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Thierry Roche's…

Healthy, Wealthy & Wise

"Insider Tips For Healthy, Wealthy & Happy Living…"

plus a Bit of Real Estate too!

8 Simple Solutions For Computer Problems

Is your computer stuck and you don't know what to do? Wait! Before calling a computer expert or taking it to a repair shop, run through this checklist of quick fixes to save time and money:

- ✓ **It won't turn on.** Look for a loose power cord. Check at the back of the computer, at the wall, and in the power strip. Make sure all connections are firmly in the socket.
- ✓ **It loses the internet connection.** Unplug your modem's power cord and the wireless network router, if you have one. Wait a full minute. Plug them back in again. Give the devices time to restart. Try to open the internet again.
- ✓ **It won't respond to keyboard or mouse clicks.** Check if the cords attached to your device are connected fully into the computer ports. With wireless devices, replace the battery.
- ✓ **It takes too long to start up.** Confirm that your anti-virus software has been updated. When you know that you have the latest version, run a full system scan to see if you have any viruses that need to be removed.
- ✓ **Your password won't work.** Look at your keyboard to see if the CAPS LOCK light is on. Many passwords are CaSe sensitive.
- ✓ **The CD or DVD drive won't open.** Straighten a paper clip, slide it into the small hole near the door of the drive, and push gently. The door should open a little and you can slowly pull it open.
- ✓ **One program continues to freeze up.** Try updating the software. You can usually find an option to update in the help menu. If not, visit the software publisher's website to see if new updates are available.
- ✓ **The internet is too slow.** Check to see if someone else in the house is downloading or streaming something like a TV show or music. If they are, just know your internet speed will return when this ends.

Last Tip: Post this list on your refrigerator at home or in the break room at work. You may save someone else from pulling their hair out.

Thinking Of Buying A Home Soon?
If you're planning to buy a home in the next 6 months, you'll want a copy of my Free consumer guide, "***49 Essential Tips Every Home Buyer Should Know***." My exclusive report will help you avoid frustrations when finding, buying, and financing your next home. To get a copy, simply call me at…**703-222-6714**

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!)…

Lyceum (lie-see-um) noun

Meaning: A lecture hall or place for teaching.

Sample Sentence: Students gathered round Aristotle in the lyceum to learn his philosophy.

Do This When Your Mortgage Has Been Sold

If you were paying your mortgage via automatic bank withdrawal, do this:

1. Pay with paper checks for a few months until the transfer is complete.
2. If you unknowingly send payment to the wrong lender, you have 60 days to redirect without a late fee.
3. If the new lender tells you to pay a different amount, pay it and sort out the details later. If you don't, you may end up paying late fees.

Adventure Vacation Basics

Going on an exotic adventure as part of your vacation (like white-water rafting down a canyon) can be a lot of fun, but you want to be certain the guide knows how to keep you safe too…

- Look for at least 10 years **experience** in the activity.
- Ask about **requirements** for trip leaders and guides.
- Insist they be **certified** as an EMT (Emergency Medical Technician).

Quotes To Live By…

Honest disagreement is often a good sign of progress.

–Mahatma Gandhi

Satisfaction of one's curiosity is one of the greatest sources of happiness in life.

–Dr. Linus Pauling

Three Rules of Work: Out of clutter find simplicity; from discord find harmony; in the middle of difficulty lies opportunity.

–Albert Einstein

Do You Make This Embarrassing Mistake When Cooking?

Many people make mistakes in the kitchen that can compromise the flavor and quality of the food they prepare. Use this tips from top chefs to make the food you serve more delicious:

- **Don't test doneness of meat by slicing into it.** When you slice into the meat, you are releasing the juices along with much of the flavor.
- **Don't use water as an ingredient.** Most recipes can be improved by replacing water with something more flavorful. For example, you may want to try cooking rice with chicken broth to enhance the taste.
- **Don't buy vegetables because they look good.** Grocers often use tricks to make the vegetables look good such as waxes and preservatives. Instead, touch the stem, roots, or stalk. Find the ones that are bendable and not dried out.
- **Don't depend on the clock**. This is particularly true with meat or fish where the cut of meat can vary greatly. The stove, pan, or even weather can affect the time it takes for a dish to be properly done. Test using a meat thermometer. Most grocery or home goods stores sell meat thermometers. You'll also want a reference list of temperatures for different types of meat. Search for a "temperature guide" at **www.foodnetwork.com**.

Would You Like To Know How Much Your Neighbor's Home Listed Or Sold For?

Maybe you're just curious. Or maybe you want to know how much your home is worth. Either way, I can help…with no "sales pitches" or run-arounds. Call me at **703-222-6714** and I'll give you all the facts.

Three Tips To Get More Done

Use these strategies to become more organized, less stressed, and get more done each day.

TIP #1: Remove distractions. When you are trying to juggle lots of different priorities, your mind becomes cluttered with lots of things other than your current project. Set everything else aside and focus on one task at a time.

TIP #2: Inbox management. Whether it is your email or the stacks of projects collecting on your desk, sort the incoming information into one of the following categories: read, delete, or take action. Set specific times to deal with what needs to be done.

TIP #3: Action-oriented prioritizing. Sort the things that need action by what you need to do. Use categories like: call list, home list, office list, computer list.

Brain Teaser…

What seven-letter word has hundreds of letters in it?

(See page 4 for the answer.)

How To Replace Your Showerhead

Many people prefer to replace the old standard fixed showerhead with a handheld one for easier use. If you have never tackled this easy home repair, here are a few tips:

- ✓ To prevent leaks, apply silicone plumber's tape around the threads before installing.
- ✓ Wrap the tape to the right, so when it is tightened you won't pull the tape loose.
- ✓ Put several pieces of electrical tape or duct tape over the jaws of your pliers before tightening to avoid damaging the chrome finish.

Adam, Eve and ???

Eve questioned Adam after he spent a lot of time away from the garden with her. Convinced that he had been running around with another woman, she challenged him to admit it.

Adam responded, "What other woman could it be? You are the only one."

That night, he was awakened by Eve poking fingers into his chest.

"What are you doing?" Adam inquired.

She told him that she was counting ribs.

Spice Up Your Body

Many cooking spices have benefits to the body beyond tasting good. Try adding these 3 healthy options to food:

Peppermint is useful to soothe a sore throat. Its anti-inflammatory properties can even reduce coughs and congestion.

Cumin contains a phyto-chemical that gives the spice its bright yellow color. Promising research is being done in the treatment of diabetes and cancer.

Cayenne Pepper is known for its fiery taste but there is more to this spice than its pungent taste. They aid in digestion, cleanse the intestines, boost immunity kill parasites, and improve circulation.

Avoid Deadly DVT When Flying

Air travel can produce a number of "minor" discomforts due to changes in air pressure, poor air quality, and dehydration. But the potential risk of DVT (Deep Vein Thrombosis) is far more serious.

DVT is the development of a blood clot in a vein deep inside a part of the body, usually in the lower limbs like your legs. This ailment is not limited to air travelers, but sometimes comes from being still for extended periods of time. The next time you fly, reduce your risk of this potentially fatal condition with these actions:

1. **Take a brisk walk 30 minutes before a flight.** This increases blood flow to your limbs before sitting for a long time.
2. **During the flight, regularly change leg position.** At least once an hour, try these exercises for 30 seconds to move your legs around while seated:
   - Lift your **feet** off the floor. Make circles in the air with your **toes**.
   - March in place by bending one leg at the **knee** and lifting it toward your **chest**. Do the same thing with the other leg.
   - Hold your **heels** to the floor and point **toes** up and back toward your body. Then, keep the **balls of feet** on the floor and lift heels up high.
3. **Avoid dehydration.** Although the cause of DVT is not always known, dehydration is common among DVT sufferers. Drink plenty of water and avoid alcohol because it can make you dehydrated.
4. **Move around the plane by taking a short walk to the restroom.** You will probably need to use the restroom anyway, if you followed the advice given above.
5. **Consider wearing elastic compression socks.** These stockings can be worn under your pants. They apply gentle pressure to the ankle, squeeze blood toward the heart and help with blood circulation.

Restricted movement can be dangerous for some people. If you have had recent surgery, take oral contraceptives, are pregnant, obese or smoke, you may want to ask your doctor about your DVT risk and take proper precautions. Learn more at **www.flighthealth.org**.

Thank You! Thank You! Thank You! Thank You! Thank You!

Thanks to all of my clients and friends who support my practice and graciously referred me to your family, friends and neighbors! Rather than pester people with unwanted calls and visits, I build my business based on the positive comments and referrals from people just like you. I couldn't do it without you!

Sending a Referral of Your Family or Friends is the Greatest Compliment You Could Ever Give Me
-Thank You-

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.

Brain Teaser Answer:

Mailbox!

Silly Definitions…

Selfish (sel-fish) what the owner of a seafood store does.

Paradox (par-a-doks) two physicians.

Primate (pri-mat) getting your spouse to leave the television.

Relief (ree-leef) trees do it in the spring.

Pharmacist (farm-uh-sist) helper at the farm.

Rubberneck (rub-er-nek) a way to help your wife relax.

Heroes (hee-rose) what someone does to keep the boat moving.

Monitor Kids Online Activity

Free software is available that will show you which websites kids visit, record what was typed and show how much time is spent on the computer.

Find out more at: **www.kidlogger.net**

THANK YOU for reading my Service For Life!® personal newsletter. I wanted to produce a newsletter that has great content and is fun and valuable to you. Your constructive feedback is always welcome.

AND…whether you're thinking of buying, selling or financing real estate, or just want to stop by and say "Hi," I'd love to hear from you…

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Real Estate Corner…

Q. When I put my home on the market in a few months, how will market value be established?

A. Market value is simply what a buyer is willing to pay and a seller is willing to accept. This answer assumes that both parties are well informed about closed home sales that are "comparable" based on **four important factors**:

1. **Location.** Even within the same city, different neighborhoods can have completely different market values. Compare prices of recent sales in the same community.
2. **Age.** Comparable homes should be built within a couple of years of yours. Building codes and style trends vary with time and greatly affect value.
3. **Size of home and lot.** Buyers are sensitive to the price per square foot. Your home may be unique but buyers will compare the price per square foot with neighboring properties for both the home and the land.
4. **Property condition.** As the seller, you have many opportunities to increase the attractiveness of your home by getting it in tip-top condition and staging the rooms before placing the home on the market.

If you're thinking of selling your home in the next year, you need to know about my "***Maximum Home Value Audit***." My audit is much more than a simple home valuation you'll get from another agent. It's a complete top-to-bottom analysis not just of the value of your home, but every aspect of your home. To request a no obligation audit of your home's value or if you have any questions, please call me at **703-222-6714**