

# Purvi's Home News

News To Help You Save Time And Money

April 2015

## Beauty Is In The Eye Of The Beholder

In mythology, there is a story about Narcissus, a young man who kneeled every day beside a lake to peer at his reflection in the water and contemplate his own beauty. The story goes that he was so fascinated by his face that one morning while gazing at himself, he fell into the lake and drowned. At the spot where he fell, a flower grew, which people called the Narcissus (commonly called a Daffodil).

When Narcissus died, it is said that the goddesses of the forest appeared and saw that the lake had transformed from fresh water into a lake of salty tears.

"Why do you weep?" the goddesses asked the lake.

"I weep for Narcissus," the lake replied.

"Ah, it is no surprise that you weep for Narcissus," they said. "We often pursued him in the forest to enjoy his splendor, but you alone could contemplate his beauty close at hand."



"But...was Narcissus beautiful?" the lake asked.

Surprised, the goddesses said, "Who better than you to know that? After all, it was by your banks that he kneeled each day to contemplate himself!"

The lake was silent for some time. Finally, it said:

"I weep for Narcissus, but I never noticed that Narcissus was beautiful. I weep because, each time he knelt beside my banks, I could see my own beauty reflected in the depth of his eyes."

Moral: *Much of what we see in others is but a reflection of ourselves.* ~Purvi Shah

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## DIY Home Maintenance That Saves \$

- **Plumbing Repairs:** While plumbing can be a pain in the neck (literally), most people are perfectly capable of making simple repairs, like replacing a leaky faucet or broken sprinkler head. Potential annual savings: \$100 to \$1,000 for typical repairs.
- **Pest Control:** Using approved chemicals and methods that you can look up online, you can treat your own house for insects and rodents. Savings: Up to \$50/mo, or \$600/yr.
- **Painting:** If careful, you can tape and edge like a painting professional. Savings: \$400 to \$1,500 for typical interior paint jobs.
- **Replace Light Fixtures:** Many people avoid changing out light fixtures because they don't know how. But once the job is started, they realize how easy it is and wonder why they almost called an electrician who wanted \$180, when it took them 20 minutes and cost \$40 for the fixture.

# Take Steps To Reduce Severe Pollen Allergies

With winter officially over, burgeoning trees and flowers herald spring and seasonal allergies. Tree pollens and mold spores can wreak havoc on the 35 million Americans who suffer itchy eyes, runny noses, scratchy throats and fatigue. Beyond over-the-counter and prescription medications, there are simple steps sufferers can take to reduce their misery:

- 1) Limit exposure. After months of cabin fever, staying inside with the windows shut tight on a lovely day may seem like torture. But consider the alternative: sneezing and wheezing and rubbing your eyes non-stop isn't fun either.
- 2) Plan outings carefully. Rainy and non-windy days are best for keeping pollen at bay. Remember, too, that pollen counts peak in the midday hours. Avoid grassy and wooded areas. Check your local news sources for pollen counts.
- 3) Park strategically. You've seen how pollen can sometimes turn a car greenish yellow, so if you park outside, try to avoid parking under a tree. Your car may be a bit warmer by being in the sun rather than under a shady tree, but you'll be less likely to get a nose-full of pollen when you open the door.
- 4) Scrub up. When you come back into your home, remove your shoes — or at least do a thorough job of wiping off residual pollen from your excursion. And wash your hands. You may even want to shower and get into some pollen-free duds. When you wash your clothes, use a dryer, rather than an outdoor clothesline.
- 5) Clean pollen magnets. Carpets and linens, too, can hold on to pollens, so vacuum rugs and change sheets more frequently than at other times of the year. That goes for bath towels, too. An in-home air filtration system can help remove irritating particulates.

Other allergens: The protein in **ragweed pollen** is also related to the irritants found in cantaloupe, banana, sunflower seeds, zucchini and cucumber. **Grass pollen** has a parallel to peaches, celery, melons, tomatoes and oranges. **Birch pollen** is related to a large number of vegetables, fruits and nuts, including potatoes, celery, walnuts, apples, pears, peaches, and cherries and other pitted fruit.

Depending on what you're sensitive to, you'll want to avoid foods like these. This is not a food allergy per se, simply an alternative way for those with *allergic rhinitis* to suffer.

## Lost Luggage

After his return from Rome, Joe couldn't find his luggage in the airport baggage area. He went to the lost luggage office and told the attendant there that his bags hadn't shown up on the carousel.

She smiled and told him not to worry. She assured him he was in good hands, and that they were all trained professionals who were experts at finding lost luggage.

"Let me ask you a few questions, OK?" she said. "First of all, has your plane arrived yet?"

Joe decided he might as well write his luggage off forever.



## April Quiz Question

**Q:** *What do the letters stand for in the emergency signal SOS?*

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 \$25 gift certificate

## March Question

**Q:** *Which word in the dictionary is always incorrect?*

**A:** *Incorrect.*

# Wake Up Refreshed

Most of us have experienced bouts of insomnia that make it difficult to get up in the morning. But for some people, waking up is a continuous problem. Here are a few suggestions for improving your energy in the morning:

1. Shut off all electronics at least one hour before bed. Studies have shown that electronics keep the mind active longer than other forms of mental stimulation.
2. Do a sleep hygiene assessment on your home. Do you have blackout drapes? Are all LED and other small lights turned off or covered? Do you have a source of white noise, like a fan? Is your pillow and bedding comfortable? Do you need a new mattress?
3. Keep the room cooler than you normally like when you're awake.
4. Exercise vigorously during the day, but not within two hours of bedtime. Also take a walk after dinner to help with digestion, which can also keep you somewhat awake.
5. Don't load up on carbohydrates at or after dinner. Digesting carbohydrates tends to spike the energy in your body.
6. Sit up and read a book in bed until you start to feel sleepy. Don't push past the sleepiness. Instead, put the book down and turn off the light.



## As You Read This Note, Who Comes To Mind First?

Dear Friend,

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

Many of my friends, coworkers and family members have been telling me about their experience of being pushed and pulled in all directions. They call themselves the Sandwich Generation. Their homes have more people than space. You may know someone in one of the following situations who needs my help:

1. Someone caring for aging parents while supporting and caring for their own children.
2. Someone in there 50's or 60's sandwiched between aging parents, adult children and grandchildren.
3. Someone in there 30's or 40's with young children, aging parents and, perhaps, even grandparents.
4. Someone involved with elder care, special needs care, or sibling care.

The one thing the people of the Sandwich Generation have in common is that they need more space. As you think about people who may need my help, feel comfortable taking out your cell phone and call me. Let's talk about helping your friends find the home that gives them the space they deserve.

**Purvi Shah, Your Real Estate Consultant For Life**  
**Remax Associates, CalBre: 01878163**  
**858-603-8225**

**P.S.** Whom do you know being squeezed for space and could use some help now?

# PURVI'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.

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

Or just call me at **858-603-8225!**

**[www.purvishahrealtor.com](http://www.purvishahrealtor.com) email: [Purvi02shah@gmail.com](mailto:Purvi02shah@gmail.com)**

**Purvi Shah-Remax Associates, CalBre:01878163**

### 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 Home Finder 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: \_\_\_\_\_, Zipcode: \_\_\_\_\_.
- 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 Purvi's Home News? Provide me with their contact info., and I'll add them to my mailing list.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip/Postal: \_\_\_\_\_

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