

Over the Fence

NEWS FROM YOUR REAL ESTATE PROFESSIONAL...

Triumph Property Services



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Buy...Sell...Invest...Manage... Meet Your Goals!

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Home Safety Tips

Is your home safe for your family? Follow these tips from the Home Safety Council to protect the people you love!

Prevent Falls

- Install grab bars in the tub and shower. Use non-slip mats.
- Have bright lights over stairs and steps and on landings. Keep stairs clear of clutter.



Prevent Poisonings

- Keep cleaners, medications and beauty products in a place where children can't reach them. Use child safety locks.
- For Poison Help call 1-800-222-1222. Call if you need help or want information about poisons. Call 9-1-1 if someone needs to go to the hospital right away.

Prevent Fires and Burns

- Have working smoke alarms and hold fire drills. If you build a new home, install fire sprinklers.
- Stay by the stove when cooking, especially when you are frying food.
- Keep your hot water at 120°F degrees to prevent burns.
- Use back burners and turn pot handles toward the back of your stove.
- On the road, use a travel mug for hot drinks.

Prevent Choking and Suffocation

- Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons and hard round foods, such as peanuts and hard candy where children cannot see or touch them.
- Place babies to sleep on their backs, alone in their crib. Don't put pillows, blankets, comforters or toys in cribs. These things can sometimes keep a baby from breathing.
- When your children are in or near water, watch them very carefully. Stay close enough to reach out and touch them. This includes bathtubs, toilets, pools and spas—even buckets of water.

Lawn and Garden Home Safety Tips

As the weather becomes warmer and days are longer, we spend as much time as we can outdoors enjoying our backyards. Many of us tackle do-it-yourself projects and others are happy just being outside. But, to be safe, it is important to remember the following safety tips when doing outside jobs, especially if you have children:

- Keep children inside the house or well away from the area you are mowing.
- Before you mow, check the area for broken sticks, stones, toys and anything else that could shoot out from under the mower or damage the blade.
- Wear goggles and hearing protection.
- Never reach under the mower unless it is turned off and the blade has completely stopped turning.
- If you run out of gas, stop and let the engine cool down before you add more. Gasoline vapors can easily catch on fire.

- Read the labels of things you use for your lawn and garden. If you see the words "Caution," "Warning," "Danger," "Poison," or "Keep Out of Reach of Children," these products can be dangerous for children. Store them in a place with a lock.

- When using a chain saw, make certain it is equipped with an anti-kickback chain that is well sharpened.

- Pick up all garden tools such as rakes, spades, forks, pruning clippers, files and metal plant stakes when not in use.



www.homesafetycouncil.org/SafetyGuide/sg_topten_w001.asp

AUGUST

August 1-7:
Simplify Your Life Week

August 23-27:
National Safe at Home Week

August 9:
Eleanor Roosevelt Day—
the 2nd Monday in August

"The future belongs to those who believe in the beauty of their dreams."

—Eleanor Roosevelt

August 13:
Friday the 13th—only one in 2010!
The fear of Friday the 13th is called paraskevidekatriaphobia.

Taken from Wikipedia, the free encyclopedia





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Repair, Replace, Relax with Fidelity National Home Warranty (FNHW). A home warranty from FNHW provides both the home buyer and seller with “peace of mind” when it comes to repairs and/or replacement of a home’s major systems and appliances. FNHW prides itself on superior customer service, including quick response time and efficient solutions for homeowners’ problems and needs.



If you are thinking of buying or selling a home in the near future, please call for a personal interview and property assessment with no obligation.

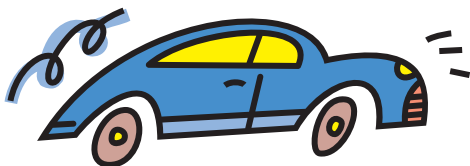


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3 Ways to Simplify Your Life

1. Just Say “NO.”

It’s only two letters, but it is often the most difficult word to say in the English language, especially for “pleasers.” But saying no gracefully is key to simplifying your life because it allows us to focus our energy on those commitments that are most important to us. If we dilute that energy by committing to ten different opportunities we aren’t doing ourselves, or those we commit to, any favors.



2. Clean Out Your Car.

What’s the last thing you see before you walk into the office each morning? What’s the first thing you see when you leave the office in the evening? The inside of your car. If your interior is littered with three stained coffee mugs, fast food wrappers and receipts, then consider taking some time to spruce things up. For those who

commute, time spent on the road is often when we do some of our best thinking. It’s also an opportunity to decompress after a long day at the office.

3. Create an “I Will Do One Thing Today” list.

Of course you can do more than one thing, but name at least one thing that you’ve been putting off and do it today. I like to fill this out a day ahead of time (an I will do this tomorrow list, if you will) by declaring a task I’ve been procrastinating on. The last few days my lists looked like this (I have a similar list at work):



- Adjust gate hardware
- Finish taxes
- Put tomato plants in pot

By frugaldad.com

For full article visit: <http://frugaldad.com/2009/04/08/ways-to-simplify-your-life/>

“Our life is frittered away by detail...Simplify, simplify.”

—Henry David Thoreau

CHICKEN TORTELLINI SALAD

This simple main dish chicken salad recipe is very fresh and delicious.

Prep Time: 20 minutes

Cook Time: 8 minutes

Total Time: 28 minutes

Ingredients:

1/2 lb. green beans, trimmed, cut into 2” pieces

9 oz. pkg. refrigerated cheese tortellini

2 cups cooked chopped chicken

1/2 cup minced red onion

1 cup grape tomatoes

1 cup balsamic vinaigrette

1 cup Havarti cheese cubes

1/2 cup chopped fresh basil leaves

Preparation:

Bring water to a boil in a heavy stockpot. Add beans and cook for 3 minutes. Add tortellini and cook until tender, 3-4 minutes longer. Drain well. Combine in large bowl with remaining ingredients and toss gently to coat. 6 servings