

Over the Fence

NEWS FROM YOUR REAL ESTATE PROFESSIONAL...

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September is here. Vacations are over and it's back to school and back to basics!



Quick fixes to 4 common household problems

1. Clogged Drains

For sinks, use a hand snake first. Remove the stopper and force the snake down into the drain as far as it will go. For tough clogs remove the trap below the sink or tub.

2. Dirty Heating/Cooling Filter

To replace the filter, find its location in either the air intake grill or in the heating/cooling unit itself. Remove and replace it with a similar sized filter.

3. Uneven Flow from Faucet

An aerator is the small cylinder screwed on to the end of most faucet spouts and often becomes clogged with small particles obstructing the flow of water. To repair an aerator, unscrew it from the end of the spout, clean or replace it.

4. Cracked and Missing Caulking

To repair damaged caulking, prepare the surface so that it is free of dirt and any old caulk. Then use a caulking gun to squeeze new caulk into the joint. Choose the correct caulk for the application and wipe away any excess.

Adding to your basic toolbox for easier repairs

If you are big on DIY home improvements, consider adding any one of these must have tools to your tool box.

Cordless Drill/Driver: Go cordless for ease of use. Higher voltage means more power and more life between charges.

Square: Cutting materials square is the first step in making sure projects turn out right. This tool is a must-have.

Level: From hanging pictures to building a deck, everyone needs a level. Consider two, a two-footer.

Flat Bar or Pry Bar: Often starting a project means tearing something out. A flat bar will help. Use claws on either end for removing nails.

Diagonal Cutters: Not just for cutting wire but a variety of other materials such as small nails and dowels as well.

Adjustable Wrench: Flexibility makes this tool a must for turning nuts, bolts and plumbing fittings.

Drill Bits: Get a kit that contains different sizes and varieties for drilling through different materials.

Clamps: A set of bar clamps is always useful for holding things together while they are glued or fastened.

Time-saving tips for a successful backyard fall cleanup

Tips to ensure a successful backyard fall cleanup effort—and to get a head start on next year's growing season.

- **Rake those leaves.** Once the snow or the rain falls, an unraked layer of leaves can get matted down over the turf and smother it all winter long. Raking helps avoid dead patches in the spring.
- **Feed the grass.** Using a slow-release fertilizer allows the grass to soak up nutrients and—just as important—spend the cool days and nights of autumn recovering from summer heat and stress.
- **Weed all about it.** Weeding in the fall is probably the most valuable thing you can do to prepare for spring, and it's one that many people overlook.
- **Aerate.** Heavy use throughout the summer can cause soil to become compacted. Perforating your lawn with small holes helps reduce compaction and lets water, air and fertilizer get down to the soil, which strengthens the grass plant's root structure.
- **Water trees and shrubs.** Dehydration during the colder months is an all-too-common cause of tree damage, but it's easily preventable. After they go fully dormant—but before the ground freezes—use a soaker hose or root irrigator to water them thoroughly.



In September:

Labor Day is September 3rd
and Fall begins on
September 23rd.



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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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Back to School Basics— The Importance of Eating Breakfast

Forty years of breakfast-related studies show that jump-starting the day with breakfast benefits everyone—children, teens and adults.

Breakfast is the first chance the body has to refuel its glucose levels, also known as blood sugar, after eight to 12 hours without a meal or snack. Glucose is essential for the brain and is the main energy source. Blood glucose also helps fuel the muscles needed for physical activity throughout the day.

Breakfast is also very important for weight loss and weight management. You 'break the fast' of not eating for the past eight to 12 hours. It helps curb your hunger and prevent binge eating later in the day.

The American Dietetic Association (ADA) suggests these simple ideas to help add breakfast to your daily eating plan.

- Ready-to-eat whole-grain cereal topped with fruit and a cup of yogurt
- Whole-grain waffles topped with peanut butter, fruit or ricotta cheese
- A whole-wheat pita stuffed with sliced hard-cooked eggs

- Hot cereal topped with cinnamon, nutmeg, allspice or cloves
- Peanut butter on a bagel with fresh fruit (banana or apple wedges) and low-fat milk
- Breakfast smoothie (milk, fruit and teaspoon of bran, whirled in a blender)
- Vegetable omelet with a bran muffin and orange juice

If your taste buds don't crave breakfast foods in the morning, try:

- Lean ham on a toasted English muffin and vegetable juice
- Cheese pizza and orange juice
- Grilled vegetables mixed with beans and cilantro topped with cheese
- Heated leftover rice with chopped apples, nuts and cinnamon and fruit juice

Produced by ADA's Public Relations Team



SMOOTHIES— 5 GREAT COMBOS FOR BREAKFAST OR ANY TIME OF DAY.

Simply throw all ingredients in the blender and blend on high for 1 to 2 minutes.

Bananarama:

1 banana, 1/2 cup vanilla yogurt, dash of milk

Peach Medley:

1 peach (cut and pitted), 1 banana, 1/4 cup orange juice

Berry Surprise:

1/2 cup strawberries, 1/4 cup blueberries, 1/4 cup raspberries, 1/4 cup of milk



Strawberry Ice:

1 cup strawberries, 1 cup orange juice, 1 cup crushed ice

Honey melon:

1 cup chopped honey dew melon, 1/4 cup apple juice, tablespoon honey.