



*Donald Puryear*

# Service For Life!®

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

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Houston Association of Realtors  
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Institute for Luxury Home Marketing  
Employee Relocation Council  
Greater Houston Builders Association

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## **Want To Lose Weight? Dieting Myths Debunked**

If you think you're committing a dieting sin just because you're a late-night "snacker," here's good news!

According to "*Dieting for Dummies*," eating late at night is not the culprit. It's actually the type of foods late-night snackers eat that causes the damage. Your body processes calories the same regardless of the time of day. If you avoid the ice cream and chips, those late-night snacks are perfectly harmless.

The second dieting myth is the notion that you can never have seconds. In fact, you may want to take a smaller first serving, see how full you feel, and then choose to have seconds of some items.

Another common myth says you should not eat between meals. In reality, eating three main meals and a few small snacks in between can often prevent you from gorging at meals. By keeping your hunger pangs away, you're able to make smarter eating choices.

Remember: Don't deny your cravings. Having a small serving of what you are craving can actually lead to less caloric intake than larger amounts of substituted food that aren't as satisfying.

Another popular myth says if you've reached a plateau in your dieting plan, the only way to lose more weight is to drop your caloric intake significantly. Truth is, when your caloric intake drops significantly, so does your metabolism. Exercise is the best way to break through the plateau and continue your weight loss.

Another classic myth claims that eating breakfast actually makes you hungrier during the day. This is only true if your breakfast is filled with sugary carbohydrates. These common breakfast foods will leave you feeling hungry in a short time. A good breakfast alternative is whole-grain cereal or eggs. These are higher in protein and fat, but they will sustain you for a longer period.

Becoming a vegetarian is not the magic answer either. Many believe that substituting nuts and cheeses for meats will allow them to lose weight. Not true. You are simply substituting one high-fat food for another and weight loss is not going to happen.

### **Curious about a Particular Home?**

If you want to see a home currently on the market, let me know and we'll schedule a showing, or if you just need details about a current listing or a recent sale, call me and I'll tell you...with **no hassles and no obligation.**

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

## Donate used Eyeglasses



Lions International has designated May as **Recycle for Sight Month**, and Lions Clubs all over the world are collecting used eyeglasses for recycling and distribution to those in need in developing countries. Contact [eyeglasses@lionsclub.org](mailto:eyeglasses@lionsclub.org) for the nearest dropoff location.

## RECEIVE DAILY GREEN TIPS ON YOUR CELLPHONE:

Text 44636 with  
"Greentips."

## PIES AREN'T SQUARE!

A fifth generation farmer was determined his son would be the first in their family to go to college. He & the wife saved every penny for years. When the big day came for Junior to leave for school, the old man was the proudest he'd ever been.

After the first semester, Junior came home and the old man sat him down for a talk. "Well, Son, you've been at school for three months now. I want you to tell me some of that fancy book learnin'." Junior responded, "My favorite class is math. We just learned a new formula: Pi r squared."

Hearing this, the old man rolled his eyes and smacked his forehead, "Doggone it! I spent all that money on schooling and all you can tell me is Pi r squared? Why, everybody knows that pie are round. Cornbread are squared!"

## Calling Genealogy Buffs



The Statue of Liberty/Ellis Island Foundation has launched a web site that will allow searches of the old passenger manifests from the ships that brought immigrants through the New York Harbor. The site, [www.EllisIslandRecords.org](http://www.EllisIslandRecords.org), allows you to view electronic images of the actual documents dated 1892 to 1924.

## Quote Of The Month

*A person should hear a little music, read a little poetry, and see a fine picture every day in order that worldly cares do not obliterate the sense of the beautiful which God has implanted in the human soul.*

- Goethe

Finally, one of the most dangerous dieting myths is that fasting will shrink your stomach and allow you to lose weight. What really happens when you fast is your body releases chemicals called ketones which build up and put a burden on your kidneys...and they're the most common contributor to bad breath!



In addition to diet and exercise, don't forget vitamins & supplements!

For some of the best prices in town, visit **Houston Buyers Club** at 3224 Yoakum Blvd, 713-520-5288. [www.HoustonBuyersClub.com](http://www.HoustonBuyersClub.com)

## 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**.

## Safety Tips for your Memorial Day BBQ

A recent survey by Tupperware found that 37 percent Americans polled prefer to host a barbeque at their home versus going to a restaurant or to a friend's home. Yet, there's a dangerous side to home barbeques.

According to the National Fire Protection Association, nearly 2,000 gas grills catch fire each year. In addition, approximately 300 people receive serious burns and thousands receive minor burns. Here are a few important tips to avoid barbeque mishaps and enjoy your party.

-  Keep the children away from the grill at all times – even when it's off. Also, make them aware that the outside of the grill is just as hot as the inside.
-  Avoid wearing synthetic clothing. It can melt in heat and cause serious second and third-degree burns.
-  Use appropriate lighting methods for the grill. Follow the owner's manual directions. Always keep your face and body away from the grill when lighting it. Don't look in to see if the fire has ignited. Don't use a cigarette lighter to ignite the fire. A match or grill igniter will allow you to keep a safe distance.
-  Never pour lighter fluid on ignited charcoal. The flames can leap from the charcoal igniting the liquid and the bottle that you are holding.
-  Clean the lit grill with a long-handled cleaning tool. Otherwise, perform cleaning before the grill has been lit.
-  When flipping meat, do it gently to avoid splattering grease causing flames to shoot up. Also, be sure that you are using grilling utensils that have "stay cool" handles.
-  Empty charcoal ashes into a metal trash can to ensure safe disposal.

**Enjoy your Memorial Day barbeque, but do it safely!**

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

## Brain Teaser Of The Month



To some I hold treasure,  
To others, displeasure.  
I am always near you,  
Yet always far.  
I am done when I begin,  
And begin when I end.  
What am I?



(answer at the bottom of last page)

## Think Before Redecorating

The use of specific colors in decorating can define the mood and purpose of a room. Below are some colors and how they influence a room.

- **Red** – Increases circulation and muscular activity.
- **Orange** - Signifies optimism and enthusiasm.
- **Yellow** – Represents creativity and joy.
- **Green** – Symbolizes balance and nature.
- **Blue** – Represents inspiration and truth.
- **Violet** – Suggests humility and spirituality.
- **White** – Signifies purity and innocence.
- **Black** – Suggests strength and restores energy.

So think before you choose your color scheme. It could change the entire mood of the finished room. And if you're about to put your home on the market, as a general rule, select neutral colors that would have the broadest appeal.

## ENERGY SAVINGS

If one out of four American households replaced a single incandescent bulb with a CFL (compact fluorescent lamp), we'd save as much as 200,000 acres of forest.



### Household Cleaning Tips:

To clean the inside of your oven, sprinkle with baking soda and spray with water. Leave it overnight and wipe away in the morning.

For tough toilet rings, pour a half-cup of distilled white vinegar into the bowl and let sit overnight before scrubbing. Or use denture tablets. Let them foam for five minutes, and then scrub.

# Simple Energy Saving Tips

As energy prices soar, homeowners are looking for ways to improve energy efficiency. These improvements will not only help your home stay cooler in the summer, but they will also allow your home to hold heat during the winter. The CertainTeed Home Institute offers these tips:

- Upgrade your attic insulation. This is especially important if your home was built before 1980 because the recommended levels have been raised since that time. Also, check that the insulation around windows and doors is sufficient. This can either be done yourself or with the help of a contractor.
- Strategically plant trees and shrubs to reduce heat exposure. Low-lying evergreens planted close to the foundation of your home can help slow the escape of cool air during the summer and insulate during the winter.
- Have your cooling and heating units serviced regularly to ensure that they are working efficiently. Also, be sure to change the filter regularly.
- Weather-strip, caulk and seal around all windows, doors, electrical boxes, and plumbing penetrations. Check if roof eaves and/or siding are airtight.
- Close the east/west facing blinds and curtains during the day to minimize heat gain. Also, close the vents in the guestroom and other infrequently used rooms to allow the flow of air to concentrate on the frequently used rooms.
- Install an automatic programmable thermostat. It will help control your home's temperature around your living schedule.

For more ideas on how to improve the energy efficiency of your home, visit

[www.certainteed.com](http://www.certainteed.com).

**PROTEST DEADLINE:** With few exceptions, the deadline for protesting Harris County Appraisal District's assessment of your property value is May 31<sup>st</sup>. You can file your protest yourself online at [www.HCAD.org](http://www.HCAD.org) or engage a professional to assist you. Laura Mullen handles my protests, and she can be reached at 713-526-5978.



**MEMORIAL DAY**  
MAY 25<sup>TH</sup>



Originally known as Decoration Day, Memorial Day is a time of remembrance and commemoration for those who gave their lives fighting to provide us the freedoms we enjoy in America.

## How To Avoid Consumer Fraud

With all sorts of consumer fraud occurring each day, it's important to protect yourself. Here are four telltale signs of fraud.

- Question promised prizes. If you have not entered any drawings and someone calls you to tell you that you have won something, be suspicious. Never send money to collect your prize.
- Don't give in to pressure. If it is a legitimate offer, they will not ask you to make any immediate decisions.
- Never give out your credit card number or the number on the bottom of your check. With either of these numbers, a crook can clean you out.
- If they ask for money and tell you that it will be picked up by a delivery service in just a few hours, don't do it. This is how criminals avoid mail fraud charges and reduce the time that you have to cancel the transaction.

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

**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 renting, buying or selling a home? Thanks for keeping me in mind with your referrals...and spreading the word!

### Need Tourist Information?

Looking for information about Bermuda? Or Botswana? How about the Seychelles? Find their tourism office by visiting this convenient worldwide directory online at [www.towd.com](http://www.towd.com).

### Brighten That Smile



Want an easy and inexpensive way to whiten and brighten your teeth? After brushing with your regular toothpaste, mix ½-teaspoon baking soda with two drops of lemon juice and brush. The baking soda absorbs stains from the teeth and the citric acid in the lemon juice whitens. You'll see the difference if you do this everyday.

### The Awesome Avocado



You don't have to avoid avocados, even though they have a high fat content. They actually contain "good" unsaturated fats that do not raise blood cholesterol. The U.S. Government's Dietary Guidelines Report suggests that moderate amounts of foods like avocados can help keep blood cholesterol down and offer protection against heart disease. Avocados are also very high in folic acid and potassium. And, they're a good source of iron and Vitamins A and C.

### Brain Teaser Answer

The Future



**THANK YOU** for reading my Service For Life!® newsletter. Your feedback, suggestions, and contributions are always welcome.



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# “Who Wants To Win a \$50 gift card to Smoothie King?”

*Your chances to win could be better than you think!*

Guess Who Won Last Month's Trivia Question? I'm pleased to announce the lucky winners of last month's quiz: **Toanne Choo, Steve Delaune, Lisa Lapko, Elizabeth Eikenberg, Donna Powell & Susan Bryan.**

**What year did the United States Postal Service begin using ZIP codes?**

- a) 1963 b) 1639 c) 1913 d) 1918 e) 1775

The answer is letter “A,” 1963. The winners each received a book of Forever stamps. (Note the new postage rate of **44 cents** for the first ounce of a first-class letter as of May 11th.) So let's move on to this month's trivia question...

**What is the nationally recognized flower of Memorial Day?**

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

The first person to go to the Contact Us section of our website, [www.NoPlaceLikeHouston.com](http://www.NoPlaceLikeHouston.com), and send the correct answer will win a \$50 gift card to Smoothie King!

## Real Estate Corner...

**Q. My husband & I found a home we want to buy, and we're thinking of doing it ourselves rather than using a Realtor so we can save the 3% commission. What are the benefits or risks of proceeding on our own?**

**A. You are about to make one of the biggest purchasing decisions a person will make in his lifetime, and only you can decide whether you are comfortable doing that without the guidance of an experienced professional.**

Before going forward, confirm that you will actually receive the 3% savings. Commissions are addressed in the contract between the seller and his agent, and most often, the listing agent has a contractual right to the full commission if a second agent is not involved. **In other words, it typically costs the seller the same amount whether or not you have your own agent.**

Note that finding the right home is only one step in the process, and in fact, it is the least complicated step. Assembling and presenting an offer correctly can make the difference in whether a seller will even negotiate with you, much less accept your offer. A Realtor can provide market data and analyze actual sales to assess fair market value, review seller's disclosures & prior inspections, evaluate a home's resellability, complete the correct contract & addenda, explain the terms & procedures, discuss ancillary costs, and include provisions which maximize your protections. They can guide you through dozens of critical steps – market analysis, negotiations, inspections & repair amendments, survey & title commitment review, financing/appraisal/lending issues, and closing & funding, for example. Also, in a multiple-offer situation, an agent can offer strategies for setting your offer apart and optimizing your chances of being selected.

As you can see, an agent does much more than simply schedule a showing and unlock a door. If you're on your own, there is great potential to make costly mistakes, miss the opportunity to buy the home you want, or to overlook asking key questions that would have greatly impacted your buying decision. For a comprehensive list of buyer traps, visit [www.CommonBuyerMistakes.com](http://www.CommonBuyerMistakes.com).

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