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(Bath, groom, nails or massage)  
August 2008  
Happy Tails Dog Spa

Donald Puryear

# Service For Life!<sup>®</sup>

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

## Cell Phones And Automobiles May Jeopardize Your Safety

You’ve probably done it yourself . More than 100 million U.S. motorists use cell phones while driving. The National Highway Transportation Safety Administration estimates that at any given moment during daylight hours, 8 percent of all drivers are talking on a cell phone.

But the next time you do make a call in traffic, consider this: You may be jeopardizing your safety and the safety of those around you.

According to the Insurance Information Institute, research shows that while using a cell phone when driving may not be the most dangerous distraction (compared to eating, drinking, talking to passengers, adjusting the radio, applying make-up and reading), because it is so prevalent, it is by far the most common cause of crashes and near crashes.

University of Utah psychologists have taken it a step further. They published a study showing that drivers who talk on handheld or hands-free cell phones are as impaired as drunken drivers!

Experts believe that using a cell phone requires not only the hands, eyes and ears, but also plenty of mental attention, which is a great contributor to accidents. And there are more distractions to come, with new vehicles coming out with web access, inertial navigation systems, heads-up displays and more.

As many as 40 countries restrict or prohibit the use of cell phones while driving. In the U.S., Washington State, New York, New Jersey, the District of Columbia, Connecticut and California have outlawed speaking on a hand-held cell phone while driving.

Text messaging, or “texting” by teens is another major concern. Nationwide Insurance found that 19 percent of motorists say they text message while driving. In fact, Washington became the first state to ban texting with a cell phone while driving, imposing a fine for DWT (driving while texting).

There’s no doubt about it, cell phones have become part of all of our lives, and despite all the controversy, they are one of the best safety tools a driver can have in case of an emergency.

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## Word For The Month...

Experts say a strong vocabulary is a sign of higher intellect and advanced culture. Here's this month's word, so you can impress your friends and colleagues...

**Affable** \`a-feh-behl\ (adjective)

Meaning: Being pleasant and at ease in talking to others. Characterized by ease and friendliness.

Example Sentence: Belinda found Dustin to be an **affable** and courteous gentleman on their first date.

## Today's Thrifty Tip...

Here's a simple answer to one of the most common problems in any household...

We have all had one too many clogged drains to deal with in our lifetimes. And those liquid drain cleaners, besides being expensive, don't always work the way we want. And the cost of a plumber is out of sight!

So, here's a sure-fire method that works and saves lots of money. All you need is hot water and a big bucket. Fill your bucket with the hottest water you can find, and pour it down your clogged drain or toilet. Do this three times and -- tah-dah! -- your drain is cleared.

If you wish, you can also bring the water to a roaring boil on the stove before pouring it into the drain. This trick has been used successfully by apartment superintendents and has saved folks a lot of time and money.

## Build Your Family Tree For Free!

Did you know you can trace your family tree on the internet? **Ancestry.com** is the number-one source for family history on-line. You can visit **Ancestry.com** for a free 14-day trial and find your ancestors now. Search over 1 billion names and trace your family tree.

## Word to the Wise:

*"Education is what you get when you read the fine print. Experience is what you get if you don't."* – Pete Seeger

In fact, every day more than 200,000 calls are made from wireless devices to 911 or other emergency services.

We can help each other be safer on the road by following these tips from the Cellular Telecommunications Industry Association:

- Know your phone and its features.
- Place it within easy reach.
- Stop your car before placing your call.
- Let the person you're talking to know you're driving. End your call if you're in heavy traffic or hazardous weather.
- Don't take notes or look up phone numbers while driving.
- Use a hands-free device.
- Don't get involved in an emotional conversation that diverts your attention from the road.
- Dial 911 to report serious emergencies.
- Use your phone to help others in emergency.
- Call roadside assistance or a special non-emergency cell number when necessary.

## Do You Have a Tough Homeowner or Real Estate Question You Want Answered?

I love hearing from my good friends and clients who enjoy reading my monthly newsletter. And I'm always looking to answer pressing questions you might have about ANYTHING relating to real estate or homeownership.

If you have a question, need help with repairs, or have a real estate problem, please feel free to call me at 713-302-6543 or email me at donpuryear@swbell.net. Don't forget – In addition to being a Realtor, I'm also a lawyer....so I can answer legal questions, too. Perhaps I'll feature you in a future issue!!!

## The Perfect Way To Serve Wine

Whether you're a wine connoisseur, or just enjoy a glass of wine over a relaxing dinner, the following guidelines will help you serve wine at its best.

All white and pink wines should be served chilled. Dry and medium-dry Sherries and light reds, such as Beaujolais and Gamay, can be served slightly chilled. All other red wines are served at room temperature (ideally 65 to 68 degrees). Many red wines, especially less mature ones, improve if opened an hour or so before serving.

Older red wines often contain sediment. The bottle should be set upright several hours before pouring. It's a good idea also to decant an older wine by pouring it into a clean carafe. Set a strong light or candle behind the wine so that you can see the sediment. Stop pouring as soon as the sediment approaches the bottle's neck.

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### Mind Teaser...

My voice is tender, my waist is slender,  
and I'm often invited to play. Yet  
wherever I go, I must take my bow...or  
else I have nothing to say.

What am I?

(answer at bottom of last page)

### More Crazy (But True!) Country Western Titles...

- I Don't Know Whether To Kill Myself Or Go Bowling
- I Changed Her Oil, She Changed My Life
- I Fell In A Pile Of You And Got Love All Over Me
- I Still Miss You Baby, But My Aim's Gettin' Better
- I'll Marry You Tomorrow, But Let's Honeymoon Tonight
- I'm So Miserable Without You, It's Like Having You Here
- You're The Reason Our Kids Are Ugly
- You Done Tore Out My Heart And Stomped That Sucker Flat
- She Got The Gold Mine And I Got The Shaft
- Please Bypass This Heart

### Amusing Irrelevant Facts...

- In Kentucky, 50 percent of the people who get married for the first time are teenagers!
- Albert Einstein couldn't speak fluently when he was nine. His parents thought he might be retarded.
- In Los Angeles, there are fewer people than automobiles.
- You're more likely to get stung by a bee on a windy day than in any other weather.
- Research indicates mosquitoes are attracted to people who have recently eaten bananas.
- A sneeze zooms out of your mouth at over 600 miles per hour.
- A Saudi Arabian woman can get a divorce if her husband doesn't give her coffee.
- The average bank teller loses \$250 every year.
- Donald Duck comics were banned in Finland because he doesn't wear pants.

And finally...

Because metal was scarce, the Oscars given out during World War II were made of wood!

## Here's Why You Need More Vitamin C In Your Diet...

Even if you have a glass of orange juice and take a multivitamin every day, you could still need more vitamin C. Here's why:

1. Low vitamin C is very common in humans. One in three Americans has low blood levels of C. Researchers at Arizona State University think one reason is that foods don't contain as much vitamin C as we think. For example, orange juice in ready-to-drink cartons has far less C than juice from frozen concentrate.
2. The recommended daily allowance (RDA) for vitamin C is too low. C is an antioxidant superpower that neutralizes free radicals that can cause cancer, heart disease, cataracts, and other medical conditions. Doctors writing in *Prevention Magazine* say 500 to 1,000 mg of vitamin C per day are needed to saturate blood and tissue. Current RDA levels are 90 for men and 75 for women.
3. If you have diabetes, extra vitamin C is recommended. People with diabetes have high levels of oxidative stress. That leads to blindness, nerve damage, and heart disease. Vitamin C helps to counteract these effects. If you take supplements, be sure to tell your doctor.

The safe upper limit for vitamin C taken daily is 2,000 mg. Higher doses can cause diarrhea or stomach upset. The American Cancer Society's committee on nutrition and physical activity says extra vitamin C isn't for everyone. Don't take it if you are taking chemotherapy. If your body stores excess iron, or if you have a history of kidney stones, don't take more than 100 to 200 mg per day.

### Thank You! Thank You! Thank You!

Thanks to *YOU* the word is spreading. Thanks to all of my clients and friends who graciously referred me to your friends and neighbors last month! See, rather than pester people with unwanted calls and visits, I build my business based on the positive comments and referrals from people just like you. I just couldn't do it without you!

**Amy & Morgan Whitfield   Sharon Sullivan   Crystal Mendell**

## Heart Disease Detected In Kids?

Here's a startling discovery. Researchers at McGill University have found that critical indicators of heart risk turn up in kids under age 9. The study noted insulin resistance, elevated blood fats and low levels of good HDL cholesterol in children.

Meanwhile, obesity in children is also a factor in heart health. Obesity among American children has tripled in the last 15 years. For further information and guidelines for children, visit the American Heart Association website at [www.americanheart.org](http://www.americanheart.org).

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## 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? Thanks for keeping me in mind with your referrals...and spreading the word!

## Actual Answers from Children's Science Exams...

Q: Name the four seasons.

A: Salt, pepper, mustard & vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep & canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

## The Sign...

A boss complained at a staff meeting that he wasn't getting any respect from his subordinates. Later that morning, he went to a local card shop and purchased a small sign that read, "I'm the Boss."

He brought it back to the office, mounted it on his door and left for lunch.

When he got back, he found a note taped to the sign that said, "Your wife called. She wants her sign back!"

## Answer To Mind Teaser...

I am a Violin.

**THANK YOU** for reading my Service For Life!<sup>®</sup> 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.

**Donald Puryear, CRS**  
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**www.innerloophomesales.com**

## "Who Wants To Win a \$50 gas card"

*Take my Trivia Challenge and you could win too!*

Guess Who Won Last Month's Trivia Question? I'm pleased to announce the Grand Prize Winner of last month's quiz. And the winner is...drum roll please: **Jessica Garrison** was the first person to correctly answer my quiz question...

### How Many Grooves Are On The Edge Of A Quarter?

a) 119   b) 97   c) 238   d) 162   e) 441

No need to get out the magnifying glass, because the answer is letter "A," one hundred nineteen. So let's move on to this month's trivia question...

**In the early 1900s, Henry Ford's effective use of mass-production techniques, including assembly lines and a three-shift workday, eventually allowed for the manufacture of a Model T every \_\_\_\_\_**

a) 3 days   b) 45 minutes   c) 12 hours   d) 24 seconds   e) 8 hours

*Call or text me right now with your answer and you could win too! 713-302-6543*

## Real Estate Corner...

**Q. We've been thinking of hiring a Realtor to list our property. What should we look for in a qualified, competent agent?**

**A.** Do you remember the old riddle, "What do you call the person who graduated dead last in his/her medical school class?" Answer: DOCTOR! Well, the same is true for real estate agents. Just because someone passed a state licensing examination doesn't mean they are qualified to handle your needs. All agents are not the same. Here are a few things you should look for in a qualified agent.

Determine if they specialize either in your area or type of home, as well as what training, experience or certifications they have related to your market. Ask the number of transactions they have successfully completed.

Ask them how they helped clients overcome specific problems they encountered in a past transaction. There are often surprises in the process, and you need an agent who can help navigate a difficult course if necessary.

Ask them specifically what they will do for you if they represent you. They should have a step-by-step plan of action, including a detailed MLS listing, print & Internet advertising, public & broker open houses, staging and professional photography.

Ask them about their marketing skills. After all, they are helping you SELL your house. Agents must be skilled in the legal and technical aspects of the transaction, but equally important, they also must be strong marketers.

And finally, ask them for a reference list of past clients they have helped. Call those references and ask questions about how the agent handled the transaction and whether they would use that agent again.

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