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Fun Fact:

Americans empty 2.5 million plastic water bottles an hour. Each one takes 500 years to decompose.



Randall's

NEWSLETTER

How to make your house spectacularly haunted for one day

(ARA) - Most days, you probably want visitors to feel welcome and secure in your home. But one day a year, it's fun to scare the dickens out of them - so make the most of Halloween and all the good-natured frights that come along with the spookiest of holidays.

Here are some tips offered by the Halloween décor experts at SeventhAvenue.com:

- * Know your audience. It might be a good idea to match the level of scary in your Halloween decorations with the age of the children you expect to come trick-or-treating. For younger children, think fun. Older kids might appreciate a good scare.
- * Choose a theme. Decorations that center around a theme are the most impactful and will delight children when walking to your doorstep.
- * Direct traffic. Now that you've chosen a theme, think about how you want your guests to experience it, beginning with the sidewalk and ending with your front door. For example, if you went with a Dracula theme you could lead your visitors to the front door with lights that resemble chandelier candles. Well lit signs could also be used to lead visitors through a scavenger hunt through your front yard.
- * Dress the part. To make your theme really work for you, wear a costume to the door that goes along with it. It's a great way to get in touch with your inner child and to thrill the kids in your neighborhood.
- * Safety first. While it's great to create the scariest yard on the block, you should also make sure it's safe. Walkways and hazards like ponds or stairs should be well lit.
- * Treats matter. We all know the number one reason kids look forward to Halloween is the bounty they'll bring home from a long night of trick-or-treating. Considering that everyone else will give out candy, make your house more memorable by giving a toy related to your theme.

- Courtesy of ARA Content-

Word of the Month:

Studies have shown that your income and wealth is directly related to the depth of your Vocabulary. Here is this month's word so you can impress your friends.

kenspeckle

\KEN-spek-uhl\
adjective;

1. Conspicuous; easily seen or recognized.

Example:

He feared that he was too kenspeckle to escape.

Quotes to Live by:

The human voice can never reach the distance that is covered by the still small voice of conscience. –Mahatma Gandhi

Say What?

Get Down to Brass Tacks

To become serious about something.

A new roof can put money back into homeowners' pockets

(ARA) - According to a recent report by the Pew Research Center, 80 percent of Americans say owning a house is the best long-term investment a person can make. The study adds that about 48 percent of all homeowners state that the value of their home has declined during the recession. A smart way to dramatically enhance the look and value of a home is with a roof makeover.

Traditional plain black and brown roofs are losing popularity to more colorful shingles, which reflect the personality and style of the homeowner and can increase the home's curb appeal. Owens Corning offers the Duration Series Designer Colors Collection of shingles with seven vibrant color combinations. The company even offers a free online color personality quiz at www.roofing.owenscorning.com.

Owens Corning recently announced its first-ever national competition to find the home with the best roof makeover using the company's Duration Designer Colors Collection shingles. To enter, homeowners can visit www.thatsmyroof.com and submit before and after photos of their Duration Designer Colors Collection roof through October 15. The contest will run through October 31, 2010 and feature monthly winners. One grand prize winner will receive a refund for the cost of the roof up to \$10,000.

For homeowners, updating their roof with designer shingles offers more than wind and weather protection and overall value to the home. The increase in color choices helps enable homeowners to add a splash of personality to exterior and fall more in love with a home that is reflective of his or her style.

- Courtesy of ARA Content-

Movie Trivia: Q: Who was originally asked to play Danny Zuko in the movie "Grease"?

- | | |
|-----------------------|------------------|
| a. Sylvester Stallone | b. Donny Osmond |
| c. John Travolta | d. Henry Winkler |

CALL ME NOW AT 303-909-2365

Would you like to know how much your neighbor's home listed for?

Maybe you're just curious. Or maybe you want to know how much equity you have in your home. Or perhaps you are thinking of selling soon and want to know how much your home increased in value. Either way, I can help...No "sales pitches" or runarounds. Just give me a call **303-909-2365** and I will give you the facts.

Economy at a Glance:

Data Series	Jun 2010	Jul 2010	Aug 2010
<u>Unemployment Rate</u>	9.5	9.5	9.6
<u>Change in Payroll Employment</u>	-175	-54	-54
<u>Average Hourly Earnings</u>	22.55	22.60	22.66
<u>Consumer Price Index</u>	-0.1	-0.3	
<u>Producer Price Index</u>	-0.5	0.2	

Information from <http://www.bls.gov/eag/eag.us.htm>

US Population Clock
310,359,864
World Population Clock
6,871,716,533
-September 28, 2010

Reduce your risk of infection this cold and flu season

(ARA) - When it comes to germs and disease prevention, Dr. Ann Stewart-Akers says it's just a matter of taking time for simple precautions that a lot of people let slide because they're in such a hurry. A microbiologist and former researcher in the University of Pittsburgh's School of Medicine, Stewart-Akers is an assistant professor in the College of Health Professions at South University's Columbia, S.C., campus.

As Stewart-Akers sees it, we get too busy and distracted to practice basic preventive measures that people have known about for years. She believes in hand washing done the old-fashioned way. "Slow down, lather up with soap and warm water, and wash your hands for as long as it takes to sing 'Happy Birthday' twice," she advises.

And what if you skip the soap? That is not always a bad idea. "Rubbing your hands together under running water, and rubbing each surface of your fingers and hands, is what removes the germs," she explains.

Eating lunch at your desk might also be hazardous to your health, according to Stewart-Akers. Her advice is take time to clean your work surface and phone regularly and wash your hands before and after you eat.

Another of Stewart-Akers's concerns is that many people won't take time off from work when they're sick, or when their children are sick, instead hiring a babysitter to stay with them.

Stewart-Akers says she hopes that instead of worrying about germs, people will simply make time for routine cleanliness. "People in health professions can't afford to skip steps to reduce the risk of infection. Cleanliness has to be a habit for them - and it's not any different for all the rest of us. Now is a good time to start taking more time for this, but cleanliness is never out of season."

-Courtesy of ARA Content-

Food Fact:

-Celery requires more calories to eat and digest than it contains.

-Each American eats an average of 51 pounds of chocolate per year.

Weird Laws:

Arizona- Hunting camels is prohibited.

Georgia- Signs are required to be written in English.

Mississippi- It is illegal to teach others what polygamy is.

South Dakota- No horses are allowed into Fountain Inn unless they are wearing pants.

U.S.A. Facts

- In 1862, Richard Gatling of Indianapolis, Indiana invented the rapid-fire machine gun.

- An average of 400 funnel clouds are sighted each year in Indiana.

And...Whether you are thinking of buying, selling, or financing real estate, or stop by and say "hi", I'd love to hear from you...

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References:-aracontent.com,
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<http://www.bls.gov/eag/eag.us.htm>

Smart snacking 101: A little creativity goes a long way

(ARA) - Hunger pains and the munchies have more than half the population snacking at least once a day, but only 35 percent of those people choose more nutritious options than they did two years ago, according to a 2010 study from market researcher Technomic.

Heading to the nearest vending machine when that 3 p.m. snack break rolls around may seem like the easiest way to curb those afternoon hunger pains. But with a little creativity and planning, snacking can be fun, delicious and, more importantly, nutritious.

* Out of sight, out of mind: Keep your fridge fully stocked with only nutritious bites. If there's no ice cream in the house, you can't eat it ... right?

* Be creative: You don't need to buy cookies to enjoy the delicious cookie dough flavor. Now, options like ZonePerfect Cookie Dough bars, take a creative approach to nutrition by marrying important vitamins, minerals and protein with the tasty, chewy texture of cookie dough for a hard-to-resist, on-the-go snack.

* On the road: When you know you're going to be away from the fridge, stock your car or purse with nutritious snacks that will help you steer clear of the drive thru. Or when you're headed to a movie, fill up beforehand so you save your cash for the ticket, not the candy bar.

* 'Tis the season: Snack on items that are naturally seasoned - like garlic or rosemary - rather than reaching for something high in salt. The same great taste without the additional calories and sodium.

* Dare to prepare: Use that down time after dinner to pack your snacks and lunch for the next day. Because you're probably already full, you'll be less likely to over pack.

* Do-it-yourself: Set aside time each day to make your own snacks, like low-fat trail mix, carrots with hummus, or rice cakes and almond butter. By making your own, you have more control over the ingredients and can avoid those that are loaded with unnecessary fat and calories.

* Divide and conquer: When you bring home a big box of cookies from the grocery store, divide them into smaller snack-sized portions and stow in individual snack bags. These visual cues will help ensure you're not sneaking in too many in one sitting.

-Courtesy of ARA content-