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*"Your message or
slogan here."*

TIPS FROM

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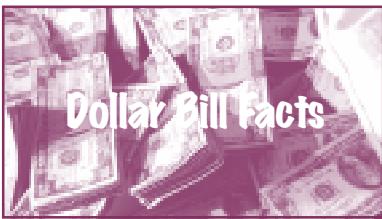
Best Buys For June

Take advantage of June bargains on furniture and bedding, building materials, small appliances, TV sets and stereo equipment. Look for sales on beach apparel, camping supplies, bridal items, glassware, silverware and clocks. Men's wear should be on sale for Father's Day. Don't forget to stock up on leftover school supplies that are generally reduced in June. **Food Bargains:** chicken, veal, fish, greenbeans, potatoes, tomatoes, berries, cantaloupes and frozen foods. **Travel:** Caribbean cruise, Mexico, Arizona, Colorado.

Your Unclaimed Money can be Banker's Profits

Every year hundreds of millions of dollars of unclaimed bank account balances are eaten up in service charges. One bank was forced by court order to pay back \$20 million it had taken from old accounts for service charges and other fees. A group called the Uniform Law Commissioners (ULC) has managed to get laws passed in most states to protect the public from such fees. In those states the government takes custody of unclaimed accounts until the owners are found. Apparently such accounts amount to billions of dollars. Have you forgotten any of yours?





Dollar Bill Facts

What is the meaning of the pyramid and the eye above it on the back of a dollar bill? The pyramid symbolizes the strength of the union of the states which make up our land. The top of the pyramid is unfinished, meaning there is still work to be done to make our system ever better. The eye stands for the all-seeing God, Supreme Builder of the never-ending Universe.



Cool Designs

There's an interesting way to feel cooler in the warm months ahead: adjust your interior decoration. According to a study by the American Society of Heating, Refrigerating and Air Conditioning Engineers, you can feel as much as 2.5 degrees cooler in a properly designed room. For example, factors that make you feel cooler include carpetless floors, light colors, plenty of light, low furniture, thin fabrics on furniture and in drapes, light pictures with thin frames, and sparse miscellaneous things around the room. On the other hand, you can "warm up" a room with the opposite factors (heavy upholstery and drapes, thick carpet, darker colors, more things on shelves, etc.). Use fluorescent bulbs (available for use in regular lamp sockets too) to give a brighter, whiter (and thus cooler) light than normal incandescent bulbs. The one exception to "lighter is cooler" is a window that gets direct sunlight. In that case, use a light-colored shade that is thermally efficient. In general, whatever ideas you use to "cool down" in summer are the opposite of those used to "warm up" in winter. So June is a good time to cool your decor and be ready come November to warm it up again.

Currie Chicken Mayonnaise

Ingredients:

1 $\frac{1}{4}$ lb cold poached chicken cut into pieces

1 tbsp olive oil, 2 tsp lemon juice

1 tsp apricot jam, 2 tbsp red wine

2 tsp Bombay curry mixture

1/2 pint mayonnaise thick

salt pepper to garnish

coriander finely chopped

1/2 avocado peeled, sliced and

dipped in lemon juice

Heat the oil in a frying pan. Add the onion and fry over a gentle heat for 5 minutes until soft and lightly colored. Stir in the curry powder. Cook for a further 2 minutes. Add the lemon juice, jam and wine and simmer for 2 minutes. Remove from the heat and leave to cool for 5 minutes. Remove the kokum skins (if using curry mixture). Put the mayonnaise in a large bowl and add the curry mixture, stirring very thoroughly to mix. Add the chicken and turn in the curried mayonnaise until thoroughly coated. Garnish with chopped coriander and avocado slices.



Mold and Allergies

Mold in a house is a common cause of allergies. Here are some suggestions for removing the breeding areas of mold:

- Check bathrooms. Wash tiles and grout frequently. Check corners, behind toilet and sink, wherever moisture may collect.
- Indoor plants may breed mold in their potting soil.
- Attics should be well ventilated.
- If your humidifiers, dehumidifiers and air conditioners smell musty, spray with a mold inhibitor.
- Clothes dryers should be vented to the outside to keep cellars and rooms dry.
- Dry clothing immediately after laundering.
- Paint damp areas with a mold inhibiting paint.
- Damp shoes, boots and sneakers will breed mold if not allowed to air out.
- Keep yard free of fall leaves.
- Avoid heavy vegetation around the house. Allow your house to breathe. Prune frequently.

- Tablecloths and drapes come out wrinkle free when dried in the dryer along with a large damp towel (tumble on warm for 10 minutes or so).
- Lint comes out of your dryer trap easily if you use a plastic mesh pot scrubber and a twist of the wrist.
- Hang a towel rack from the ceiling in the corner of the laundry room for out-of-the-way drip drying.

Things my Grandma should have told me

• Coffee pots are tall and thin, because coffee grounds tend to sink in hot water. Teapots, on the other hand, are short and fat because tea leaves rise when they expand. (At least that's what grandma told us!) • Use an art gum eraser (from a local stationery store) to erase pencil marks, smudges, handprints, etc. from walls instead of doing touch-up painting. Paint added later will almost always stand out. • Lemon juice is an excellent polish for black or tan leather shoes. Apply juice and buff with a soft cloth. • Instead of carrying baskets from each room to the trash can, take a large sack or plastic bag with you on your cleaning rounds and empty trash into it. Then made just one trip to the big trash can. • When you are buying lemons, choose the heaviest you can find because they are juicier than the lighter weight ones. • Use nonstick vegetable spray to lubricate squeaky hinges, sticky locks, bicycle chains, roller skate wheels, etc. • Old jar lids can be used to mix small batches of glue or touch up paint. Once used they can be thrown away. • Candles will burn evenly if you'll first wipe them down with some liquid dishwashing detergent.



Water Saving Tips

• To help save water in your area, try these proven steps: **Showers:** Older showers use six to eight gallons per minute. With a new shower head or a flow-restrictor device you can purchase in your local hardware store and install yourself, you can reduce the flow to two and a half to three gallons per minute. **Sinks** use six gallons per minute. With an aerator (also found in the hardware store); you can reduce the flow to two or three gallons. **To Fill A Tub:** 36 Gallons. Filling the tub only a few inches takes ten gallons. **Flushing A Toilet** uses five to seven gallons. If you keep a plastic bottle filled with water inside the tank, each flush will use only four gallons. **Shaving And Washing Hands:** If you keep water running: two to five gallons. A basin-full of water uses one gallon. **Washing Dishes:** Running the tap when washing dishes by hand takes 10 to 30 gallons. Using a dishpan requires five gallons. **Dishwasher & clothes washer:** Do not use unless full. A standard-size dishwasher on normal cycle uses 11 gallons of water; a 2.4 cubic-foot clothes washer uses from 24.5 to 42.5 gallons, depending on the water level selected. **Faucet Leaks:** Steady dripping can waste 15 to 20 gallons of water per day.

Home Security This Summer

With the good weather come thieves in the night. Protect your home and family with a few good pieces of advice:

1. Keep porch and yard lights on all night. Police say that the front porch light in particular is an effective deterrent to most would-be burglars.
2. Use electronic timers (approximately. \$10-12 each in hardware stores) to create an occupied, active look for your home. Connect not only lights but also the stereo and TV. For prolonged vacations, have a friend come in after a few days and change the pattern.
3. Keep property such as bicycles, yard equipment and carpentry tools locked up and out of sight in the garage.
4. Quickly call the police if you suspect that something is not as it should be--such as unusual noises or strangers in the neighborhood.
5. The most effective deterrent to crime is an organized neighborhood of residents who look after each other. Being alert is your greatest tool to safety and security.

When Looking Hotter is Really Feeling Cooler



A sheepskin seat cover for you car, maybe hot or not? Regardless of how the thick pelts look, they are actually cooler than a vinyl or cloth seat. The fur allows cool air to circulate between you and the seat, evaporating the perspiration and helping your skin feel cool. Then in the winter they work the other way around, being warmer than the bare seat would be. Looks like those sheep know a thing or two about temperatures.

Things My Grandpa Should Have Told Me

Hang Wallpaper With A Professional Touch

Follow some simple guidelines and you'll have a professional look to your wallpaper. First, remove old paper and prepare walls by sanding and cleaning. A steam iron held two inches from the paper can sometimes help loosen stubborn pieces; you can also get soaking solutions at your hardware or wall covering store. Next, get the right tools: a sturdy and stable ladder, a smooth paper-wetting table and the other tools your wall covering store will recommend. Then run a vertical "plumb" line by dangling a weighted object on the end of a piece of string, and then tracing its outline on the wall. Use this line as the edge of the first strip of paper. Match the pattern; the extra time will be well worth it. Precut all strips of wallpaper so you'll be able to wet and stick the paper strips quickly. Fix all bubbles and other problems while the paper is still wet. Use vinyl wallpaper whenever possible, because of its ease of cleaning and later ease of removal, if needed. Apply paste with a clean paint roller to get an even coverage of paste. Be sure you've covered carpeting and furniture in the room to be pasted. Work at a steady, unhurried pace. A little care in wallpapering goes a very long way.

Happy Father's Day!

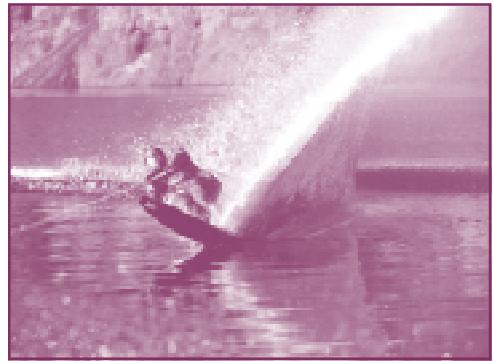
June Gardening Calendar

- Time to mulch your tomatoes and other plants that thrive in the heat.
- Keep planting new crops of garden vegetables.
- Make chrysanthemums bushier by pinching their growing tips through the end of the month.
- Remove old blooms from azaleas and rhododendrons.
- Take house plants outside.



Tips for Better Vacation Memories

Be sure the photos of your special trip come out right, by following some of these handy hints from professional photographers. • Take your 110-size camera instead of a larger and heavier 35 mm when you can. You'll be more willing to carry it around, and prints come out the same size with either one. (Slides are quite a bit smaller with a 110, though.)



- There are several "weatherproof" 110 cameras which you can take swimming down to 15 feet and also drop in the snow without ill effect.
- The keys to clear pictures include (1) plenty of light, (2) keeping the main point of interest basically centered horizontally in the viewfinder and slightly above center vertically, (3) holding still, (4) having a clean lens. Be careful when you do the last step, because you can easily ruin a lens with just a handkerchief. If your lens is smudged or dirty, use lens tissue and cleaner from a photo store. Crumple the tissue and use only a drop or two of the liquid. Then clean gently in a circular motion.
- Leave your camera in the sun or in a hot car and you'll at least ruin the film, and possibly the camera. Also, when coming inside in cold climates, leave the camera out for a while to avoid condensation on the inside of the lens.
- With 35 mm cameras, use a protective filter in case you drop the camera or bang the lens on something hard. Most pros use a UV (ultraviolet) or Skylight filter, which provide protection plus some clearing of haziness in the sky.
- Keep the lens cap on when you aren't shooting.
- And the most important tip of all: don't be so busy taking thousands of pictures for relatives and friends back home that you forget to look around and enjoy your trip!