

Home News of the Triangle

News To Help You Save Time And Money

Spring 2014

Can't Get It Right? Let Go

The story is told of a Zen monk who was asked to dedicate a temple by writing the words "The First Principle" using his best calligraphy for display above the main door.

The monk sat at his table and carefully made the symbols on a sheet of paper. But a Zen master looked at it and said, "That's no good. Can you try again?" The monk performed his calligraphic art a second time with the master standing over him. Once he'd finished, the master again said. "No, that's still not good enough. Do it again."

The monk worked all afternoon and into the night, with the demanding master rejecting one attempt after another. He was close to exhaustion when the master finally stepped away to attend to other duties.

Relieved for a time from the pressure of observation, the monk sighed and mindlessly sketched the symbols again, without paying attention to the finer points of his art. The master returned a few minutes later, looked at the paper, and smiled. "That's perfect."



Paradoxically, I've found that sometimes letting go is the only way to get what I've been seeking.

Amy Shair

A Simple Way To Budget

Are you spending more money than you need to? Fortunately, you don't need an advanced degree in finance and accounting to analyze your spending. Try this:

Win A Prize!

Check Out Quiz Question on Page 3

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Track your spending for just one week. Any longer than that, and you'll get too busy. Hold onto your receipts and add them up for seven days. At the end of the week, put the receipts into just two separate piles. In one pile, put all the expenses you couldn't do without. In the other pile, put all the receipts of expenses you could have skipped. Chances are you'll find at least a few areas where you can cut back.

Peanut Butter & Alzheimer's

The sense of smell may be an important clue in a diagnosis of Alzheimer's disease. Researchers at the University of Florida ran an experiment designed to test the ability of Alzheimer's patients to detect odors, based on the fact that impaired smell is often one of the first effects of cognitive decline. The main ingredient in the test: peanut butter



The scientists capped subjects' nostrils one at a time and observed the distance at which each participant could smell a teaspoon of peanut butter, which was used because its odor doesn't include any secondary effects like stinging or burning (as other smells generally do). They found that in patients who had been previously diagnosed with Alzheimer's, the left nostril's sense of smell was significantly more impaired than the right. Control subjects who either didn't suffer from cognitive decline, or who had different kinds of cognitive disability, didn't exhibit the same discrepancy. The finding could serve as a vital early warning of Alzheimer's, a disease that's difficult to detect in its early stages.

Three Keys To Career Success

Before launching a career, remember these three foundations for achieving a satisfying long-term career:

- **Identify your strengths.** You can waste a lot of time pursuing goals that don't allow you to do what you're best at. That doesn't mean you shouldn't stretch learn fresh skills so you can find new opportunities, but you'll do best by putting your natural talents to work instead of ignoring or fighting them.
- **Be realistic.** Take a hard look at what you want to achieve, break it down into individual steps, and re-evaluate if you're willing and able to follow through until the very end. If not, don't be afraid to adjust your goals.
- **Sharpen your social skills.** Few people work in total isolation from the rest of humanity. Learn to speak with confidence, show genuine interest in other people, ask good questions, and persuade people without alienating them.

See the Spring Blooms
Through Clean Windows



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Made You Laugh

Comedian Will Rogers was meeting President Coolidge, who was said to have absolutely no sense of humor. Rogers bet a friend he could make the president laugh in 20 seconds or less.

A formal introduction was made: "Mr. President, may I introduce my friend, Mr. Will Rogers." As they shook hands, Rogers made a quizzical face and said, "I'm sorry, I didn't get your name?" Coolidge burst out laughing, and Rogers won his bet.

Timely Gardening Tips

Spring Flowering Shrubs & Plants – Just as flowers begin to fade is the best time to prune spring-flowering shrubs, such as azaleas, rhododendrons, spireas, flowering quince, oriental magnolia, and forsythia.

Use daffodils under trees and shrubs, among ground cover plants, in rock gardens, or in containers. Keep plants watered while growing and blooming, and let the straplike foliage die down naturally after flowering is complete.

Perennial Plants should be set out this month so they may become established before hot weather sets in. Prepare beds using leaf compost or pine bark. Incorporate superphosphate before planting.

Perennials to divide and transplant this month include daylilies, ajuga, oxalis, chrysanthemums and liriopse. Container-grown perennials, now available at garden centers, should be set out now for late-summer and autumn blooms.

Summer Bulbs can be planted in late April. This covers dahlias, gladiolus, tuberose, fancy-leafed caladiums, elephant ears, amaryllis, and cannas. As flowers fade, cut tulips, hyacinths, and daffodils. Let the foliage remain until it matures and turns brown or yellow. Do not cut the foliage earlier as the bulbs are dependent on the leaves for nourishment. Annual plants may be set out in the bed to hide bulb foliage as it dies down.

Houseplants – If houseplants have not yet been repotted, this is a good time to do it. First, water the plant well so that the soil will cohere. Knock the plant gently out of the pot and inspect the root system. If the roots are crowded and matted on the outside of the root ball, the plant needs repotting into a larger pot.

Easter Lilies – Gift pots of Easter lilies will keep longer if they are placed in a cool room at night. Keep the plants moist, but not wet, and remove the yellow pollen sacks as flowers develop. After the flowers fade, cut the plant back 3 to 4 inches and transplant outdoors.

The greatest healing therapy is friendship and love. ~Hubert Humphrey

**Need Help With
Spring Cleaning?**

A colorful illustration of a spring scene with a tree, flowers, and rain. The word 'Spring' is written in a white, cursive font across the middle.

**Call Falon Gates
Bless this Mess Cleaning
919-824-0829**

Spring Quiz Question

Question: Who was the Benedictine monk who invented champagne?

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 Winter Quiz Winner was Ted Krulik.

Home News of the Triangle

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2013 Real Estate Recap

- + Increased Number of Homes Sold
- + Increased Number of New Construction Homes
- + Increased Home Prices (Appreciation)
- Decreased Number of Foreclosures
- = A good year for 2014 !

Call me with any questions or to discuss the possibilities in the Triangle Real Estate Market.

Call AMY for your SHAIR of the Market!



Amy Shair
919-469-6539

RE/MAX United

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