

Home News of the Triangle

Amy Shair

51 Kilmayne Drive, Suite 100

Cary, NC 27511

**Check Out the Quiz Question &
Back Cover for Local List of Fireworks**

FIREWORKS !

Check out Amy's latest blog post for a list of activities, celebrations and fireworks for the July 4th weekend!



Scan the QR Code or type in the address below to see the list:

<http://www.amyshair.com/blog/>



Amy Shair
919-469-6539

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Home News of the Triangle

News To Help You Save Time And Money

Summer 2012

The Gardener's Secret

A woman ran a garden store that had been in the family for three generations.

For as long as anyone could remember, the garden store's business was always great and the owner and staff were happy and cheerful. People often said, "Who wouldn't be happy with the kind of business they're doing?"

When anyone new came into the garden store, they'd notice that all the staff wore a big badge that read, **Business Is Great!** Everyone who saw the badge for the first time would say "Wonderful!" or "What's so great about business?" Sometimes people would talk about how their own business, or even their life, was miserable.

But no matter what people said, the staff would respond by talking about the pleasure of meeting different people, the rewards of helping customers, the fun of a healthy workplace, and so on. No matter how miserable a person was when they came in, they felt a lot happier by the time they left.

Win A Prize!

Check Out Quiz Question on Page 2

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What people didn't know was that every week, the staff was coached in responding positively. Employees of the store said that working there changed their lives, made them more positive people, and consequently more attractive.

And so we discover the secret to the garden store's success. The store went through tough times like any other, but every day, no matter what, the owner and staff wore that badge, saying **Business Is Great!** And so it was.

Whether you wear it or not, saying **Business Is Great** is a self-fulfilling prophecy.

Amy Shair

Couponsing Secrets Anyone Can Use

When you first start using coupons, expect a 25-30% reduction in your grocery bill. Over time, with attention to details, you can save 30-50%. And with extreme couponsing, you can reach the more than 50% level.

- Don't use coupons the week they come out. Stores jack up prices in anticipation.
- Use coupon-matching websites such as SavingsAngel, CouponMom and The Grocery Game, and combine manufacturers' and in-store coupons to maximize bargains.
- Don't overlook coupons for non-grocery items like toys and house wares.
- Before buying any service or product online, Google that product + coupons or discount. Often there are digital codes available that will save you significantly.
- Stockpile coupons. You may not need 100-count paper plates for 50% off today, but you may need them in 3 months.
- Don't buy brands you can live without. If you can save 50% on a new bacon brand, can you live with the slightly different flavor from your usual brand?
- Consider using click-to-print and mobile phone coupons. In the future, expect to see more coupons delivered via text message, as well as discounts based on near-field technology (NFT), which lets retailers send special offers to your smartphone based on your location.

Summer Quiz Question

Question: It is greater than God and more evil than the devil. The poor have it, the rich need it and if you eat it you'll die. What is it?

The first person to call in with the right answer will win a prize!

Call Amy at [919-469-6539](tel:919-469-6539) with your quiz answer.

NOTE: It usually takes 2 days for the winning answer – don't hesitate to try!

It's All In How You Look At Things

Many years ago two salesmen were sent by a British shoe manufacturer to Africa to investigate and report back on market potential.

The first salesman reported, *"There is no potential here - nobody wears shoes."*

The second man reported, *"There is massive potential here - nobody wears shoes."*

Computer Spring Cleaning

Computers tend to bog down over time. Here is some simple maintenance you can do personally that will dramatically speed up your computer.

Use a powerful virus protection program:

Use a virus program that offers real-time internet protection, updates automatically (so you're protected against the latest bugs), and is easy for you to use. Virus protection costs \$40 to \$60. A good, easy to use program is StopZilla at: <http://www2.stopzilla.com>. (Yes, there is a 2.) Set it to run scans when you're not using the computer.

Remove programs you don't need:

Over time, you may have installed games or utilities you forgot or no longer use. Why waste the space? Go to your control panel, find Add\Remove Programs, and uninstall anything you no longer use.

Clean your hard drive:

Your hard drive is constantly adding, deleting and reorganizing files. Because of this, you want to clean your hard drive. A well-known, conservative tool for this is CCleaner, which you can download at: <http://www.piriform.com/ccleaner/download>. Simply install and open CCleaner. Then run both the Cleaner and the Registry cleaner.



Defragment your hard drive:

Your computer should be set up so that it defragments automatically. But if it isn't, you'll want to do it yourself manually. Defragment your hard drive by right clicking on your C: drive, going to Properties at the bottom of the menu that pops up. That will open a panel. Find the tools tab on the panel and run the defragmenter.

Auto-Exercises

Many of us spend hours in our cars. When we're done with the day we're too busy at home or too tired to exercise. The answer is to create an automobile exercise routine. Here are some ideas to do whenever your car is stationary:

- Use your arm rests to push up against.
- Work your rear by squeezing your gluteus maximus muscles and holding for 5 seconds.
- Do mock sit-ups by sucking in your tummy, tightening your abs, sitting up tall, and slightly rocking back and forth as many times as you can between lights.

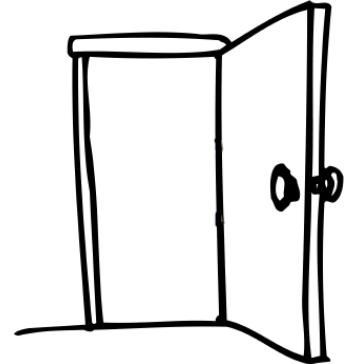
*Exercise? I get it on the golf course. When I see my friends collapse,
I run for the paramedics. ~ Red Skelton*

Why Did I Walk In Here?

We've all walked into a room and immediately forgotten what we were looking for, right? Don't worry—you're not losing your mind or your memory. According to experiments conducted by a Notre Dame psychology professor, the reason is that walking through a doorway creates an "event boundary" in your mind.

In one of the experiments, subjects were asked to move an object from one room in a "virtual environment" to another, or to transport an object the same distance without crossing through any doorway. The participants tended to forget more after moving through the doorway, suggesting that it acts as a kind of barrier that obstructs the ability to retrieve thoughts made in a separate area. Other experiments in actual rooms reinforced the findings.

Because you can't remain in one room all your life, the best solution is probably to make a mental effort to remember what you're doing before you cross that "event boundary."



Summer 'Staycation' Ideas

Many people are cutting back on big vacations this summer. Here are several ideas for inexpensive stay-at-home vacations.

TIME TO SELL?

Houses that are staged
sell faster for a higher
percentage of asking price.

AMY SHAIR
919-469-6539
Amy@AmyShair.com

1. Make a list of all the local destinations that out-of-towners would visit if they came to the area. Pick one and pretend you're an out-of-towner.
2. Rent a hotel room for a night and live it up— play in the hotel pool, order room service, etc.
3. Consider a 3-day fishing, hiking, camping, horseback, surfing excursion.
4. Likewise, consider creating a 3-day themed vacation where you study a particular person, topic, or art form that's represented locally.
5. Have a camp-out in your own backyard.
6. Volunteer to do community work by improving a park or helping at the food bank.
7. Plan to go to a local event, like a rock concert, film festival, or car show, instead of fighting traffic, plan on getting a hotel room in the vicinity.

Walking 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.



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of the homes
for sale today!**

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or enter the address below
to see tours of my
current listings!

<http://bit.ly/amytours>

Healthier Frying

All oils are 100% fat, meaning that they all have 9 calories per gram. Oils that claim to be "light" are making a statement about their flavor, not their calories. However, what's in those calories still makes some oils healthier than others.

Healthy oils include olive, sunflower, canola, grape seed, safflower, walnut, flaxseed and peanut.

Not all of these oils are good for frying, though. In fact, if you heat certain oils past a certain temperature, they can become unhealthy. For high-temperature cooking, such as deep frying, stick to canola, sunflower or peanut oil.

Spring Newsletter Quiz Answer

Question: If you traveled due west from Tokyo, what country on the mainland of Asia would you hit first?

Answer: South Korea

Source: www.Wikipedia.org

Congratulations to Terri Cronan for being the first caller with the right answer.
She has received a gift.

Don't Get Zapped

Electrical problems cause more than 40,000 fires in homes each year, and thousands are injured from electrical shocks and burns. Ground the risks of accidents caused by faulty or overloaded wires. Keep these tips in mind:

Get inspected. If your electrical panel hasn't been inspected for more than 10 years, get a new inspection.

Unplug heat appliances after use. That includes toasters, hair dryers, and irons, among others.

Use the correct wattage. Putting a 75-watt bulb in a 60-watt light socket is asking for a fire.

Don't overuse extension cords. They're meant for short-term use, not as a way to plug in as many appliances as possible into one outlet.

Use surge protectors.

Always keep appliances away from water. If an appliance that's plugged in falls into water or gets wet, unplug it before you reach for it.

Don't yank on cords to unplug an appliance. Always grip the head of the cord. Yanking and tugging can damage the cord's wire and insulation, which can lead to an electrical shock or fire.

Don't play with pennies. You may have heard that a penny can be a quick fix for a blown fuse. But using them could cause the electrical panel to overheat and catch fire.



The Invention of Chocolate Chip Cookies



According to Nestle, Mrs. Wakefield (owner of the Toll House Inn) was making chocolate cookies but ran out of regular baker's chocolate, so she substituted it with broken pieces of semi-sweet chocolate, thinking that it would melt and mix into the batter. It clearly did not, and the chocolate chip cookie was born.

Wakefield sold the recipe to Nestle in exchange for a lifetime supply of chocolate chips (instead of patenting it and making billions!) Every bag of Nestle chocolate chips in North America has a variation of her original recipe printed on the back (margarine is now included both as a variant on butter and for those people who want to pretend it is healthy).

Summer Gardening Tips



- **Remove Flower Seeds** – As you make the rounds of your garden, clip away faded flowers of plants that make seed including crepe myrtle, rhododendron and azalea to help develop more flower buds for next season’s bloom.
- **Dig Flower Bulbs** – As soon as foliage dies down, dig tulips, Dutch iris, narcissus, and other hardy bulbs. Divide and replant bulbs immediately, or store in a cool, dry place and plant them this fall. It isn’t necessary to dig them up each year, but at least take them up and divide often enough to keep them from becoming root bound.
- **Make A Critical Survey of Your Landscape** now that deciduous trees and shrubs are in leaf. Note if you seem to have too much, or too little, by way of plantings. Late this fall, or during the winter months, you can add to or subtract from plantings. Remove dead/dying wood from trees at this time.
- **Summer Pruning** – For bushy well-shaped plants that bloom profusely, prune shrubs as they grow. Prune by cutting or pinching out growing tips to make vigorous new shoots from several branches. In June, prune abelia, forsythia, privets, mock orange, deutzia, althea, bush honeysuckle, weigelia and euonymus.
- **Prune Climbing Roses** after they bloom; fertilize at that time.
- **Now’s The Time To:**
 - Snap off growing tips of your chrysanthemum plants when they’re about 6 inches tall. They’ll branch and bloom more profusely.
 - Encircle lilacs with a complete fertilizer, rake it in and water thoroughly.
 - Feed nandinas with a complete fertilizer so their bright berries will last through winter.
 - Stake and tie brittle, new clematis stalks. Prune clematis after they bloom.
 - Stake dahlias when you plant them so they’ll have support later and will not be damaged by staking after plants have grown large.
 - Keep all old flower blooms cut from annuals. This enables plant to produce more blooms for a longer period.
 - Start stem cutting of geraniums, leaf cuttings of succulents to be potted and used as houseplants over-winter.
 - Mulch azaleas, gardenias and camellias with 2 to 3 inches of leafmold or peat moss.

“When you reach the end of your rope, tie a knot in it and hang on.” – Thomas Jefferson