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**Fun Fact:**

More than ten people a year are killed by vending machines.



*Randall Brennan's*

# NEWSLETTER

## **Extreme gardening: What to do when the weather doesn't favor you**

(ARA) - No farmer, in the history of the world, has ever had the ideal weather for a perfect growing season. The same holds true for today's homeowners.

So like farmers have to do, homeowners need to figure out how to adapt to extreme weather conditions in order to get the long-lasting and beautiful flower beds, yards and gardens they want.

Good soil is the foundation of a good garden. The average homeowner can feed the soil that is feeding your plants and use a landscape fabric to prevent weeds from taking root and competing for those same nutrients. You can find long-lasting organic growing mixtures at a local garden center or from [www.espoma.com](http://www.espoma.com).

Adding a landscape fabric to your garden bed will help with weed control and moisture retention. One brand, WEED-X from Dalen Products, comes with a 20-year warranty. Most weeds arrive in your mulch as airborne seeds and a few will root above the fabric. A little two finger weeding can remove stragglers.

The idea behind these labor-saving techniques is help homeowners get to play and enjoy the beautiful days Mother Nature does provide in their easy-to-maintain, but lovely gardens.

- 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.

### gastronome

\GAS-truh-nohm\  
*noun*;

1. A connoisseur of good food and drink.

Example:

Even though Paris was then considered the culinary capital of Europe, the food at the Cercle was so highly revered that many well known gastronomes made the trip to London to eat there.

## Quotes to Live by:

"Happiness is when what you think, what you say, and what you do are in harmony."  
—Gandhi

## Say What?

### Knee Jerk Reaction

A quick and automatic response

## Get smart about your living environment: Trends that will make your home truly your own

(ARA) - If you're looking to purchase or remodel a home, you likely are building a long list of "must-haves," "must-dos" and "must-includes" for your new space. There's no question the housing market is in a different place than it was as recently as five years ago. If you're like most home seekers and remodelers, you may find that your requirements fall in line with these growing trends:

**Bigger isn't always better:** As interest grows in living more efficiently, people are building smaller homes. In fact, new homes are now 7 percent smaller than they were the previous year, according to the U.S. Census Bureau.

**Just my style:** Homeowners are aiming to make their home fit their personal visions of the best investment on the dollar, and 20 percent of new homes are currently custom-built, according to the American Institute of Architects. Smaller spaces free up dollars to put toward the products that fill it. Color, decor and products that help make a home feel one-of-a-kind versus one-of-many are becoming king.

**Multigenerational:** Homeowners also are seeking spaces that accommodate residents of all ages. One-third of baby boomers report they have adult children still living at home or likely moving back home at some point, and 8 percent of Americans report their parents already live with them.

**Energy-efficient:** As homeowner concerns about energy costs continue to mount, so too does their attention to home design and products that will help lower their energy bills and decrease their carbon footprint. As a result, homeowners are showing increased attention to factors such as insulation and window quality.

\* If smart technology and a customized home experience are what you need, consider remote home energy management systems. With a solution like Schlage LiNK, a remote access solution that provides home control from a cell phone or any computer with Internet access, you can adjust your home's thermostat, even when you are not there.

- Courtesy of ARA Content

**Movie Trivia:** Which famous movie character has a famous (and deadly) "little friend"?

- a. Cruella Deville
- b. The Godfather
- c. Scarface
- d. Tony Soprano

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	Dec 2010	Jan 2011	Feb 2011
<u>Unemployment Rate</u>	9.4	9.0	8.9
<u>Change in Payroll Employment</u>	152	63	192
<u>Average Hourly Earnings</u>	22.77	22.86	22.78
<u>Consumer Price Index</u>	0.4	0.4	
<u>Producer Price Index</u>	0.9	0.8	

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

**US Population Clock**  
310,930,115  
**World Population Clock**  
6,903,707,605

-March 4, 2011

**It's never too early for spring style**

(ARA) - It's freezing outside and you're happily bundled up in the trendy sweaters you've just purchased for winter. So it's too soon to be thinking about spring, right? Not according to Courtney Hammonds, faculty member in fashion and retail management at The Art Institute of Atlanta-Decatur.

Fashion is about new looks, new combinations, new takes on older trends. Spring 2011 is no different, Hammonds says. One website he particularly likes to look at for fashion trends is [www.fashionising.com](http://www.fashionising.com), which points to nine major trends we are sure to see.

\* Biker Chic. The military look - a mainstay for the last decade - is out. The biker look is in. You'll see the motorcycle jacket, in silver or traditional black, with silver zippers, even quilted. And, borrowing from the style, a motorcycle skirt. And don't forget motorcycle boots.

\* The return of the Maxi Dress (yes, down to the ankles). And sheer this time around.

\* Lots of lace. Lace this spring will be on the classic side with quality antique lace fabrics, and less of the stretch and/or allover lace look.

\* Silhouettes of the 1950s and 1960s. The influence of "Mad Men" continues. This era's flattering full skirts and narrow waists along with the hip-hugging sheath dresses predominate.

\* Tassels. A simple little decoration with thousands of years behind it.

\* Remember kitten heels from the '60s? Jackie Kennedy and Coco Chanel wore them for a classy look. They're the perfect accompaniment to '50s and '60s silhouettes.

How should you choose what trends to follow? Hammonds says, "Your image is more than your exterior. Your image should make you feel poised and polished, channeling your own particular style, and instilling in you a sense of success and confidence."

After you've chosen what trends fit your desired image and lifestyle, look at your budget and think - seriously - about what you can and can't do. Then start with consignment and thrift stores. Hammonds says, "A label doesn't always connote fashion; sometimes it just means you're a follower, not a leader."

-Courtesy of ARA Content-

### **Food Fact:**

-Aunt Jemima pancake flour, invented in 1889, was the first ready-mix food to be sold commercially.

-Americans spent an estimated \$25 billion each year on beer.

### **Weird Laws:**

*Nevada*- It is illegal to drive a camel on the highway.

*South Carolina*- Dance halls may not operate on Sundays.

*Kansas*- Musical car horns are banned.

*Massachusetts*- Shooting ranges may not set up targets that resemble human beings.

### **U.S.A. Facts**

- Indiana was the first state to provide a free public school system in its constitution.

- There are more cows in Montana than people.

**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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## **How you can avoid falling victim to the second-most-deadly cancer**

New survey shows 72 percent of Americans polled are not aware that colon cancer is the second most deadly cancer in the U.S.

(ARA) - Colonoscopy. That simple word can make the bravest people cringe. Yet it's a routine procedure that could help save the lives of the 150,000 men and women diagnosed with colon cancer in the U.S. each year.

Men and women are recommended to begin screening at age 50, or even earlier if there is a family history of colon cancer. Despite these guidelines, alarming results from a new survey of 1,000 Americans sponsored by the Colon Cancer Alliance (CCA) and the makers of Dulcolax (R) products found that more than a quarter of respondents 50 years and older (27 percent) have not been screened.

The good news is, if diagnosed early, colon cancer is 90 percent curable. So it's important that all men and women over the age of 50 talk to their doctors about getting screened.

While nine in 10 new cases of colon cancer occur in those who are 50 and older, family history also plays a role.

"With regular screenings, prevention and early detection is possible," adds Michael Kreines, MD, FACG, FAGA, FACP, Ohio Gastroenterology and Liver Institute, member of the Colon Cancer Alliance Medical Scientific Advisory Board. "A colonoscopy is now considered a routine test that has saved countless lives over the years."

In addition to regular screenings and researching your family medical history, here are a few things that you can do to promote good colon health, courtesy of the Colon Cancer Alliance and the makers of Dulcolax (R) products:

\* Drink eight 8-ounce glasses of water a day.

\* Exercise for a half hour at least three times a week.

\* Make sure you eat plenty of fiber. This should include two to four servings of vegetables per day. Foods high in fiber include high-bran cereals, grainy breads such as whole wheat, pumpernickel and rye, fresh or dried fruits - especially prunes or apricots - and high-fiber beans, such as chickpeas and lima beans.

It's also important to note that colon cancer affects men and women equally. For more information about colon cancer and the screening process, visit [www.ccalliance.org](http://www.ccalliance.org).

-Courtesy of ARA Content-