

Mary Lou's Home News

News To Help You Save Time And Money

July 2011

Quality Service Is Not Expensive, *It's Priceless.*

On average, families move about every five years, so we are always looking for repair and service people we can trust. Most of us rely on wise neighbors for referrals to reliable plumbers, painters and auto mechanics. Still, it takes time to develop your own personal relationships with them. Here are some ways that may help give you more confidence in your choices until you and your service people have bonded.

Ask around for shops and services *before* you need them. Don't put off your search for a reputable mechanic until your car is on the back of a tow truck.

Are the technicians certified? If you ask to see their certification, they should show it to you without hesitating and give you the number for their licensing office if you ask.

Don't shop on price alone. If someone's price is much lower than their competitors' it might not only be because they're giving you a good deal on parts. An inexperienced service technician may be the reason for the lower price. Ask who's doing the work and what qualifications they have.

Do you have a new neighbor who might need some introductions? Imagine if someone had given you the names of trustworthy service people when you moved in.

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ARE YOUR COLLEAGUES
INTERESTED IN WORLD-
CLASS SERVICE?
SEE FLYER INSIDE!

Mary Lou Jaimes

*If you think you are too small to be effective,
then you must never have tried to sleep
in a room with a mosquito.*

July Quiz Question

**Who conquered
the Persian Empire?**

Everyone who faxes, emails or calls in the correct answer by the last day of this month will be entered into a drawing for a gift certificate for Complimentary Consultation, Exam and X-Rays (If Needed) valued at \$250.

**Lewisville Family
Chiropractic**

July 23rd is Gorgeous Grandma Day!

The constant emphasis on youth and being young can sometimes tempt women of a certain age to feel under-appreciated. Well, there's a day to mark on your calendar and a website that celebrates grandmothers who are

“thriving, not just surviving.” www.gorgeousgrandma.com is a unique website especially devoted to everyone's Gorgeous Grandmas. On this website you can find interesting information, a chat group, fun and useful things you can order, and a calendar of events.



**DO YOU WANT
TO FIND OTHER
LOCAL BUSINESSES
THAT GIVE
OUTSTANDING
CUSTOMER SERVICE?**

Request a free copy of my service directory. All of the businesses listed in it have a proven track record for providing the outstanding customer service you deserve.

Let It Out!

Men, it turns out that slamming the door or screaming at the top of your lungs when you're mad could actually be good for your heart.

For 15 years, data was collected on over 23,000 men, aged 25 to 74 years, on how often they outwardly showed their anger. The results of the study, in *Psychosomatic Medicine*, said that men who expressed anger “sometimes” or “more often than not” were almost 50% less likely to have a heart attack and 58% less likely to have a stroke than men who “never” or “most often do not” express their anger.

Other things that predict a high increase in a man's risk of heart attack were the traits of being very cynical and of being very distrustful.

Cut Your Utility Bills Down to Size!

If your utility bills could stand a trim, these little strategies could make a big difference at bill-paying time.

Get an adjustment for cable outages.

If your cable service is interrupted for an extended time, call the cable company and ask them to adjust your bill. To figure out how much to request, divide your monthly cost by the number of days in the month. Multiply that figure by the number of days of missed service. For example, if your cable service costs \$120 a month and it went out for 5 days in June, which is a 30-day month, you would be eligible for a \$20 adjustment to that month's cable bill, because $\$120 \div 30 \text{ days} = \4 per day ; and $\$4 \times 5 \text{ days} = \20 .

Get a separate water meter for your exterior hose bib or irrigation system. In most towns, your sewer bill is tied to your water usage and is based on readings from your water meter. As the weather gets hotter, a higher percentage of the water measured by your meter is actually going into your lawn and garden - not into your house and down through the sewer system.

Why pay for water in the summer that isn't going through the sewer? A lot of water companies will let you have two meters, one for your house and one for your irrigation or hose bib, and they will read the meter going into your house to calculate your sewer bill.



Of course, you could also change your yard to a xeriscape, which practically eliminates the need for watering and is environmentally friendly.

Plant trees in strategic locations around your house.

This is a long-term solution, but deciduous trees can keep your house *much* cooler in the summer, give you color in the spring and fall, and let the sun through in the winter. Planting trees helps offset our high-carbon lifestyles, gives birds a place to live, and can even give you fruit in the summer.

Don't let your computer sit idly by. Even when your computer, TV, DVD, game system, cable modem, et cetera, are turned off they draw power so they can

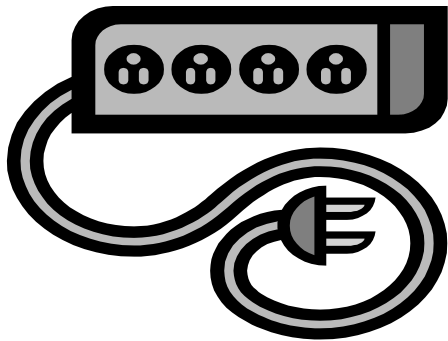
See An Interesting Home?

No need to wonder about the price. No need to call a high-pressure sales agent who will just make you feel obligated. My computers can send you the information quickly and easily for any house, listed or sold, anywhere in town.

Just ask me! It's all part of my free, no-obligation HomeFinder Service.

Leave the address on my voicemail, anytime, 24 hours a day, and I'll fax, mail or email all the information on that listing within 24 hours.

spring to life when you want them. You can save that power by putting your entertainment and home- office equipment on a surge protector and then plugging the surge protector into a timer. Program the timer to only allow power to the surge protector when you are home. Also program the timer to turn off overnight while you sleep, so that your electronics will only idle for the 6 or 8 hours each day when they might actually be used. You can save 5-10% off your electric bill by doing this one thing, even if all you're putting on the surge protector is your computer.



June Quiz Answer

Question: Who invented chocolate chip cookies?

Answer: Ruth Wakefield

Source: www.Wikipedia

Congratulations to

Mildred Alvarez. Your name was selected at random from all of the correct quiz entries and you'll receive Personal Training with Debby Norris valued at \$70.

**Watch for your name
in a coming month!**

SALES TACTICS

A shopkeeper was dismayed when a brand-new business much like his own opened up next door and erected a huge sign that read, "**BEST DEALS.**"

He was horrified when another competitor opened up on his right, and announced its arrival with an even larger sign that read, "**LOWEST PRICES.**"

The shopkeeper panicked, until he got an idea. He put the biggest sign of all over his own shop. It read: "**MAIN ENTRANCE.**"

The road to a friend's house is never long.

-- Danish proverb

The really happy person is the one who can enjoy the scenery when on a detour.

--Unknown

The scientific theory I like best is that the rings of Saturn are composed entirely of lost airline luggage.

- Mark Russell

It's a sure sign of summer if the chair gets up when you do.

-- Walter Winchell

Ever Sit On the Beach and Wonder?

- When you're sitting on the sand looking at the horizon, it's about 3 miles (4.8 km) away.
- The world's oceans contain nearly 20 million tons (18.1 mt) of gold.
- The High Seas -- areas of the ocean beyond national jurisdiction -- cover almost 50 per cent of the earth's surface.
- An average beach pail, roughly a quart, holds about 3.5 million grains of sand.
- High waves pull sand out into the ocean; small waves bring sand onto the beach and deposit it.
- The little black specks that stick to your skin on some beaches are grains of the mineral magnetite, which is magnetic. Animals have more magnetite in their bodies than humans do, which helps them feel when an earthquake is coming.

9721 Thomas Jefferson Dr.
McKinney, TX

- **CONTRACT IN 11 DAYS**
- **CLOSED IN 25 DAYS**
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Painkillers May Weaken Immunizations

Do you reach for a painkiller, for yourself or your family, when you get a shot? That may not be such a good idea, according to researchers at the University of Rochester. Non-steroidal anti-inflammatory drugs (NSAIDs) — such as aspirin, ibuprofen, and naproxen sodium — can react with your body's immune system and weaken the effect of flu shots and other vaccinations.

Scientists suggest it might be better to tough it out and stay away from NSAIDs a day or so before and after getting vaccinated.

WELCOME NEW CLIENTS

Here are some of the new clients who became members of our "Real Estate Family" this past month. I'd like to welcome you and wish you all the best!

Gabrielle Jefferson of Coppell, Texas
(referred by Yvonne Silva)

Sergio Munoz of Grapevine, Texas

Lori Duron of Flower Mound, Texas
(referred by Mary Lou Anderson)

Cathy & James Langdon of Corinth,
Texas

Free Reports!

- ☑ How to Sell Your House For the Most Money In the Shortest Possible Time

Free Information!

- ☑ What did that house across the street sell for?

Free Subscription to My Newsletter!

See page seven for all this and more.

Sun Safety **Guidelines For Children**

In the summer everyone wants to have fun in the sun, but you really want to protect your children's tender skin from sunburns. Follow these sun safety recommendations from the American Academy of Pediatrics:

For babies under six months:

- It's best to avoid sun exposure by making sure your baby is in full shade, like from a dense tree or an umbrella.
- Even when baby is in the shade, the sun's rays reflect off the sand and water, so dress him in

lightweight clothes that cover his arms and legs, and a hat with a brim that keeps the sun off his face.

- Apply a little SPF-15 sunscreen to small areas like his face and the backs of his hands if you notice he's changing color.

For young children:

- Dress her in protective clothing and use sunscreen with at least SPF 30.
- Don't forget to reapply the sunscreen after swimming, sweating, or after 2 hours have passed – after 1 hour if you're in the tropics. Reapplication is essential to keep her protected.
- Avoid staying too long in the sun between 10 a.m. and 2 p.m., the hours when the rays are the strongest.

For older children:

- When they are not in the water, do your best to keep kids in the shade or covered in cotton clothing with a tight weave. Bring hats with large brims or a baseball hat with the bill facing forward.
- Look for sunglasses that block 99% to 100% of UVA and UVB rays.
- Use sunscreen with SPF 15 or greater.
- A handful of sunscreen per application is enough for a young adult.



If you are vacationing in the tropics, remember that sunscreen and bug repellent are harmful to fish and coral. It's best not to wear either in sensitive environments. And remember that UV rays can get through the clouds and fog.

MARY LOU'S HOME NEWS

Free Information Request Form

Please complete the box below and place check marks next to the free reports and information you'd like to receive.

Fax this form to 972-350-8575 or mail it to:

Mary Lou Jaimes, 101 Donna Circle, Highland Village, 75077 or just call me at 972-849-0476!
www.MLJMakesItHappen.com email: MaryLou@MaryLouJaimes.com

Name: _____ Phone: _____

Address: _____ Email: _____

City: _____ State/Province: _____ Zip/Postal: _____ Fax: _____

Please send me the requested free information selected below via Mail Fax Email.

Free Reports

- Protect Your Home From Burglars
- Five Deadly Mistakes Home Sellers Make
- Making The Move Easy On The Kids
- How Sellers Price Their Homes
- How To Stop Wasting Money On Rent
- How To Sell Your House For The Most Money In The Shortest Possible Time
- The 10 Dumbest Mistakes Smart People Make When Buying Or Selling A Home

Free Information

- Send me information about your free, no-obligation HomeFinder service.
- Send me the special computer report showing the features and sale prices of up to 15 of the most recent home sales near the following address:
_____, City: _____ or in
the _____ area.
- Please let me know the listing price and features of the home at the following address:
_____.
- Please let me know the selling price of the home at the following address:
_____.
- Please call me to arrange a free, no-obligation market valuation on my house.

Do you have a family member or friend who would enjoy a free subscription to Mary Lou's Home News? Just provide me with their contact information, and I'll add them to my mailing list.

Name: _____

Address: _____

City: _____ State/Province: _____ Zip/Postal: _____

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