

# Home News of the Triangle

News To Help You Save Time And Money

Fall 2015

## The Lesson Of The Brick And The Boy

A successful young executive was traveling down a neighborhood street, feeling on top of the world, and going a bit too fast in his new Jaguar. He was watching for kids darting out from between parked cars and slowed a little when he thought he saw something ahead.

Suddenly, a brick smashed into the Jag's side door. He slammed on the brakes and backed to the spot where the brick had been thrown.

The angry driver then jumped out of the car, grabbed the kid standing there and shouted, "What was that all about? Why did you do it?" he cried, shaking the boy.

The young boy was apologetic. "Please, mister...please! I'm sorry, but I didn't know what else to do," he pleaded. "I threw the brick because no one else would stop!" With tears dripping down his face, the boy pointed behind the parked car. "It's my brother," he said. "He fell out of his wheelchair and I can't lift him up. Would you please help me lift him back up? He's too heavy for me."

The man saw the other boy, and moved beyond words, he hurriedly lifted him back into the wheelchair, then took out a handkerchief and dabbed at the boy's scrapes. A quick look told him everything was going to be okay. "Thank you," the grateful child told the man.

Too shaken for words, the man simply watched the boy push the wheelchair down the sidewalk toward their home.

It was a slow walk back to his Jaguar. The damage was quite noticeable, but he never bothered to repair the dent. He kept it there to remind him not to go through life so self-absorbed that someone has to throw a brick at him to get his attention.

~Amy Shair



### Win A Prize!

Check Out Quiz Question on Page 2

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*If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want. —Elbert Hubbard*

# How To Improve Brain Function

A study by UCLA researchers found that people can improve their brain function after just 14 days of following some simple, healthy lifestyle strategies. Incorporating healthy food, physical activity, stress reduction, and memory exercises seem to improve cognitive function.

In the study, participants were divided into two groups—a control group that did not change behaviors and one that incorporated modifications to improve health and mental function. After only 14 days of following the regimen, participants' brain metabolism slowed down in the working memory regions, which means the brain was not working as hard to accomplish its tasks.

Here are some of the health strategies participants worked into their daily routines:

- Memory exercises, such as crossword puzzles and brain teasers were worked on throughout the day.
- Daily walks.
- Five small meals a day in order to prevent drops in blood glucose levels, because glucose is the main source of energy for the brain. Participants also ate diets rich in omega-3 fats, anti-oxidants and low glycemic carbohydrates like whole grains.
- Daily relaxation exercises to prevent the release of cortisol, a hormone that can impair memory and damage memory cells.

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*You cannot swim for new horizons until you have courage to lose sight of the shore. ~William Faulkner*

## ***Fall Quiz Question***

**Question:** A small lily pad sits in the middle of a 60-meter round pond. The lily pad doubles in size every day. In 48 days it has covered the pond entirely. On what day will it have covered half the pond?

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!

**Time for a Fall HVAC  
Checkup?**



**Call John at Greenlight  
919-796-3684**

# Now, That's A Positive Attitude!

An old woman woke up one morning to find she had only three strands of her once long and luxurious hair left on her head. Instead of getting depressed, she looked in the mirror and said to herself, "I'll braid these for the day."

The next morning she saw that one hair had fallen out, leaving her with only two. "OK," she said, "I'll part my hair down the middle today."

A few days later she woke up to discover that her last hairs had fallen out. With a smile, she said, "Wonderful! I don't have to do anything with my hair today!"

**NEED A DEEP  
CLEAN FOR THE  
HOLIDAYS?**



**Call Falon Foxworthy  
919-824-0829**

## Encourage Nutrition With Positive Talk

Most parents want to encourage their children to have better eating habits. A study from Cornell University, reported on the CBS News website offers some useful advice: Focus on the good, not the bad.



Instead of emphasizing how bad cookies and soda are, emphasize the benefits of vegetables and milk and other healthy foods. You might put a note in your child's lunchbox saying, "This apple will give you lots of energy today." Or point out at dinner how milk will help him or her grow up to be strong.

The Cornell study showed that children respond more strongly to positive messages about food than negative warnings, so choose your words with care.

## Timely Gardening Tips

**Time to Plant Evergreen Trees & Shrubs** – Fall is a good time to plant and transplant evergreen trees and shrubs. This transplant season extends through the winter months. In selecting evergreens, be certain to allow space for maturity. A common mistake is in placing a large or fast growing evergreen in a position where there is not enough room for full height and spread.



**TIP:** Fertilizing trees in late October will encourage vigorous spring growth.

**Root Cuttings** – Most flowering shrubs can be propagated by means of hardwood cuttings. Make cutting of mature wood 6-8 inches long. Dip basal ends in a rooting hormone. Set them in well amended garden soil, leaving about 2 inches above ground, or place cutting in large nursery cans. Keep cuttings moist till rooted.

**Pruning** – It is always the right time to prune out deadwood or diseased wood from shrubs, roses, shade trees. Never cut beyond the bark ridge to insure quick healing.

# *Home News of the Triangle*

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The NC State Fair is  
coming up soon!

It's only about a month away,  
October 15-25!

Go to the Fair website for more information and  
to buy advance admission & ride tickets:

<http://www.ncstatefair.org/2015/index.htm>



**Amy Shair**  
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