

# The Good Neighbor Gazette

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 Good News from your Real Estate Professional

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## National Moment of Remembrance

Memorial Day, which is observed on the last Monday of May, commemorates the men and women who died while in military service. In observance of the holiday, many people visit cemeteries and memorials, and volunteers often place American flags on each grave site at national cemeteries. A national moment of remembrance takes place at 3:00 p.m. local time.



## Walkability for a healthier lifestyle

What is Walkability you ask? Basically, walkability is a measure of how friendly an area is to walking. A more formal



definition is "The extent to which the built environment is friendly to the presence of people living, shopping, visiting, enjoying or spending time in an area."

Walkable neighborhoods offer surprising benefits to the environment, our health, our finances, and our communities.

**Environment:** Cars are a leading cause of climate change. Your feet are zero-pollution transportation machines.

**Health:** The average resident of a walkable neighborhood weighs 7 pounds less than someone who lives in a sprawling neighborhood.

**Finances:** One point of Walk Score is typically worth up to \$3,000 of value for your property.

**Communities:** Studies show that for every 10 minutes a person spends in a daily car commute, time spent in community activities falls by 10%.

If you're curious to find out how walkable your neighborhood is, check out [www.walkscore.com](http://www.walkscore.com) today!  
source: [walkscore.com](http://walkscore.com)

## Smart Shopping Tips

**A Little Homework** - Planning before you head off to the supermarket will help you shop more economically. Take the time to do a quick inventory of your kitchen and prepare your shopping list and make notations of applicable coupons that you may want to use.



**Choosing the Right Store** - For basic grocery needs many grocery stores offer excellent product and price selection. However, when buying in bulk you may want to tackle the warehouse clubs or superstores. For the best prices on health and beauty products check the national drugstore chains and superstores.

**Eat First** - Grocery stores know the power of the sweet smell of freshly baked bread. Remember, everything looks good when our stomachs are screaming, "feed me!"

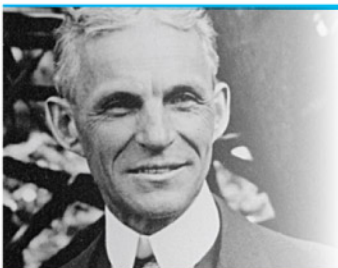
**Coupons, Rebates, and Frequent Shopper Programs** - You can save hundreds of dollars a year by taking advantage of product incentives.

**Store Brands - Try it, You May Like It** The days of generic type packaging and bland tasting food in store brand products is over. You can save an average of 40 percent off your annual grocery bill.

**Setting Limits on Impulse Buying** - Avoiding spontaneous shopping trips is one of the best deterrents to impulse buying. Sticking to a well thought-out shopping list will help will help cut down on grabbing for things that you do not need.

## May Events

May 5 Cinco de Mayo  
May 6 National Day of Prayer  
May 6 National Nurses Day  
May 9 Mother's Day  
May 15 Armed Forces Day  
May 31 Memorial Day



"A business absolutely devoted to service will have only one worry about profits. They will be embarrassingly large."  
- Henry Ford

# California Avacado Salsa

- allrecipies.com

Cinco de Mayo brings the Latino flair out in all of us. If you're looking for something to dip your tortilla chips into on this Mexican holiday, you'll appreciate this fresh and zesty treat.



## Ingredients

- \* 3 large ripe avocado, peeled and cubed
- \* 3 medium tomatoes, seeded and chopped
- \* 1 1/2 cups chopped sweet red pepper
- \* 1 small onion, chopped
- \* 1 jalapeno pepper, seeded and chopped\*
- \* 3 tablespoons minced fresh cilantro or parsley
- \* 1/4 cup lime juice
- \* salt to taste
- \* Tortilla chips



## Directions

1. In a bowl, combine the first eight ingredients; mix well. Serve immediately with chips.

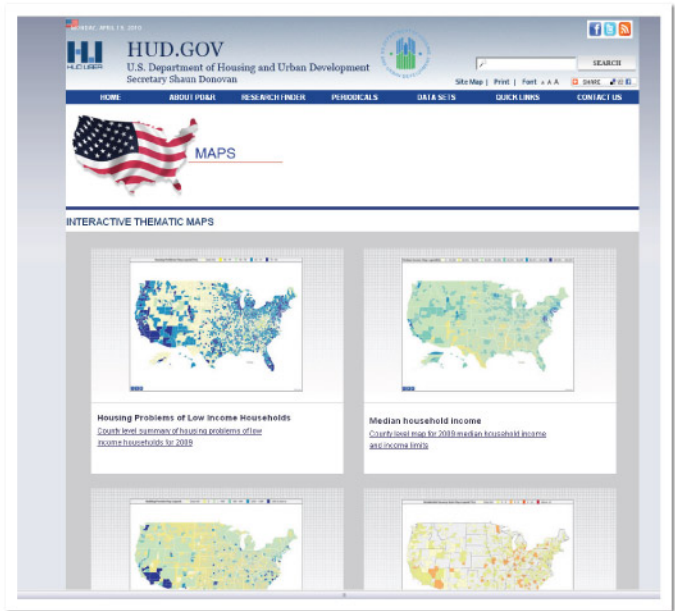


# Interactive Data Maps

Have you ever wondered how your county compares with other counties across the nation with regards to housing and income statistics? HUD.gov offers interactive thematic maps that provide information including:

- Housing problems of low income households
- Median household income
- Building permits data
- Metropolitan area vacancy

The maps are free to use and can be found at:



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.

This is not intended as a solicitation if your property is currently listed with another agent.

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