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THINKING ABOUT BUYING, SELLING, OR BUILDING? Contact me first!

www.DennisMyRealtor.com

Spring has sprung! If you are planning on selling or buying a home, please contact me. I promise to "spring" into action to make this your most successful real estate transaction ever!



Some people don't realize the benefits of a Home Protection Plan. However, as an experienced Real Estate Professional, I would like to explain how a quality Home Protection Plan can benefit you, whether you are selling or buying a home. A good Home Protection Plan ensures the repair or replacement of major covered home systems and appliances that fail due to normal use. For Sellers, this provides added value to your home when it is on the market. For Buyers, this means peace of mind and confidence in the purchase of your home. I advise all my clients to include a Home Protection Plan with their transaction, and the company I trust to provide the best service and coverage is Old Republic Home Protection. Call me today for more information about how this valuable service can be put to work for you.

Do you have colleagues or friends in your network who need help with a real estate transaction? Please refer them to me, and I'll put all of my skills and experience to work on their behalf.



If you are working with another Real Estate Professional, please disregard this notice.

Health & Safety

Dynamic Duo for Better Health - Fiber and Water

Fiber is an important part of a healthy diet, and adults should get at least the minimum recommended amount of 20-35 grams of dietary fiber per day. A variety of studies support the role of fiber in reducing heart disease risk and cholesterol levels, taming high blood pressure, and preventing or controlling diabetes, weight gain, and gastrointestinal ailments. The best sources of fiber are fresh fruits and vegetables, nuts and legumes, and whole-grain foods.



Team your fiber with plenty of water to aid in its passage. The Institute of Medicine's Food and Nutrition Board recommends consuming from 90 - 125 ounces of water each day from beverages and foods. People typically obtain about 80 percent of their water from beverages (including beverages that contain caffeine) and 20 percent of their water from foods. Add fiber to your diet gradually to avoid indigestion. Here are some tips for increasing fiber:

- Instead of drinking fruit juices, eat whole fruit with the skin. Replace white rice, bread, and pasta with brown rice and whole-grain products.
- Choose whole-grain cereals for breakfast.
- Snack on raw vegetables instead of chips, crackers, or candy.
- Substitute legumes for meat two to three times per week in chili and soups.

Helpful Hints

Be a Wise Water Miser

A leaky toilet can use 50 extra gallons of water a day, and dripping faucets can waste up to 5,000 gallons a year. Save money on your water bill by being a wise water miser and following these simple water-smart practices in your home:

- Check for toilet tank leaks by adding some drops of food coloring into the tank. If the color appears in the bowl, replace the flapper. (Flush quickly so that the color doesn't stain.)
- Avoid flushing the toilet unnecessarily. Dispose of tissues, insects and other such waste in the trash can.
- Fix all dripping faucets; replacing worn washers will often be the quickest and cheapest remedy.
- Use a timer to avoid over watering your lawn and plants.
- Defrost food overnight in the refrigerator or in the microwave instead of running cold water over frozen food.
- Operate washing machines and dishwashers only when fully loaded.



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Savor the Flavor

Tangy Honey Glazed Ham

Ingredients:

- 1-1/4 cup packed dark brown sugar
- 1/3 cup pineapple juice
- 1/3 cup honey
- 1 large orange, juiced and zested
- 2 Tbsp. Dijon mustard
- 1/4 tsp. ground cloves
- 1 (10 pound) fully cooked, bone-in-ham

Preheat oven to 325° F. Place ham in a roasting pan and bake uncovered for 2 hours. While ham is baking, combine the first six ingredients in a small sauce pan to make the glaze. Bring to a boil, reduce heat, and simmer for 5 to 10 minutes. Set aside. Remove ham from oven and brush with glaze. Bake for an additional 30 to 45 minutes, brushing ham with glaze every 10 minutes. If you have any left-over glaze, add it to the pan drippings with a little flour or cornstarch to make a sauce for the ham.

Household Tips

No Pfishing!

“P fishing” is a method of identity theft in which a fake e-mail, that looks legitimate, is used to fool recipients into divulging their personal and financial information. This “pfished” information is then used by the scammers to clone identity, empty bank accounts, and run up charge cards. Here are a couple of tips to avoid getting “hooked”:

- Never respond to an e-mail that looks like it came from your bank, credit card issuer, or favorite department store by clicking on an embedded link, no matter how official the email appears. Always log onto the company’s Website by typing the Web address directly into your browser.
- Never give your Social Security number, bank account information, credit card numbers, passwords, or personal information to anyone who asks you for that information by email. No legitimate company will ask you to reveal sensitive information via email.

For more information on ID theft and Pfishing, go to the Federal Trade Commission Web site at www.ftc.gov or call toll-free at 877-382-4357.



Real Estate Today

Don't Get 'Fooled' by Home Improvement Scams

We've all heard the familiar saying of “APRIL FOOL'S!” when we fell for a prank on April 1st. However, it's important to guard against being “fooled” by handyman scam artists this spring when hiring professionals to do improvements around your home.



Scam artists know that, during the winter season, many homeowners make a list of special projects they need completed in the spring. The following phrases from someone offering their services could be signs of dishonesty, and should immediately throw up a red flag:

- “I'm giving you a special offer that's good for today only.”
- “I want to use your home as a model.”
- “I have materials left over from another job in your neighborhood.”
- “I need cash upfront to purchase the necessary materials for your job.”
- “I just happen to be working in your neighborhood.”

Homeowners can avoid many scams just by being informed. For instance, insist on a written estimate on company letterhead, check the validity of the contractor's licenses and registrations, and check his rating with the Better Business Bureau. Ask for proof of third-party property and injury insurance. It always pays to make sure a person is trustworthy and competent before you sign a contract or hire them to do work in your home.