

Home News of the Triangle

News To Help You Save Time And Money

Winter 2016

Who Are You Inviting Into Your Life?

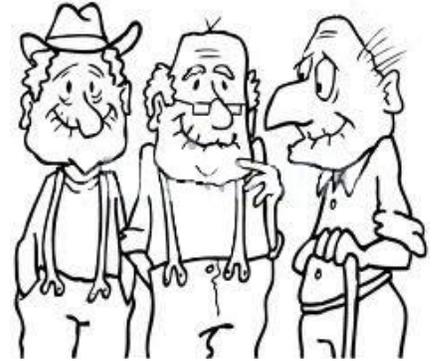
A woman came out of her house and saw three old men with long white beards sitting in her front yard. They looked harmless and poor. They greeted her and introduced themselves by the names Wealth, Success, and Love. "Well, those are interesting names," she said. "Why don't you come in and have something to eat."

"You may only invite one of us," they replied. "But if you will discuss with your family which of us it should be, we will be grateful for whoever it is."

The woman went in and told her husband what they had said. Her husband was delighted. "How nice!" he said. "Since that is the case, let's invite Wealth inside!

His wife disagreed. "My dear, why don't we invite Success? Surely that will lead to wealth as well as make us the envy of our neighborhood."

Their daughter chimed in, "I would rather have Love." She was so sweet and the couple loved her so much, they laughed and said, "Yes, let's invite Love to eat with us."



The woman went out and asked the three old men, "Which one of you is Love? Please come in and be our guest."

Love got up and walked toward the house. The other 2 also got up and followed him. Surprised, the lady said: "I only invited Love. Why are you all coming?"

The old men replied together, "When you invite Love into your house, you get both Wealth and Success."

Win A Prize!

Check Out Quiz Question on Page 2

INSIDE THIS ISSUE

- Who Are You Inviting Into Your Life?
- Walking Is Healthy And Wise
- Winter Quiz Question
- Things You Can Do Yourself for Less
- 7 Quick, Easy Ways to Winterize
- Timely Gardening Tips

Amy Shair

Walking Is Healthy And Wise

In a study funded by the National Institute on Aging, 120 people ages 55 to 80 were divided into two groups, with half instructed to walk for 40 minutes a day three times a week. The other half did exercises to stretch and tone their muscles. After six months, and then one year, the scientists measured the size of participants' hippocampus, a section of the brain that tends to shrink with age.



In the walking group, the volume of the hippocampus had increased by 2 percent at the end of the year, while in the other group the hippocampus had decreased by 1.5 percent. So whatever your age, remember that taking a brisk walk can keep you healthy throughout your life in many different ways.

**Time for New
Flooring?**

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Apex Floor & Tile
919-724-1661**

Winter Quiz Question

Question: Who invented the lightning rod for conducting electricity around a building and safely into the ground?

The first person to call in with the right answer will win a prize!
Call Amy at 919-469-6539 with your quiz answer.

NOTE: It usually takes 2 days for the winning answer – don't hesitate to try!
The Fall Quiz Winner was Helen Latshaw.

Things You Can Do Yourself for Less

- **Plumbing Repairs:** While plumbing can be a pain in the neck (literally...ever crawled under a sink?), most people are perfectly capable of making simple repairs, like replacing a leaky faucet or broken sprinkler head. Potential annual savings: \$100 to \$1,000 for typical repairs.
- **Pest Control:** Using approved chemicals and methods that you can look up online, you can treat your own house for insects and rodents. Savings: Up to \$50/mo, or \$600/yr.
- **Painting:** If careful, you can tape and edge like a painting professional. Savings: \$400 to \$1,500 for typical interior paint jobs.
- **Replace Light Fixtures:** Many people avoid changing out light fixtures because they don't know how. But once the job is started, they realize how easy it is and wonder why they almost called an electrician who wanted \$180, when it took them 20 minutes and cost \$40 for the fixture.

7 Quick, Easy Ways to Winterize

November is a great time to winterize your home in preparation for colder weather. Here are a few quick, inexpensive tips for cutting your heating bills.

1. Use a draft snake. This device was adopted during the Great Depression, and is one of the easiest ways to cut the cold. It's a long sack filled with sand or kitty litter that you can push into the crack under doors to stop drafts. You can buy a pre-made draft snake, or make your own.
2. Change the direction of your ceiling fans. Heat rises, so pulling the heat down from the ceiling will warm your room up fast.
3. If you used a window AC unit in the summer, remove it for winter. Warm air escapes through the vents and the areas around the unit.
4. Service your heating unit and replace filters. An efficient heating unit will work better and cost less to run.
5. Consider using window insulation film. This thin layer of film sticks right onto your windows and adds up to 70% more heat retention.
6. Use a candle to detect subtle air leaks. Light a candle, then move it all around the edge of your windows. If the flame wiggles in the breeze, then caulk that spot on the window.
7. If you have a fireplace, keep the flue closed when not in use to prevent heat from escaping and cold air from working its way down into the house.

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**Sabrina Schell
NMLS # 98721
Southeastern Mortgage
919-571-2505**

Timely Gardening Tips

Bare-rooted deciduous plants may be planted in January. These include fruit trees, nut trees, shade trees, and many shrubs and vines, including roses – in short, everything that loses its leaves in the fall.

Plant balled-and-burlapped evergreen trees and shrubs during January. The top of the ball should be at ground level. If you are moving a plant this month, be sure to dig the soil ball large enough. The diameter of the ball should be 8 to 10 inches per inch of trunk diameter.



Crape myrtles should be pruned this month. Pruning last year's seed capsules during the dormant season will bring on more new growth and many more flowers the following summer.

Prune back pampas grass to within 10 inches of the ground now that the leaves are dormant. Late pruning could injure new emerging leaves. Ornamental grasses can be divided now.

Fall leaves should have been picked up by now.

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Welcome 2017!

- Even as rates are predicted to rise a little, the economic forecast for the Triangle's real estate market is expected to be strong again.
- Buyers of new construction need a buyer's agent now more than ever

**Whether you're buying or selling—
call AMY for your SHAIR of the market!**



Amy Shair
919-469-6539

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