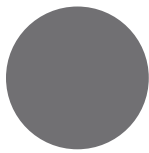


# Texas Homes



Realtor Logo

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June

## Go Green and Save

According to the Department of Energy, if just one in ten households incorporated “green” energy-efficient heating and cooling systems, we could prevent more than 17 billion pounds of air pollution per year. Green building techniques provide many benefits, including savings on household energy costs, safer indoor environments and the protection of resources through the use of sustainable and renewable building materials.

Here are some green tips:



### Install whole house fans or ceiling fans.

Whole house and ceiling fans improve interior comfort by circulating cold and warm air. Ceiling fans can be adjusted to either draw warm air upward during summer months or push it downward during the winter.

### Install high R-value insulation.

Insulation provides a continuous thermal barrier to minimize heat flow through walls, ceiling and floor. The higher the R-value, the greater the material’s ability to insulate.

### Use recycled-content insulation & carpet.

Recycled-content insulation, drywall and carpet are made from recycled paper, recycled plastic and glass bottles, recycled wool or recycled cotton.

### Install low-flow fixtures.

Low-flow toilets can save up to 22,000 gallons of water per year for a family of four. Flow reducers can cut water usage of faucets and showers by as much as 40% with little noticeable effect.

### Use low-water landscaping.

Low-water landscaping options reduce water use by emphasizing native and/or drought tolerant plants, eliminating turf areas and minimizing maintenance.

## Take It Easy!

### Reducing and Managing Your Stress

We all know that chronic stress is not good for our minds, our bodies and our relationships with friends, family and coworkers. Following basic healthy living

*continued on next page*

### Buying or Selling a Home?

As your local Real Estate Professional, I can help with your home buying or selling decisions. If you need a current market analysis, information about financing options, or someone to answer questions about specific neighborhoods, please feel free to contact me.

And if you know anyone who may need these services, I appreciate referrals! Call me today!

It takes a Texan to know a Texan. Even more, it takes a Texas-based home warranty company to understand your need to protect your family’s investment: your home. At Allied Home Warranty, our local knowledge makes a direct impact on how we serve you.

Allied Home Warranty (866) 791-1200 [www.AlliedHomeWarranty.com](http://www.AlliedHomeWarranty.com)

Take It Easy! Continued

guidelines--exercising regularly, eating well-balanced meals, and getting enough sleep--can go a long way in fighting the effects of chronic stress. But stress can also be tackled through many effective techniques that help your mind and body reduce, manage and even eliminate stress and the situations that can cause stress.

**Start with a Good Laugh**

Go ahead and laugh more - it will reduce your stress levels, among other benefits.

**Take Control of Your Time and Environment**

Giving yourself some downtime will ensure that you are more relaxed and ready to face the challenges of everyday life.

**When You Can't Stop It, Reduce It**

Take actions after something bad happens that will reduce the stress you feel about that event. Try using one of these techniques:

**Try Meditation and Relaxation Techniques**

There are many meditation and relaxation techniques that you can use to reduce stress. They include deep breathing, stretching and mind and muscle relaxation.

**Paper-bag Apple Pie**

- 4 large cooking apples
- 1 cup of sugar
- 1/2-cup flour plus 2 Tbs.
- 1/2 tsp. cinnamon
- 9-inch unbaked pastry shell
- 2 Tbs. strained fresh lemon juice
- 1/2 cup butter

*Directions: Peel, core and slice apples. Combine 1/2 cup sugar with 2 tablespoons of the flour and cinnamon. Combine mixture with apple slices. Toss to coat them evenly all over. Arrange floured slices in pie shell. Sprinkle with any excess mixture. Dribble the lemon juice over all. Combine remaining 1/2 cup sugar with 1/2 cup flour. Cut butter until mixture is mealy. Scatter this over the apples evenly. Place pie in a brown paper bag. Fold over twice to seal. Fasten with 2 or 3 paper clips. Bake at 425 degrees F. for 1 hour. Spilt bag when done to remove the pie. Serve warm or cold.*



**DID YOU KNOW?**

Texas is the only state to enter the United States by treaty instead of territorial annexation.

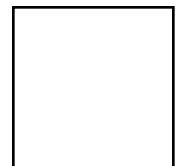


**TEXAS FACTS**

During the period of July 24-26, 1979, the Tropical Storm Claudette brought 45 inches of rain to an area near Alvin, Texas, contributing to more than \$600 million in damages.

If you are working with another real estate professional, please disregard this notice.

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