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News To Help You Save Time And Money

This, Too, Will Pass

A student was studying to be a stone mason. He was working on his masterpiece, a statue that had taken him more than six months so far.

He was just on the finishing strokes when his chisel slipped and he broke off the nose of the statue. In tears of frustration he went to his teacher who was quietly smoothing some stone in the garden.

"It's no use," cried the student. "I've failed. My life is over. I'll never graduate in time. What am I going to do?"

The master mason paused and looked kindly at the distraught student.

Then he said, "This will pass. By this time next year, you will be someone else, doing something else. This moment will be a memory. Move on."

Another year went by, and the student had completed yet another statue. This time he was able to finish it without error, and he was justifiably proud of his

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work. He went to his master, who was again in the garden polishing stone.

"I have created something that I never thought I could. Because I failed before, I have become even better than I would have. Isn't it wonderful?"

His teacher smiled at the young man for a moment before returning to his work, saying only, "This, too, will pass."

I'm reminded by this story to always keep a balanced view of life! ~ Purvi Shah

A Fit House Is Worth More

Doctors tell us that if we keep our bodies fit, we can live longer, feel younger, and look better. The same principle applies to a house.

An out-of-shape house can appear older than its years and can even lose up to 10% of its appraised value, according to some appraisers and real estate agents. That's up to \$20,000 for a home priced at \$200,000.



September 2014

While poor maintenance can reduce value, good maintenance can add value. A study out of the University of Connecticut in the US finds that regular maintenance increases the value of a home by about 1% each year. A good strategy for staying on top of maintenance is to do a home maintenance audit once or twice a year. During a home maintenance audit, you identify all the items that need work, then prioritize your list in terms of cost and time involved in making repairs.

Natural Cleaners You Have Around The House

Vinegar. Vinegar is by far one of the most versatile cleaning agents. Use it to remove soap scum from the shower. Mix it with borax to get rid of hard-water rings in the toilet. Tape a

bag of vinegar to your showerhead and leave it overnight for an easy, sparkly clean showerhead; or add a couple of tablespoons of white vinegar to your dish soap to eliminate grease in the kitchen.

Lemons. The acid in lemons makes them a natural cleanser. The juice can disinfect kitchen countertops and cutting boards. You can cut a lemon in half and scrub your bath and shower to remove soap scum. If your shaving cream can has left a rusty ring on your counter top, use your lemon half to scrub it away.

Tea. More than a favorite beverage, brewed tea can be used to clean windows, mirrors and countertops. Spray on your bathroom surfaces just as you would any window or surface cleaner. Then, keep your damp bags in the back of the fridge. They will actually work to deodorize it. And if you need to remove the scent of onion, garlic or fish from your hands, cut a tea bag open, and wash your hands with the leaves to remove the odor.

Olive Oil. Foods taste better, and our bodies are healthier with olive oil. But olive oil goes further. Remove paint from

September Quiz Question

Q: What do you see in fall, but not in summer, winter, or spring?

Everyone who texts, emails or calls in the correct answer by the last day of this month will be entered into a drawing for a \$20 gift certificate

August Quiz Question

- **Q:** Can you name four days that start with the letter 'T'?
- A: Tuesday, Thursday, Today, Tomorrow.

hands by soaking them in olive oil. Buff furniture and stainless steel to a shine with a little olive oil on a rag. Protect rattan furniture by wiping on a little olive oil.

To achieve great things, two things are needed: a plan and not quite enough time. ~ Leonard Bernstein

Preventing Alzheimer's

Recent studies have found several factors that help limit or even prevent Alzheimer's disease. For instance, people who are physically active, or play games or music have a lower risk of Alzheimer's.

In fact, people who were *less* active were three times more likely to have Alzheimer's than those who were active. Activities like gardening, exercising and playing board games or a musical instrument were part of the lifestyle in those less likely to develop the disease.

Being active especially between the ages of 40 and 60 seems to reduce incidences of Alzheimer's—regardless of income, gender and education.

Another key factor is diet. By eating less, in fact eating sparingly, we tend to sharpen our wits, perhaps by limiting the toxins, inflammatory foods, and other wastes our bodies must battle.

One surprising result of recent studies is that people who stave off Alzheimer's disease tend to have more faith. Not necessarily religious faith, but spirituality. By engaging in some sort of regular practice of meditation or deep introspection, the brain remains at peace and electrically stable, removing chemicals like cortisol that result from stress.

The pleasure of remembering had been taken from me, because there was no longer anyone to remember with. It felt like losing your co-rememberer meant losing the memory itself, as if the things we'd done were less real and important than they had been hours before. ~ John Green, The Fault in Our Stars

How to Sell Without Reducing Your Price

Dear Friend,

Here's a quick note to let you know how I can help you—or anyone you feel comfortable introducing me to.

No home seller wants to reduce their price because their house isn't selling. Here are 3 ways to prevent that from happening: **First**, price it well to begin with. Price it no more than properties are selling for in your area. You can place a premium for things like a view or a stunning yard, but not for things like a remodeled kitchen. On the other hand, not having a remodeled kitchen could cause the price to drop. **Second**, make it show like a model home. Clean every crevice. Fix every bit of deferred maintenance. Remove your personal possessions. Clean up the landscaping. **Third**, talk to me about how to minimize drawbacks and maximize advantages. As your real estate consultant, I can tell you a great deal about how to get more from the sale of your home, possibly putting thousands more in your pocket when you sell.

If you or someone you care about wants to get more out of the sale of their home, please call me at 858-603-8225 or Purvi02shah@gmail.com. Ask for a copy of my report, *The 10 Dumbest Mistakes Smart People Make when Buying or Selling a Home.*

Purvi Shah, Your Real Estate Consultant For Life

Remax Associates, 858-603-8225

P.S. Who do you know who's thinking about selling their home? Please introduce us so that I can make suggestions for how to sell for more.

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Please complete the box below and place check marks next to the

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Mail it to: Purvi Shah 16787 Bernardo Center Dr A#6, San Diego CA 92128

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