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Don Puryear

Service For Life![®]

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

How Small Steps Can Make A BIG Difference In Your Health

Every day you hear warnings about lifestyle choices affecting your health. We Americans eat poorly, get little exercise, and frequently contribute to our own untimely demise.

But what’s the point in living a long time if you don’t enjoy yourself while you’re around? How can you balance the advice you hear and still have a normal life? It turns out that just by making small changes to your lifestyle you gain significant benefits—and this may encourage you to make even bigger changes.



Exercise—the greatest benefit! Sure, we all know we need to exercise more. But if you just can’t seem to drag yourself to the gym three or four times a week (or even once just to sign up), there are small, everyday things you can do to get significant exercise.

Little things mean a lot. Instead of driving around the parking lot in circles for 15 minutes in search of that perfect parking spot, the one right near the mall entrance, park farther down the row. Walking just four minutes burns 19 calories. Not only will you benefit from the additional walking distance, you’ll probably find yourself inside before you would have found a space. You can find out how many extra calories you can burn in a day by using the online calorie calculator at www.ivillage.com/diet/tools/healthcalc.

Seize the moment! How often have you been alone or with your family, watching television or a movie starring Julia Roberts or Brad Pitt, and gotten a pang of “abdominal envy”? Instead of feeling guilt for sitting around, or making a mental note to exercise later, plop yourself down and do some quick crunches while you’re thinking about it. At the end of the evening, you’ll have done 20 crunches instead of none. For the most effective crunches, check out www.bodybuildingforyou.com.



A live-longer, live-better diet. You know what you should and shouldn’t be eating; eat vegetables and don’t eat too much fat. But making a commitment to a lifetime of healthy eating may be biting off more than you can chew. Here are some tips on how to change your diet habits a little at a time. Get Free money-saving home tips at my web site: www.NoPlaceLikeHouston.com



WE NEED YOUR HELP!

October is Adopt-a-Shelter-Dog Month. The Puryear Team is passionate about animal rescue. Visit NoPlaceLikeHouston.com and click on our *Pet Resources* tab for information on featured rescues and for details about the **Second Annual Movie Night & Silent Auction** benefitting Scout’s Honor Rescue on Thursday, November 12th from 7 to 10 pm at the River Oaks Theater.



Joker's Corner



Why does Dracula have no friends?

Because he's a pain in the neck!



Why are skeletons so calm?

Nothing gets under their skin!

Got a Green Tip?

Just email it to me.

We will feature the

winning tip in our newsletter!

The winning tip will get a gift certificate to *Ruggle's Green*.



Pumpkin Cookie Cake



For a super simple

Halloween party treat, buy an 18-ounce package of refrigerated Sugar Cookie Bar Dough and your favorite decorator candies and icing. And then:

- 1). Preheat oven to 325 degrees F (160 C). Grease large baking sheet.
- 2). Shape the dough into 8-inch-pumpkin shape on prepared baking sheet.
- 3). Bake for 16 to 18 minutes or until light golden brown. Cool on baking sheet for 2 minutes; carefully loosen cookie with spatula. Cool completely on baking sheet on wire rack.
- 4). Decorate with decorator candies and icing.

Pest Problems?



Try Clayton Adair at Parkway Pest Control! He is thorough and offers pest control and termite inspections. For more information, call Clayton at: 281-354-6630

QUOTE OF THE MONTH

"The only time to eat diet food is while you're waiting for the steak to cook"



— Julia Child

Try eating what you're "supposed to eat." The FDA recommends eating five servings of whole grains and five servings of fruits and vegetables per day. But who has room for all those *plus* the super-sized fast-food value meal?



Just for one day, fit in all the foods you're supposed to eat. Whole grain cereal for breakfast, Spinach salad with egg and rye crackers for lunch, a handful of raisins and some cashews for a snack, and a Salmon steak, brown rice with thyme and asparagus for dinner. But you know what? That's *still* not enough to meet the recommended FDA standards.

Plan a day's worth of meals for yourself. And at the end of the day, see if you could find room for any junk food. This way, you'll not only fulfill your hunger, but you'll be eating healthier. Now you can go to bed feeling good about yourself and not guilty about a thing.

Take it one day at a time. Changing your entire life is daunting, but you can eat well for a day. Tell yourself that you don't have to eat well everyday, just today, to see what it's like. Who knows, one day might turn into a week. Or three servings of veggies a day become five. Habits have to start somewhere.



It's the small steps that really count the most. Recommendations and "official" guidelines about your health can sometimes seem overwhelming. But start by taking small steps to improve your health. You'll feel healthier and more in control of your life.



Are You Haunting Open Houses?



Do you find yourself getting that urge to drop in to Open Houses, even when you're busy? You're not alone. Many homeowners visit open houses to get design ideas, or to see how their home compares in the neighborhood.

But if you find yourself attracted to Open Houses frequently, you might want to ask yourself "why." You might just find that, even though you're happy with your current home, you might be subconsciously searching for your dream home. Perhaps you want a bigger yard? A quieter street? A gourmet kitchen?

Whatever the reason, I can help. My computerized "Home Search" system can scour the market finding the *exact* home you want – automatically. I can get you daily updates on the newest homes on the market, and there's never any pressure when working with me, just great service. Even if you're just "thinking" and want to know what's "out there," call me at (713) 302-6543.



'What's that You Said?'

When a car passes you with the music pumping so loud you can feel it in your chest – and you're twenty feet away – you wonder how long it'll take the driver of that car to go completely deaf.

But according to the Jacksonville FL *Times-Union*, people with their headphones cranked-up are actually at greater risk of losing their hearing than the people in that thumping car. It seems that stereo headphones can emit as much as 120 decibels, well above the volume needed to cause permanent hearing loss. In fact, hearing damage can occur at a mere 60 decibels.

So keep an eye on the volume when you (or your kids) are cranking the headphones... You may be doing more harm than you realize.





Brain Busters

1. Where is the American flag flown round-the-clock, but is never raised, lowered, or saluted?
 2. What is the only country whose flag is not rectangular?
 3. What is the only country to have a single-colored flag?
 4. How many verses does the Greek national anthem have?
- ????????????????????

HALLOWEEN TRIVIA

In the movie "Halloween," the mask worn by Michael Meyers is actually the mask of William Shatner painted white!



 **Jack O' Lanterns** originated in Ireland, where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.

Road Trip Buddy

Whether you are planning a road trip or just have a long commute, check out www.gasbuddy.com. Enter the zip code of the area to which you are traveling, and this nifty website will populate a list of local gas stations, along with their current gas prices.



The Orange Show Center for Visionary Art, a non-profit organization founded to preserve & present works of extraordinary imagination, including Houston's Beer Can House and Art Car Weekend, is hosting the **27th Annual Orange Show Gala Angels & Demons On the Bayou** Saturday, Nov. 7th from 7pm until Midnight.



For tickets & information, please call **Victor Juarez** at 713-398-0733 or visit www.OrangeShow.org



WARNING To Parents: Is That Playground Safe For Your Child?



Almost every fast-food or kid-friendly restaurant has a playground with a "ball pit" – a Plexiglas pit with brightly colored plastic balls for children to play in. And for the most part, playing in them is a safe and fun activity, giving mom and dad a welcome respite from the kids.

But there are some things to be wary of in those colorful play areas. Dangers from germs, collisions, and sometimes unmentionable items mean you should check out the ball pit before your kids go romping around. Although the risks are small given the thousands of kids who enjoy popular play areas, parents should nevertheless take precautions to keep their kids safe while playing.



For example: Injury can occur when kids collide in the ball pits, especially when a child hides under the balls and can't be seen. In 1995, a teenager was killed when he was hiding under the balls at the base of a slide and another child landed on top of him.



Germs also can collect on equipment, spreading viruses and disease. Manufacturers recommend that the establishment disinfect play areas daily, and thoroughly wash them weekly. But not all meet these requirements.



Also, since the balls in a "ball pit" contain latex, if your child is allergic to latex, keep him or her away from the ball pit. Latex allergy can result in reactions ranging from a rash to anaphylactic shock. As with any play space, parents should use their best judgment and a watchful eye to protect their kids.

ENTERTAINER'S TIP:

Try these **pumpkin-inspired** wine glass labels for your Halloween party. Cut circles from orange construction paper, cut out the centers, and then cut slits in the centers. Cut stems out of green paper and glue them onto the orange circles. Twist four pieces of thin cloth-coated florist's wire around the stem of each glass, and use pencils to curl the pieces at the top of the stem to make tendrils. (Tip from **Better Homes & Gardens**)



alzheimer's association

As many as 5.3 million people are living in the United States with Alzheimer's Disease. Please support the Houston and Southeast Texas Chapter of the Alzheimer's Association on **October 24th** in their **Memory Walk** to help raise awareness and funds for Alzheimer's care, support & research.

Contact Jessica Abad Maz at Jessica.Abadmaz@alz.org or 713-314-1343 for details.


www.alz.org/texas/

Green Tip: Coffee Cup Conservation

If your daily coffee comes in a disposable cup, you create about **25 pounds** of waste a year. Here's a thought: Buy a travel mug from your coffee shop or local grocery or home goods store, and ask them to put your coffee of the day or latte in it. You'll save the paper and keep your coffee warmer longer!



We Appreciate Your Referrals!

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 experiences we can make available to YOU! Thanks for keeping me in mind with your referrals...and spreading the word!

Please...STOP!

According to a University of Cincinnati study, the annoying songs most likely to get stuck in your head:

The Macarena

I'm a Little Teacup

Theme from *Gilligan's Island*

Tchaikovsky's *1812 Overture*

Kenny Rogers' *The Gambler*

YMCA by the Village People

Mozart's *Eine Kleine Nachtmusik*

Theme from the *Andy Griffith Show*

Brain Teaser Answers

1. *On the Moon.*
2. *Nepal's flag is asymmetrical.*
3. *Libya's, which is solid green.*
4. *158.*

Patio Furniture Preservation



Using a soft cloth, rub your wrought-iron outdoor furniture with car wax once a year to protect it from the elements and prevent rust.

THANK YOU for reading my Service For Life![®] newsletter. I wanted to produce a newsletter that has great content and is fun and valuable to you. Your constructive feedback is always welcome.



Outstanding Agents.
Outstanding Results.

Donald Puryear, CRS

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“Who Wants To Win a \$25 Smoothie King Gift Card?”

Your chances to win are better than you think!



Congratulations to **Dolly Haim Breneman, Jaime Henneman, Lindsay Colvin** and **Alex Frigini**, winners of last month's trivia question: **What room in the average American home is the scene of the greatest number of arguments?**

- a) living room b) kitchen c) bedroom d) bathroom

The correct answer is **B, the Kitchen**. Enjoy your **Bed, Bath and Beyond** gift cards! And now for this month's trivia question...



According to superstition, if you look in the mirror at midnight on Halloween, what will you see?

- a) ghost b) future spouse c) black cat d) departed relative e) vampire



The first 4 people to email me the correct answer will win! DonPuryear@remax.net

Real Estate Corner...

Q. What Steps Can I Take To Make My Home Sell Faster?

- A. There are several steps you can take to not only shorten the sale time of your home, but help it sell for greater value:
- **Make a strong first impression.** Drive up to your home as a prospective buyer would and scrutinize the lawn and front entry. Manicure the lawn, trim hedges/trees, resod if necessary, and add color (flowers or red mulch) to flower beds. Some buyers rule out a property without getting out of their car.
 - **Get rid of clutter.** The way you live in a home, and the way you sell a home are two completely different things. Eliminate those knick-knacks, ceramic thimbles, and other distractions from the true features of your home. Crowded closets give buyers the impression a home has inadequate storage. The less “clutter,” the better.
 - **Highlight special features that distinguish your home from others, and underscore the amenities that led you to purchase the home.** Evaluate any negatives objectively and take steps to neutralize them or – even better – turn them into a positive. Determine the best use for each room. For example, a small room with poor lighting and no closet may make a perfect media room.
 - **Make fundamental repairs before going on the market.** If something is broken, fix it...particularly if it's something you would expect to work properly in a home YOU were purchasing. Replace AC filters and any light bulbs that are out. Repaint rooms that are bold/strong colors or that have scuffs, and replace carpet that is worn or stained.
 - **Make your home available for showings.** This sounds obvious, but one of the most frequent complaints of REALTORS representing buyers is they can't get proper access to the home. Unfortunately, if a home is not convenient to see, buyers WILL typically move on to another property.
 - **Price your home appropriately.** The single most important variable in selling your home fast and for the highest possible sales price is to base your asking price on actual sales of comparable properties.
 - **For a personal evaluation of your home's market value and steps you should take to prepare it for the market, call me at 713-302-6543!**

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