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Fun Fact:

The Mona Lisa has no eyebrows. It was the fashion in Renaissance Florence to shave them off.

Randall Brennan's

NEWSLETTER

Use the new year as an opportunity for a fresh start

(BPT) - The flip of the calendar year is the perfect opportunity to make personal and lifestyle changes. One of the most popular resolutions that people make is to improve their health and exercise routine. Despite your best intentions and resolutions to revamp your fitness routine each year, it's easy to slip back into your pre-new year's resolution bad habits. The best way to avoid this tendency is to create an active lifestyle plan that works for you and will keep you motivated. Here are a few tips to get a fresh fitness start and make sure that you stay active this new year.

Establish fitness goals and write them down. Setting manageable goals and writing down an exercise plan that is realistic and works for your lifestyle will have a positive impact on your overall quality of life and motivate you to keep going.

Pick an app that motivates you. No matter what your fitness interests are, there's an app for you: Pick your pleasure ... yoga, running, weights or cardio, and you can find apps that inspire and motivate you with workout ideas and tips.

Freshen up your workout wardrobe. As you refresh your exercise routine, you'll go through workout gear more quickly than before. Treat yourself by buying yourself some new exercise gear that will benefit your routine and make sure you maintain it.

Join an exercise group or find a workout partner. Working out alone in a gym is not for everyone. Exercisers should choose an activity they enjoy doing that keeps them excited and can be sustained over a long period of time. Additionally, having a support system to motivate you will help you stick with the program and see long-term results - find a group or buddy who has similar goals to you. With every new obstacle, find alternatives that will bring you closer to attaining your goal. Never give up. It's a new year, and it's time to get moving.

- 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.

couthie

ˈKOO-thee\ *adjective*;

1. Agreeable; genial; kindly.

Example:

Occasionally he'd stab one of the buttons, never managing to stop the machines' **couthie** chatter of grunts and whistles.

*James Meek,
The Heart Broke In*

Quotes to Live by:

"Out of your vulnerabilities will come your strength."
—Sigmund Freud

Say What?

Mum's the Word

To keep quiet. To say nothing.

Boost your home's curb appeal for a quicker sale

(BPT) - Selling a home in today's market requires a bit of marketing, some sweat and elbow grease, and a touch of luck. But even in a competitive selling market, it is possible to turn the sign in your front yard from "For Sale" to "Sold" so you can move on to your next residence.

First, look at your home as if you were a potential buyer. Drive up to the driveway or the front curb and park, carefully looking at the home as if for the first time. Make note of the beautiful aspects of your home, and also areas that could deter potential buyers. The outside of your home is the first image they will see, both in person, and while pre-shopping online. One maintenance project to tackle that will really spruce up the exterior of your home is refurbishing the outside woodwork that has been weathered by the sun, rain and snow. In addition to your exterior woodwork, also take a look at your siding and gutters. Vinyl and aluminum sidings can collect dirt and look dingy after a season or two. Use a power washer on the siding and gutters to wash away the grime and spider webs and bring some vibrancy back to the outside of your home. Also consider adding season-appropriate flowers, plants or landscaping or replacing gutter downspouts with decorative chains to give your home an artistic look.

Finally, take a close look at your exterior lights. Glass-enclosed lights can become filthy from all the elements, so take a quick moment to wipe them clean with glass cleaner. If your light fixtures are tarnished, or looking run down, purchase a can of spray paint in any complimentary color to the exterior of your home and freshen them up. It will make your lights appear new in no time at all.

- Courtesy of ARA Content

Movie Trivia: Which Box Office hit made \$31.9M in 2012?

- | | |
|-------------------|---|
| a. Les Miserables | b. The Dark Knight Rises |
| c. Skyfall | d. The Hobbit:
An Unexpected Journey |

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	Oct 2012	Nov 2012	Dec 2012
<u>Unemployment Rate</u>	7.9	7.8	7.8
<u>Change in Payroll Employment</u>	137	161	155
<u>Average Hourly Earnings</u>	23.59	23.66	23.73
<u>Consumer Price Index</u>	0.1	-0.3	
<u>Producer Price Index</u>	0.3	-0.9	

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

US Population Clock
315,110,500

World Population Clock
7,057,544,089

- January 4, 2013

Buying and selling a home during the off season

(BPT) - While cold weather causes many people to stay snug and cozy indoors, it provides a great opportunity for home buyers to get out and find their dream home. Fall and winter are typically considered the off season in the housing market, but actually buyers can potentially find better deals and sellers may find the most serious buyer. To take advantage of the benefits of off-season real estate, consider these important areas of advice.

Use strategic elements of the season.

The off season is a great time to buy because you'll have less competition with other buyers and a reduced chance of getting in a bidding war that drives up a home's price. When you're not fighting with other bidders, you can make a sound decision and have a better chance of getting the seller to pitch in on concessions, such as closing costs or funds for improvements like appliance upgrades.

Prepare yourself from the start.

Today's unique real estate market can be confusing for even the most savvy folks. That's why it's important to work with a real estate agent who can answer all your questions. Not all real estate agents have the same training and experience, so find one who has the background necessary to navigate complex situations.

Look beyond the first impression.

During the fall and winter seasons, it might be easy to overlook subtle home issues. A home that is currently vacant, whether it's a foreclosure or the homeowners already moved, may have internal issues due to freezing temperatures. If a house you're interested in is vacant, make sure that it has been properly maintained so that you can be confident there are no issues.

Strategic points for sellers.

For sellers, the off season doesn't have to be a detriment to making a sale. Remember, staging your home so it looks organized, stylish and modern is a smart move. Also, remember potential buyers may want to drive by your home before they schedule an official showing. With fewer daylight hours, it's important to keep lights on in the evening, so if they drive by, your home isn't completely dark.

"The off season means opportunity for both home buyers and home sellers. By acting now you might be able to get an incredible deal on your dream home or sell your property in record time."

- Courtesy of ARA Content

Food Fact:

-The average child will eat 1,500 peanut butter sandwiches by high school graduation.

-The FDA allows an average of 30 or more insect fragments and one or more rodent hair per 100 grams of peanut butter.

Weird Laws:

Idaho- Riding a merry-go-round on Sundays is considered a crime.

North Carolina- Elephants may not be used to plough cotton fields.

Kansas- It is illegal to put ice cream on cherry pies.

Rhode Island- Any marriage where either of the parties is an idiot or lunatic is null and void.

U.S.A. Facts

- America eats approximately 100 acres of pizza every day.

- Maine raises 98% of the nation's blueberries.

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>

Make your home smarter and more efficient this winter

(BPT) - The coldest time of the year can also be the busiest. With holiday entertaining, overnight guests and winter getaways, it can be hard to ensure your home heating and other systems are performing for optimal comfort and efficiency. In addition, the Department of Energy reports that no matter what energy-source you use, heating this winter will cost more, an important consideration since heating and cooling typically makes up about 54 percent of your utility bill.

Now, thanks to new home automation technologies, you can run your home in a smarter and more cost-effective manner than ever before - from wherever life takes you - even from a smartphone, tablet or Web connection.

Smart temperature control for better comfort

Comfort and efficiency starts with smart temperature control for many homeowners. Picking up relatives at the airport? Kick on the heat in the guest bedroom from your smartphone while waiting at the baggage claim. Does one of your guests have allergies? Activate your system's allergy clean cycle to temporarily boost air filtration and clean air output. Need to adjust home temperatures from your office if a sudden cold snap is predicted? It's all possible with an automated system.

Smart security for peace of mind

With all of the family's comings and goings this winter, home automation can help keep your property secure while you're away. Planning a weekend at your second home during the holidays? Technology can help you monitor and manage security at your primary home while you're gone. Need to let a pet sitter inside while you're on vacation, or open a locked door for a family member who lost a key? Now you can.

Smart connectivity to fit your lifestyle

When it comes to home automation systems, you can often pick and choose which devices you wish to control, for smart and efficient use of your budget, too. For example Nexia users pay a monthly subscription fee and then select from up to 200 different devices that can be purchased separately or bundled together, making it easy to expand the level of control as lifestyle needs change.

-Courtesy of ARA Content