



# LET'S TIE UP LOOSE ENDS

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## Simple Decorating Tricks

Many times circumstances prevent us from decorating our home the way we would like. You may be on a tight budget, live in an apartment or rental home, or have little time. While you may not have the time or resources to knock out a wall, retila a floor, or even repaint, you can still add a personal touch to your living spaces. Next time you are looking to do some home redecorating, keep these ideas in mind.

### Replace Hardware

Replace generic drawer and door pulls in your kitchen and bathrooms. Change your doorknobs to something classier. Replace light fixtures for an updated look, or install new plumbing fixtures, like shower heads, faucets, or sink knobs.

### Cover Your Floor

Worn carpet and bare floors can benefit from colorful area rugs. You can even find rugs in full-room size, allowing you to completely change the look of your floors without spending the time or money to install carpeting or hardwood floors.

### Paint Your Furniture

If you aren't inclined or are restricted in

painting your walls, dress up your furniture instead. Bold colors can add interest to a room, while stencils and patterns on furniture can add a touch of style. You can also breathe new life into a worn piece of furniture with a new coat of paint, making it look almost new.

### Dress Up Your Windows

Add unique window treatments to your rooms to bring instant change to your living spaces. New curtain rods will give your curtains an updated look, while blinds or shutters can provide a clean, modern feel.

### Get More Plants

Plants add life, color, and interest to any room. They also clean the air of some everyday pollutants and add extra oxygen into your home. Plants come in a variety of sizes and types, with different light requirements, allowing you to choose the perfect fit for any area of your home.



Grilling meat can cause heterocyclic amines (HCAs) which research has tied to cancer. Marinating your meat can reduce the production of HCAs by up to 88 percent. Marinades containing rosemary, oregano, thyme, mint, and sage are best. Let rest in the marinade for at least 30 minutes before grilling.

## App of the Month: Open Whisper Systems

With all the news of the NSA and others spying on text messages, emails, and calls, you may be wondering if there is a way to make your communication more secure. Open Whisper Systems offers apps for Android and iOS devices. These apps will send encrypted messages both when you send or receive them and when your messages are just sitting on your phone. The apps are seamlessly integrated into your phone's system. They supports group, text, picture, and video messages and are free. The iOS app is called Signal Private Messenger and for Android, look for TextSecure.

Can you make your exercise routine greener? Sure! Try taking your workout outdoors, doing your stretching and cardio on trails nearby. You'll save the energy of lighting and heating or cooling your gym space at home. You can supplement your workout routine with a lunch break walk or doing yard work.

## Protecting Your Family's Eye Health

August is Family Eye Care Month. Many eye diseases and disorders can be addressed if they are caught early. The number one mistake people make when it comes to their eye health is only seeing a doctor once a problem develops. But did you know that your optometrist may be able to detect other problems as well? It is possible to detect some problems like diabetes, high blood pressure or even tumors. Take some time this month to schedule an appointment with your health care provider or eye doctor. It is the perfect time to schedule routine eye exams for you and your family.

Don't wait for the  
**PERFECT MOMENT**  
take the moment and make it  
**PERFECT**

It can be tempting to save on pet care cost by using a low-cost veterinary clinic, but know that these clinics may not be able to offer comprehensive services. If your pet needs services above general preventative care, you may be forced to find a vet in an emergency situation. This can be time-consuming, costly, and stressful. Establishing a relationship with a full-service vet can be better for you and your pet in the long run.

## Vetting Your Vet: How to Choose a Veterinarian

Besides you and your family, there is no one who cares more about your pet's health and happiness than your veterinarian. When choosing a vet, you are not only looking for a health care provider. You're also looking for someone to educate you and understand your unique relationship with your animal companion. The best time to find a great vet is now, not when you are facing an emergency situation.

The best way to find the best vet for your family is to ask those you trust for advice. People who have the same approach to pet care as you can be wonderful resources. Potential animal hos-

pitals should be accredited by the American Animal Hospital Association (AAHA). When looking for a specialist vet, be sure to ask about board certification, with study of an additional two to four years in the specialty area.

Before deciding on a vet, schedule a visit to tour the facility, meet the staff, and learn more about policies and procedures. Suitable facilities should be clean and comfortable. A staff that emphasizes calm, courteous, and competent care is best. Finally, ask about fees and any discounts that might be available, including deals for seniors or multi-pet households.



Many local utility companies offer a free energy audit of your home. After looking for leaks and other sources of energy waste, they can give you ideas to improve the energy efficiency of your home. They can also provide you with information about incentives and rebates you can get by replacing old appliances, adding insulation, or installing green features to your home.

Before installing a baby seat in your car, protect your vehicle's fabric under the seat. Place a sheet of heavy plastic down and then cover this with an absorbent towel. Proceed by installing the car seat according to manufacturer's instructions. Each time you clean the interior of your car, replace the towel with a clean one.



## Zucchini Mania

### Grilled Zucchini

Slice zucchini into length-wise slices. Cover with bottled Italian dressing and let sit for about an hour. Place onto medium grill, turning once, for five to ten minutes or until tender. If you have any leftover the next day, try stuffing pita bread with your leftover barbecued meat, the grilled zucchini, plain yogurt, salt, and pepper.

### Creamy Zucchini Salad

Combine one cup of sour cream, 2/3 cup of white wine vinegar, one tablespoon of mustard powder, 1/4 cup of sugar, one teaspoon of dill, and salt and pepper to taste. Combine with two large or four small zucchini, sliced thinly. Add one thinly sliced onion. Combine well and chill for several hours before serving.

### Zucchini and Corn

In a large skillet, heat enough oil to coat the bottom. Add cubed zucchini and fresh corn that has been cut from the cob. Stir for five minutes or until tender and golden. Add spices and herbs according to your taste. Great add-ins to try are salt and pepper, cumin, garlic, basil, dill, chives, oregano, mint, or parsley. Cook for a couple more minutes to blend flavors.

## Making a Clean Break

There is never a better time to give your belongings a good going-over than when you are moving. Packing and unpacking can be a big hassle, but this process is a perfect opportunity to get rid of the clutter and unwanted items in your life. So, the first step when getting ready to pack should be a thorough house cleaning.

Go through every room of your home and discard any broken items. If it can be fixed, either fix it yourself or take it to a repair shop. If it cannot be fixed or is too expensive to repair, simply toss it. Next, remove all those items you don't want or don't use anymore. You can give them to friends or a charitable organization, or you may decide to have a garage sale to raise some extra cash for all those moving expenses. Another option is to haul your things to a consignment shop. This is an especially wise move for any big ticket items you may have, like stereo equipment, exercise gear, designer clothing, or sporting equipment.

Remember that hazardous wastes, including motor oil, leftover paint, batteries, and some household and lawn chemicals, must be disposed of properly. Most communities have designated drop-off facilities for such wastes.

If you are having trouble sticking to your exercise routine, it may be that all you need is a little music. Researchers at Fairleigh Dickinson University found that people who listen to music during a workout are more likely to stick to their exercise plan. Those who used music during their workouts also lost more weight and body fat.

Why does music have this effect? It is a motivating factor and is very effective at distracting you from the hard work of exercise, including pain, exertion, and sweating. Although upbeat music is best, you will get the benefits of music simply by listening to any music that appeals to you.

Restrictions on liquids when flying can be troublesome if you don't know how much of each product to bring with you. Before going on your trip, fill your 3-ounce bottles with the liquids you'd like to bring. Use them daily and see how long it takes for the bottle to empty. This will give you an idea of how much to bring depending on the length of your trip.

It is easy to recognize the benefits of volunteer work to those who take advantage of the services provided. But don't underestimate the benefits to you personally when you undertake this kind of work. Volunteering can provide you with a way to meet new people, expand your skills, and boost your self-esteem. You will gain career experience along the way as well. Make sure any volunteer work you do is noted on your resume. If you are unsure of what direction your career is taking, exploring different opportunities through volunteering is a great way to test the waters. You also are networking as you work. You are meeting people in a field you are interested in, who could become important contacts by either offering you a job or highly recommending you for one.

Where should you volunteer? A good place to start is anywhere that you would be interested working. Follow your interests or career path. Approach an organization or company, and ask if they accept volunteers. Be honest about your ability to commit to a certain amount of time and what types of jobs you would be interested in. You may be surprised at all of the opportunities out there.

While you may get your upholstered furniture cleaned every year, those leather pieces in your home often get overlooked. Leather furniture should be kept out of direct sunlight to prevent drying out and cracking. Once or twice a year, use a leather cleaner and conditioner, following the directions on the package. You will need to apply the solution carefully and try to prevent any excess from remaining on the furniture, as this can damage your clothing when you sit on the furniture if it is not all removed. Leather conditioner will help to keep the leather soft and flexible. In between big cleanings, dust or vacuum regularly and always wipe up spills with a clean cloth as soon as possible

If you find a good solution and become attached to it, the solution may become your next problem. – Dr. Robert Anthony

Some say the Internet is forever. But what if you want to remove your accounts on social media or other popular websites? To make it easier, head over to AccountKiller.com. This website helps you remove your account or public profile on sites like Facebook, Google, and Skype. AccountKiller offers simple and clear instructions for deleting your online accounts. When you visit their

homepage, you can type in the name of the site and you'll find instructions for deletion. They also offer a rating of how difficult it is to completely remove yourself. The worst offenders are on their Blacklist. Check this first whenever you are ready to sign up for a new service to make sure you won't be stuck forever.

One of the easiest ways to make your meals healthier is to simply cook them yourself. When you prepare your own meals, you can take charge of how much fat, salt, and sugar you add. You also have the ability to make healthy substitutions, like using olive oil instead of butter.



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Wherever you go,  
no matter what the  
weather, always  
bring your own sun-  
shine. – Anthony J.  
D'Angelo