrams a day (two-thirds of a teaspoon).
- 👉 **77% of the sodium consumed is from processed and restaurant food.** While food manufacturers and restaurants are taking some steps to reduce sodium, you can take control too. When eating out think natural! Order fancy sauces and dressings on the side, and take control of monstrous portions.
- 👉 **Cook more and shop selectively.** Cook with fresh herbs and spices, and rinse the contents of canned foods before you use them.
- 👉 **Learn salt lingo.** The term "reduced sodium" only means that the product contains at least 25% less than its original version. Best bet: Look for "%DV" (or daily value) for sodium on the Nutrition Facts label. Anything above 20% is high. Aim for 5% or less.
- 👉 **Watch out for diet foods.** They may be fat free, but where do you think the flavor comes from? Check the label...It's probably bursting with salt.
- 👉 **Focus on eating a balanced diet of fruits, vegetables, whole grains and low-fat dairy products.** These are all high in potassium, magnesium and calcium, minerals needed to maintain healthy blood pressure levels.
- 👉 **Avoid the following sodium-rich foods:** Meat pizza, white bread, processed cheese, hot dogs, spaghetti with sauce, ham, catsup, cooked rice, white rolls, and flour tortillas.

Green Tip for Grocery Shopping

Bring your own bags to the grocery store. Given a choice between plastic and paper, opt for paper. If you use plastic grocery bags, recycle them for doggie poop bags or for small trashcan liners.

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

Joker's Corner

Why did the spider cross the road?

To look for a new "web site."

Sink Safety in Your Kitchen

Do you ever rinse raw chicken in the sink before you cook it? If so, stop immediately! It doesn't remove bacteria like salmonella. You will kill those bacteria when you heat the chicken to an internal temperature of 165 degrees. Rinsing chicken can spread raw juices around your sink and countertop, contaminating other foods.

Up Close & Personal

Want a free, personalized tour of some of the world's most interesting cities? Local volunteers in 16 cities are delighted to show you around. Go to www.GlobalGreeterNetwork.info

Houston has its own troop of tour guides. Visit their website at www.HoustonGreeters.org

Egg-citing Facts

- Egg size and grade are not related. Size is determined by weight per dozen. Grade refers to the quality of the shell, white and yolk, and the size of the "air cell."
- Yolk color depends on plant pigments in the hens' feed.
- If you hard cook older eggs, they are easier to peel than fresh eggs.

Words of Wisdom

You're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there.

~ George Burns

Your imagination is your preview of life's coming attractions.

~ Albert Einstein

Say **NO** to Spyware!!

Does your computer seem to be operating slowly? Are you bombarded with pop-up windows or unexpected toolbars or icons? You may be a victim of spyware, software installed on your PC (usually without your knowledge or consent) that displays ads or tracks personal information. Here's how to prevent it:

- 🖥️ **Update your operating system and web browser software.** Set your browser security to at least medium, and limit pop-up windows and cookies.
- 🖥️ **Download an anti-spyware program from a vendor you trust.** Don't fall for anti-spyware ads or e-mails from companies you don't know that claim to do a free scan and speed up your computer instantly.
- 🖥️ **Don't click on links within pop-up windows.** To close the window, click on the "X" in the title bar. Don't close it by clicking on "agree" or "OK."
- 🖥️ **Be wary of downloading free software** like games, screensavers or customized toolbars. If you're not sure of the site, put the name in your search engine and see if anyone has reported that it contains Spyware.
- 🖥️ **Read the license agreement when downloading software.** By automatically saying yes, you may actually be agreeing to software you don't want.
- 🖥️ **If you think you have spyware,** stop online shopping, banking or other activities that use your name, passwords and personal information. Run a full scan with your anti-virus software and delete anything identified as a problem.

Labor Day: The Holiday for Workers

We celebrate Labor Day on the first Monday in September, but do you really know why we celebrate it? According to the US Department of Labor, it is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. In 1884, the first Monday in September was selected as the holiday, as originally proposed, and the idea spread with the growth of labor organizations, and in 1885, Labor Day was celebrated in many industrial centers of the country. On June 28, 1894, Congress passed an act making Labor Day a legal holiday in the District of Columbia and the territories. The labor force is vital to the making of our country, and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that our nation pays tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker.

Test Your Knowledge

You probably know the first three letters (**Alpha, Bravo, Charlie**), but can you name the entire International Civil Aviation Organization phonetic alphabet?
(See page 4 for the answer.)

Are Hardcover History?

Amazon.com announced that for the last 3 months, sales of e-books (for the Kindle) topped its sales of hardcover books. While hardcover book sales are up 22 percent this year, some predict that within a decade, fewer than 25 percent of all books sold will be print versions.

Star-Studded Mistakes

- ★ Will Smith turned down the lead in "The Matrix."
- ★ Sean Connery turned down the role of Gandalf in the "Lord of the Rings."
- ★ Al Pacino turned down the lead in "Close Encounters of the Third Kind."
- ★ Rock Hudson turned down the lead in "Ben Hur."

You might need more than a safe in your hotel...

A report by Trustwave's SpiderLabs says a hotel is most likely where a hacker will steal your credit card! To protect yourself, be sure to check all charges on your statement (even months after your trip) and report discrepancies promptly.

Something's Not Right Here...

Silly newspaper ads:

- 🐶 Dog for sale: eats anything and is fond of children.
- 👩 For sale: antique desk suitable for lady with thick legs & large drawers.
- 👩 Our experienced Mom will take care of your child. Fenced yard, meals, and smacks included.
- 👩 Illiterate? Write today for free help.
- 👙 Our bikinis are exciting. They are simply the tops.

Think Before You Speak to Insurers

The last time you had a fender-bender, did the words "I'm sorry" slip out of your mouth? That phrase might imply that you were at fault, which could put your claim at risk. Stick to the facts and talk to your own insurance company about what you should say to the other driver's insurer. But auto insurers aren't the only ones you should be careful around...Be mindful of these trigger words

- ✗ **Flood** – Insurers specifically define this as water from a nearby lake, stream, river or other body of water. Flood damage is not covered under standard homeowners' insurance, so don't use the word if a pipe broke and your basement has water in it, which may be covered.
- ✗ **Experimental** – Health insurance companies don't tend to cover procedures in this category. You want to convey the fact that the treatment is proven and medically necessary.
- ✗ **Whiplash** – Don't speculate about this injury until you've had a diagnosis. It's a word that shouts "fraud" to many insurance companies.

Throughout the month of October, Happy Tails Dog Spa will donate a portion of our spa services to the Susan G. Komen Foundation as part of our Paws for the Cure fundraiser. For details, email Julie@dogdaycare.com.



September is National Courtesy Month

It all boils down to following the golden rule: Treat others as you would like to be treated. Say thank you and please, be considerate of other people's personal space, and commit random acts of kindness to brighten someone's day; hold open a door or let someone go in front of you in a long line. Come up with your own ways to help spread politeness across the nation. If we all work together, we can make the concept of common courtesy a little more realistic. This September, let's celebrate National Courtesy Month by showing patience, kindness and respect to our fellow human beings.

Save Money, Not Stuff...



Want to save at least a \$1,000 a year? Clean out your self-storage unit. Nearly 1 in 10 households in the U.S. rent one, and let's face it: Most are filled with stuff we probably forgot we had.

Don't keep stuff in case you need it. You might as well make extra money by selling some of those items on eBay or Craigslist.

If you don't have time to clean it out yourself, hire a professional organizer. It'll cost you less in the long run.

If you must rent a unit, make sure it's temporary. Many companies offer the first month's rent free because they know you may stay indefinitely. Know what you're storing and make sure you only keep

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!

Did you Get Them?

Alfa, Bravo, Charlie, Delta, Echo, Foxtrot, Golf, Hotel, India, Juliett, Kilo, Lima, Mike, November, Oscar, Papa, Quebec, Romeo, Sierra, Tango, Uniform, Victor, Whiskey, X-Ray, Yankee, Zulu

Paradise Cities

These cities have the best quality of living according to a Mercer survey that rated cities on things such as economic environment, housing, health, recreation and schools.

1. Vienna, Austria
2. Zurich, Switzerland
3. Geneva, Switzerland
4. Vancouver, Canada & Auckland, NZ
Honolulu was the first U.S. city on the list (at 31) followed by San Francisco (at 32).

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 Gift Card to Barnes and Noble Bookstore?”

Congratulations to Amy Whitfield and Azael Gonzalez. They answered last month's trivia question correctly:

How many people are active users of Facebook?

- a) 50 Million b) 175 Million c) 400 Million d) a Gazillion

The answer is c) 400 Million. *This month's trivia question is:*

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

Email me with the correct answer at DonPuryear@Remax.net, and you could be one of my next winners!

Real Estate Corner...

Q. What should I know about buying a foreclosed home?

A. There are advantages and disadvantages to buying a foreclosed home. There are no seller's disclosures, so you don't have any first-hand representations or explanations about property conditions. A "great deal" could turn into a money pit quickly if it requires high repair costs. Without information regarding the ownership history, you may be missing important details that affect value (for example, a homicide on the premises). Title issues are more likely, which can potentially cause significant delays to closing. Most importantly, the purchase terms for a foreclosure almost always strip the buyer of very common rights and protections. At a minimum, be sure you understand the true value of the property and the terms of the purchase.

Some general tips:

- **Research the property (HCAD records, Internet & title search).**
- **Get an up-to-date inspection.**
- **Budget for repairs and renovations.**
- **Study the neighborhood.**
- **Get help from a Realtor who knows the community, the foreclosure process, and the details & terms of the purchase contract.**

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