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Broker Associate, ABR, CRS, CLHMS
Accredited Luxury Home Specialist
Certified Distressed Property Expert
Licensed Attorney
Owner-Happy Tails Dog Spa

Member of
Houston Association of Realtors
Distressed Property Institute
Council of Residential Specialists
Institute for Luxury Home Marketing
Employee Relocation Council
Greater Houston Builders Association

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Don Puryear

Service For Life!®

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



Going Green 101

We all know we can do a little more to make this world a cleaner place. However, thinking about all the tasks we can do around our house seems so overwhelming. Have no fear. By embracing these goals one at a time, you will feel better about tackling these to-dos little by little instead of doing nothing at all! **Recycling is the most important and easiest thing we can do to create a greener environment.** The best way to do this is by setting up a mini-recycling center in your kitchen, utility closet or garage, and labeling each bin for easy sorting. Be sure to break down any boxes; crush any plastic or aluminum cans for maximum space; and rinse all containers thoroughly. Use cloth totes for grocery shopping (most stores have them) or bring back your old plastic shopping bags to the store. Many stores have large bins where you can drop them on your way back into the store for your next shopping trip. Fortunately, Houston recycles a multitude of items:

- ♻️ Plastic bottles and jugs marked with the numbers 1,2,3,4,5, or 7. Make sure you remove the caps on your water bottles.
- ♻️ Newspapers (bundle these separately from other paper items).
- ♻️ Office paper.
- ♻️ Telephone books.
- ♻️ Unwanted mail.
- ♻️ Magazines and catalogs.
- ♻️ Aluminum, tin, and steel cans
- ♻️ Glass food & beverage bottles and jars, which you normally have to sort by color.
- ♻️ Cardboard boxes, including cereal boxes. (Remove plastic bag.)



TWEET! TWEET!
Do you have a Twitter account? The Puryear Team does as well! You can follow us at **RE/MAX_Puryear!** If you don't have a Twitter account, it's easy to sign up. Log on to Twitter.com to learn more!

Some neighborhoods already provide recycling bins and pick up all your recyclables in one box; they do the sorting for you. If you do not have this service in your neighborhood, you can find out where the recycling center nearest you is at <http://www.greenhoustontx.gov/recycling.html>. Discovery Green makes recycling fun by offering Recycling Saturdays from 10am-2pm. You can bring all your paper, glass, plastic and cans to Discovery Green during this time, and on the first Saturday of the month, stay to check out all of the eco-friendly activities and demos to help you on your quest for a greener planet!

Recycling is great, but what about the bigger, trickier items? What about computers or furniture? What about old doors or windows? There is a nifty program designed to allow recycling of construction materials. The Reuse Warehouse of Houston allows dropping off of unused construction materials like cabinets, doors, fans, flooring material, glass, gutters, hardware, lighting, lumber, mirrors, plywood, roofing material,

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JOKER'S CORNER

What did baby corn say to mama corn?
Where's Popcorn?



What made Noah the world's first financial investor? He floated his stock while everything else was being liquidated.



Restaurant Spotlight:

Voice Restaurant @ ICON Hotel

This award-winning restaurant was the Critics' Choice for Best New Restaurant and Top 50 restaurants in the country (*Esquire* and *Travel & Leisure* Magazines). Voice's non-pretentious American Cuisine leaves you speechless with its crisp flavors and fresh ingredients, and the bar will wow you with its specialty drinks.

See what all the talk is about:

220 Main Street (77002)

Sparkle and \$ave

For a cheap dishwasher rinse aid, just pour some plain white vinegar into the special rinse container. In addition to saving money, your dishes will sparkle like new. You'll also be doing a good thing for your pipes, and it's better for the environment.

September is Better Breakfast

Month! Start your day with

oatmeal, cereal, fruit, yogurt, or other healthy choices. The better the breakfast, the better the day!



Having trouble finding a home with everything you want? Maybe it's time to talk to a builder and consider a custom home! I'm thrilled to

recommend **Joe Wert, President of Iron Gate Build & Design, LLC.** In addition to offering superior quality & value in their construction, they provide 3-D renderings in their design process. For more information, visit

www.IronGateBuild.com.



Quote of the Month

*The happiest people don't necessarily **have** the best of everything. They just **make** the best of everything.* ~Jayaram

screens, sinks, showers, tubs, or windows, so non-profit companies can use them for maintenance they might not be able to afford. More than a third of waste in Houston is made up of construction materials, so this program is great! For more information, visit <http://www.greenhoustontx.gov/reuse.html>.

Old furniture, computers, or other electronic items don't always have to be thrown away. Instead of recycling, try "**freecycling**"! The idea is simple: You give away for free what you have and don't need and you receive for free what you need, but don't have. This 'free cycle' of goods keeps lots of useful stuff out of landfill sites and is about thinking globally and recycling locally. For more information on freecycling, visit their website at www.freecycle.org.

And don't forget Goodwill or The Salvation Army for your furniture and appliances. **Best Buy** will recycle most computers and TV's, and most cell phone companies will take any cell phones you are willing to give. Lastly, the UPS store will happily take your Styrofoam "peanuts." If you have any large pieces of clean Styrofoam, Houston Foam Plastics will take it. Visit their website at www.houstonfoam.com.

There are so many resources out there to make recycling as easy as possible. The city of Houston's website, www.greenhoustontx.gov is a great tool to help you make eco-friendly choices, not just for your home, but in the car and in the office. Go green and realize that every little bit helps to make our planet a healthier place to live.

Did you know...

- Every ton of recycled paper saves 17 forty foot Douglas fir trees?
- Paper takes up as much as 50% of all landfill space?
- Up to 90% of recycled glass can be reused to make new glass items, such as bottles and jars?
- Americans throw away enough aluminum to rebuild the entire commercial airline fleet every six months?
- Thirty-six recycled bottles can make one square yard of carpet?
- 130 billion beverage containers are sent to US landfills each year?
- Recycling a 1-gallon plastic milk jug will save enough energy to keep a 100-watt bulb burning for 11 hours?



Urban Myth or Serious Risk?

For years, there has been debate whether eating contents from a dented can is safe. Some people argue that you can eat from a dented can, but not from one that bulges or rusts, while others say never eat from a can with severe dents in them, but smooth dents are ok. Wait a minute. **Severe dents or smooth dents? Bulges?** What about **botulism**, the illness caused by eating from damaged cans? Here are some simple facts about eating or **not** eating from dented cans.

The USDA urges that we should not eat food from cans that have bulging lids, are rusting, or are badly dented. Tin cans aren't really tin; they are steel with a coating on the inside. That prevents the steel from rusting once the food and juices, which usually have acidity to them, are inside. If the dent is severe enough, there can be a crack in the coating allowing the juices to come in contact with the steel, allowing it to rust. This rust can cause the eater of the contents to become ill. Therefore, a severely dented can may be harmful if the coating has cracked and allowed rusting to occur, as opposed to a smooth dent which most likely won't crack the coating. Cans that are leaking or rusting may become contaminated with bacteria that enter the tiny opening. This environment is perfect for bacteria reproduction, so definitely dispose of that can and its contents immediately!



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Brain Buster

What force and strength cannot get through,

I with a gentle touch can do.

And many in the street would stand,
were I not a friend at hand.

What am I?

(answer at bottom of Page 4)



SIMPLE DESIGN TIP

Is decorating or re-designing your home overwhelming? The simplest solution: **BE YOURSELF!** It's your home, so decorate it the way you feel most comfortable. If the latest trends don't really fit your style, it's ok. Trust your instincts.

Prefer to brew your own cup of Joe?



Don't freeze or refrigerate your coffee:

Moisture & airflow rob your beans of flavor.



Store in an airtight container: Especially in Houston, all the humidity in the climate will reduce your beans' flavor just like refrigerating it.



Use up your coffee beans: If you haven't used them in 4 weeks, they may taste stale



Grind your beans immediately before brewing: Buy whole beans and grind them yourself for a fuller flavor.



Use filtered water: Coffee is 98% water; the cleaner the water, the cleaner the taste!



Brew in proper proportions: 2 tbsps of ground coffee to ¾ cup of water.

Entertainer's Secret!



Enhance the conversation; don't deter it! When creating a centerpiece for your dinner table, **think low and wide.** If the centerpiece is too tall, no matter how lovely, the conversation across the table is blocked, along with your guests' view. *When I need a floral arrangement, I call Flowers Etc. By Georgia, 713-524-3989.*

Tricky Trivia

1. Some months have 30 days. Some months have 31 days. How many months have 28 days?
2. Divide 30 by half and add ten. What do you get?
3. If you had only one match and entered a COLD and DARK room, where there was an oil lamp, an oil heater and a candle, which would you light first?



Bring on the 'StressBusters'



Stress is an unfortunate fact of life. But possessing a healthy sense of awareness and control can help you influence stress by shortening its duration or avoiding it altogether. Here are four simple techniques you can use to minimize stress in your life:



Practice The Six-Second Breathing Exercise. Anytime you feel tense, simply inhale deeply for two seconds, and then exhale for four seconds. Repeat several times. Momentarily relax yourself. Let your shoulders and jaw drop. A wave of relaxation will flow downward through your body.



Watch Less Television. TV disrupts the senses and can cause depression. Don't let TV control you. Don't aimlessly channel surf. And most of all, don't watch violent or depressing shows, including evening news. Consider reading an inspiring book or newspaper instead.



Change Your Perception Of Events. If someone cuts you off on the highway, don't automatically assume the person is selfish or out to get you. Maybe the person has a family emergency or personal crisis.



Consciously Choose To Be Happy. Abraham Lincoln said, "Most folks are about as happy as they choose to be." Choose to be happy by thinking about the positive events, people, and situations in your life.

For world news, visit www.newseum.org/todaysfrontpages/flash/



Just put your mouse on a city anywhere in the world... and the newspaper headline pops up. Click again to enlarge or read the whole paper!

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Is Sleep Limiting Your Learning?

Researchers at Harvard Medical School have important news for anyone trying to learn a new skill involving movement...

Whether you're pitching a softball, working on your tee shot, or perfecting your serve, the quality of sleep you get is almost as important as practice. The doctors found that **the final two hours of sleep** during an eight-hour sleep night are particularly important.

The Harvard folks also discovered that people learning keyboard skills in the evening learned them 20 percent faster than people learning those skills in the morning. This was only true, however, if the evening people had a good night's sleep.



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!

Brain Teaser Answer: A key 

Tricky Trivia Answers


1. All of them
2. 70
3. The Match



Discovering Houston!

Our great city was given top billing on Fast Company's honor roll for exemplary initiatives to improve neighborhoods and help build a better city. The star of the show is **Discovery Green**, which turned a stretch of cement and a small green patch into a 12-acre oasis in the heart of downtown Houston. Discovery Green is full of activities and exhibits for all walks of life. Year-round programs include exercise classes, outdoor films, and farmer's markets! For more information, please visit their website: www.DiscoveryGreen.com

Save the Date – 11/12/09

 The Second Annual Movie Night & Silent Auction for Scout's Honor Rescue is on **November 12th at 7pm** 
For details, please call Beth at 281-433-6736 or visit www.ScoutsHonor.com

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Donald Puryear
RE/MAX Metro
713-302-6543

donpuryear@remax.net
www.NoPlaceLikeHouston.com

“Who Wants To Win a \$25 gift card to Bed Bath & Beyond?”

Congratulations to Rosalind Lyssy, winner of last month's trivia question:

How many bones are in your hands & feet?

- a) 106 b) 24 c) 48 d) 68 e) 180



The correct answer is letter “A,” 106. Enjoy your pedicure/manicure at Etheria Salon, Rosalind!!! And now for this 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 e) garage

*The first **FOUR** people to text me the correct answer will win! 713-302-6543*

Real Estate Corner...

- Q. I'm about to list my house but feel that a 6% Realtor commission is too high. Are there any other options?**
- A.** Your first option is to sell your home without engaging a real estate agent. For a number of reasons, historically over 80% of the FSBO (“For Sale By Owner”) properties do not sell and are subsequently listed with a real estate agent, *reflecting that those sellers found paying commissions to be justified.*

If you list with a real estate agent, the commission is negotiable. While 6% is the most common commission in real estate, commissions are not fixed. Note that typically the listing agent will only receive half of the commission, with the other half being directed to the agent representing the buyer. (When you were the buyer, you most likely had the benefit of an agent representing you, compliments of the seller.) When taking the listing, your agent is committing his time, resources and money, assuming the risk that he will receive nothing if your home does not sell.

Some agents offer a “basic package” at a reduced commission, and a “premium package” with additional services for a higher commission. At a listing presentation, an agent can go into detail regarding what options they offer for commissions, if any, as well as the justification for a particular commission. (For example, the services we provide – including professional photography, staging & print advertising – cost hundreds to thousands of dollars for our listings.)

I routinely offer to list for a reduced commission if the seller is purchasing his next home through me, or for transactions where I am the only agent involved. My goal is to give my client a break wherever possible, but the commission I agree to must be a sound business decision or else I have to decline the listing.

As in any industry, there are discount brokerages that will list a property for a flat fee or for a low commission, but their services can most often be described by the cliché, “You get what you pay for.” For a transaction as important as the sale of your home, your focus should be on securing the best agent possible to assist you in that process, not the agent who will work for the lowest commission.

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