



Sherie's.....



Guide For Life

Tips for Health/Home/

November/December 2011

Thanks for Thinking of Me!
Did you know I can help you or any of your friends or family save time and money when buying or selling a home? Thanks for keeping me in mind with your referrals...and spreading the word about my services.

ROY CARTER WINS!
REAL CASH
You could win a \$50 CASH CARD – read below for details.

Word of the Month...
Studies have shown your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends (and maybe even fatten your wallet!)

ambient - adjective

Meaning: Encompassing; present or existing on all sides.

Sample Sentence: At dawn, the **ambient** light shone through the stained glass window.



Halloween Masquerade Dance Fun

10 Quick Ways to Boost Your Energy Level

One of the great secrets to boosting your energy is taking action. Just by simply changing something in your life and doing something different you'll increase your energy flow. Action gives you energy. Sometimes we get bogged down with situations, habits, or people that drain our energy. What can you do? Begin by committing to spend time doing things that support your goals. Surround yourself with people who believe in you, and avoid situations and people who drain you. In addition, here are 10 quick steps you can take *today* to boost your energy:

1. **Write Down 10 Things That You Like Doing.** You can ramp-up your personal and professional energy level by focusing your attention on what you like doing. Motivation increases energy.
2. **Take A Walk.** Taking a 10-minute brisk walk will increase your energy level up to two hours, reported California State University researchers. Experts say increasing your physical activity whether it's swimming, running, dancing, or biking will boost your energy level.
3. **Organize Your Space.** Clear out the clutter in your workspace. Clear off your desk and keep it organized. When you clear out clutter you are creating space for new things to enter your life and by doing this you'll increase your energy and prosperity.
4. **Eat Healthy Meals and Take Vitamins.** Eat a balanced diet and take vitamins with minerals to ensure you're getting all the nutrients your body needs. Also, make sure you're getting enough magnesium (300 milligrams) by eating almonds, cashews, whole grains, bran, and fish – particularly halibut.
5. **Turn Off The Negative News.** Reduce your daily diet of negative news (TV, newspaper, radio, the Internet), which can cause additional stress and fatigue. Focus your attention on the positive things happening in our world, and in your life.
6. **Explore Your Creative Side.** Do you like to play a musical instrument? Do you like to paint? Is there a hobby you thought you might like to try? Exploring your creative side stimulates your mind and can increase your energy by releasing endorphins (the feel good proteins occurring in the brain).
7. **Watch A Funny Movie.** Think about how you feel after you've watched a really funny movie, or had a big laugh. Laughing is good for your heart, reduces stress, and increases your energy.
8. **Take A Power Nap.** Taking a short 20-minute nap when you're feeling tired can give your brain a rest and invigorate you...and a short power nap won't keep you up late at night.
9. **Pump Up Your Fluids.** Even a little dehydration can leave you feeling tired and lethargic. Pour yourself a tall, cool glass of water.
10. **Get a Good Night's Sleep.** Make sure you get sufficient rest, which, for the average person, is eight hours. Keep your sleep area dark to reduce any disruptions. A good night's sleep goes a long way to keeping your energy level high.

READER REWARDS CONTEST: Get \$50 REAL CASH just for reading my newsletter! Just look for the REAL CASH word clue **WREATH** hidden in this newsletter, call me with the correct answer & your name will be entered in a drawing to be held one week after this newsletter launch. You must contact me with the clue within 4 days of this launch to be entered in the drawing. **October Winner—ROY CARTER!**

Stop by and see me at my office: 104 S. Washington Ave., Ste B, Newport, WA 99156
(between the Post Office & Library)

Brain Teaser...

If nine thousand, nine hundred nine dollars is written as \$9,909, how should twelve thousand, twelve hundred and twelve dollars be written?

(See next page for the answer)



**Emily & her boyfriend Nick
in Alaska.**

Generation Gap Insights

During a “generation gap” quarrel with his parents, young Michael cried, “I want excitement, adventure, money and beautiful women! I’ll never find it here at home, so I’m leaving. Don’t try to stop me!” With that, Michael headed for the door.

His father rose and followed close behind. Michael said, “Didn’t you hear what I said?” I don’t want you to try to stop me.” “Who’s trying to stop you?” replied his father, “If you wait a minute, I’ll go with you.”

More Uses For Eye Drops

Eye drops used to relieve sore, tired, and red eyes should be discarded after one month according to the manufacturers. This is to prevent the spread of bacteria, which can cause eye inflammation and infection. But with the price of eye drops, you may be reluctant to throw them away. Well DON’T! There are other safe uses for them instead. For example...

Apply a few drops to a blemish that is red. It will remove the red and reduce the inflammation.

Apply eye drops to insect bites, including mosquito bites, for instant relief.

If you have minor skin abrasions, eye drops will take the sting out of the abrasion. Amazing!

Choose The Right Water Heater And Save On Energy Costs

Many homeowners consider only the size of the tank when choosing a new water heater—sometimes ignoring the energy factor and other efficiency measures that could cost money in the end.

The first decision in purchasing a new water heater is the fuel source. A natural gas unit will cost less to operate than an electric unit will, and the price difference can be paid back in energy savings in a few months. If you have an unshaded, south-facing location, you might consider a solar water heater, which is environmentally friendly.

Instead of concentrating on size, estimate how much hot water your family uses. Here are the average gallons of hot water per use: Bath or long shower (20 gallons), dishwasher (12 gallons) and washing machine (32 gallons). Remember, doing research *before* your heater fails will enable you to select one that meets your specific needs.

Do You Have A Real Estate Or Home-Ownership Question You Want Answered?

Maybe you want to know how much your home is worth. Or maybe you just need a recommendation for a handyman, carpet cleaner or plumber....

Either way, I love hearing from all of my good friends and clients. And I’m always looking to answer pressing questions you might have about anything relating to real estate or home-ownership. If you have a question, tip or idea, please feel free to call me at **(208) 660-9221**. I’m here to help!

Save With This *E-A-S-Y* Energy Tip

When was the last time you cleaned your thermostat coil? One year ago? Five years ago? Are you’re asking yourself, “*what in the world is a thermostat coil??*”

Your thermostat regulates your home heating and cooling system. When the coil inside the thermostat cover is dirty and dusty it won’t give an accurate reading. The dust interferes with the coil’s ability to sense temperature changes. Room temperature changes make the coil curl and uncurl, thus activating your heating or cooling unit to turn on or off.

Here’s how to easily clean your thermostat coil. Simply remove the thermostat cover and clean the coil by blowing away the dust or gently wiping it away with a cotton swab. If you have a clock or timer thermostat, make sure to replace the batteries twice a year.

Brain Teaser Answer:
It should be written as \$13,212.



Sherie is now with:
Real Estate Marketplace, NW
For her Washington listings.
They are based out of Deer Park,
Washington.



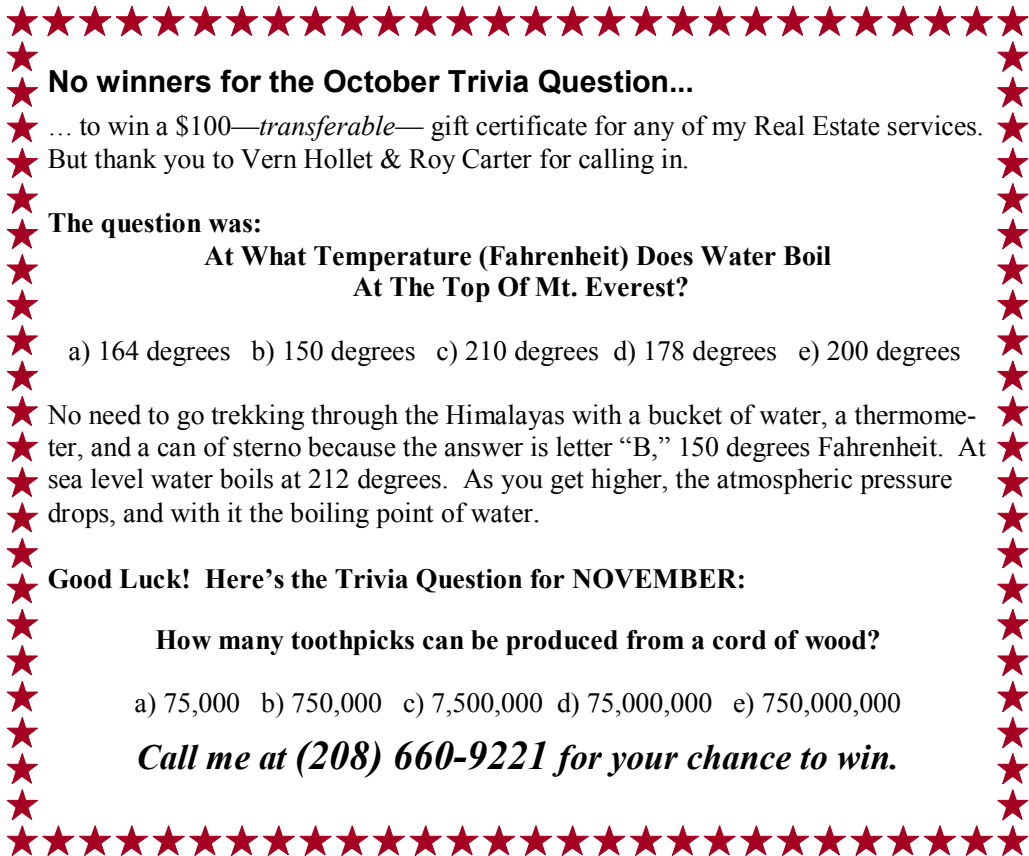
Meet Up Group—Murder Mystery
Dinner in Coeur D' Alene

Thank you for reading my new
Guide For Life personal newsletter.
My goal is to produce a newsletter that
has great content and is fun and valu-
able to you. Your constructive feed-
back is always welcome.



An affiliate of Keller Williams Realty Spokane

Sherie Clipson
Red Door Realty
Keller Williams Realty
212 N. First Ave., Ste. 101
(208) 660-9221
(888) 909-5542 - NEW FAX
SherieClipson@gmail.com
www.RedDoorGuide.biz



No winners for the October Trivia Question...

... to win a \$100—*transferable*— gift certificate for any of my Real Estate services.
But thank you to Vern Hollet & Roy Carter for calling in.

The question was:

**At What Temperature (Fahrenheit) Does Water Boil
At The Top Of Mt. Everest?**

- a) 164 degrees b) 150 degrees c) 210 degrees d) 178 degrees e) 200 degrees

No need to go trekking through the Himalayas with a bucket of water, a thermome-
ter, and a can of sterno because the answer is letter “B,” 150 degrees Fahrenheit. At
sea level water boils at 212 degrees. As you get higher, the atmospheric pressure
drops, and with it the boiling point of water.

Good Luck! Here’s the Trivia Question for NOVEMBER:

How many toothpicks can be produced from a cord of wood?

- a) 75,000 b) 750,000 c) 7,500,000 d) 75,000,000 e) 750,000,000

Call me at (208) 660-9221 for your chance to win.

Learn How To Maximize The Value Of Your Home!

Thinking of putting your home on the market soon? WREATH I have **free** consumer reports showing you which repairs and fix ups will net you the most value for your home. It’s called the “**Home Seller’s Guide To Money-Making Fix-Ups**,” It is very informative, even if your not planning on selling soon. Call me today at (208) 660-9221 and I will e-mail or mail a copy to you!

Real Estate Corner...

Q. Why should I get pre-approved before buying a home?

- A. Years ago, buyers didn’t worry about financing their home purchase until after they found the home they wanted to buy. Once they had an accepted offer, they’d shop around for a week or so and then submit a loan application.

Home buying is highly competitive in some areas. To compete, many buyers are now getting pre-approved for a mortgage. This way, the buyer is seen as more stable, has greater influence in negotiating a purchase price, and can act quickly when they find a home the really love. A pre-approved homebuyer is considered almost as strong as a cash buyer.

There are two parts to mortgage approval: 1) approval of the borrower, and 2) approval of the property. Mortgage pre-approval is a process whereby the borrower is approved for a specific mortgage amount. The approval is usually good for a period of time. A property approval is one with satisfactory appraisal and a clear title report. Final mortgage approval also requires a purchase agreement that is signed by the buyer and the seller.

If you have any questions, or need capable and trustworthy representation, please call me at **208-660-9221**.



OWNER FINANCING

N. Blanchard ~ Nice 5 acre set-up, 1940 SF, 3 bedroom/2 bath, heated garage & shop, mountain views, nice horse set-up— **\$220,000**



NEW LISTING

Spokane Valley— Remodeled rancher, 3 bdrm/1 bath, fenced backyard, shed w/ 220, basement, garage, main floor utilities, close to schools— **\$144,000**



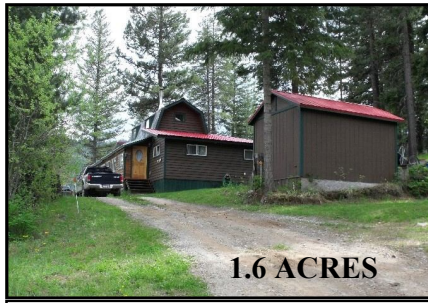
OWNER FINANCING

Priest River—Move In ready -Bright & open, 4 bdrm/2 bath, large lot, new roof, all appliances, in-town convenience—**Owner Carry Terms—\$99,000**



NEW PRICE

Oldtown, ID ~5 acres w/ pasture, newer manufactured home, open floor plan, 3 bdrm/2 bath, spacious kitchen, vaulted ceiling, lots of storage— **\$84,000**



1.6 ACRES

Priest River ~1465 SF., 3 bdrm/1 bath, large kitchen, laundry/mud room, large enclosed porch, outbuildings, nice views, sellers pay closing fees-**\$125,000**

VACANT LAND
Vermont St Lots—Spirit Lake, ID—
\$8K—\$68K—4 sizes to choose from
White Way Lots—Priest River, ID
5 Lots to choose from
LeClerc Rd—North of Newport, WA
2, 5 Acre Lots
Diamond Lake View—WA
1.53 Acre—ready to build

2011 VISION	GOAL: 12 PROPERTIES FOR BUYERS	GOAL: 18 LISTINGS SOLD
	YEAR TO DATE: 2 SOLD—1 PENDING	YEAR TO DATE: 7 SOLD AND 3 PENDING



7 Acre Horse Set-Up

Newport~ 7 acres, 3000+ sf. D-Log home, 3 bed/2 bath, vaulted ceilings, huge shop, large arena, tack rm., loafing shed, seasonal creek ~ **\$199,000**



Bring Us an Offer!!

N. of Priest River -5.35 ac. Surrounded by USFS lands, nice mix of trees & a creek. Newer well, will need alternative power, **OWNER CARRY— \$59,000**



Beach Club Membership

Walk to the Lake from your Victorian dream home, 5 bdrms/4 bath, cathedral ceilings, 2 car garage, finished basement all on a 1.6 Acre Lot— **\$240,000**



Year Round Pend Oreille River Living

Usk, WA~ Water, power, septic, private dock, parked out back yard w/ fire-pit, oversized 2 car garage, comfortable 2 bd/1 bath singlewide—**\$184,000**



Light Commercial Lot

Priest River ~ Best light commercial lot around. This level, double lot features newer water & sewer hook-ups, excellent location—**\$29,000**



Perfect Starter Home

Newport- 2 bdrm/1bath, oak wood floors, sunroom, basement w/ workshop, fenced backyard, close to schools & shopping— **\$86,000**