

# Cherri and Sandra's

## News You Can Use

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### Quick and Easy Fixes to Spruce Up Your Kitchen

Home is where the heart is, but everyone knows that the heart of a home is the kitchen. It should come as no surprise, then, that the kitchen is one of the most important considerations prospective buyers have in mind when evaluating property.

Use these quick and easy kitchen fixes to add interest and obtain top dollar for your property without breaking the bank.

**Lighten Up.** Older homes frequently suffer from low-light conditions, ugly light fixtures and power-hungry appliances. Replace unappealing tungsten bulbs with energy-efficient LED lights for an instant update that looks great and saves money. Invest in up-to-date appliances that improve performance and save money with energy-efficient settings, antibacterial wash modes and enhanced water filtration.

**Counter-offer.** Replacing countertops and freshening cabinets can be a relatively low-cost way to update your kitchen. Many hardwood cabinets can be easily restored with a coat of paint or quick varnish. Combine this with a new countertop, you can achieve a totally refreshed appearance without the high price. Add some stylish knobs and pulls to complete the look.

**Don't Throw Money Down the Drain.** Here's a quick and easy do-it-yourself job that just about anyone can tackle. Replace that ugly, worn-out faucet with a shiny new fixture to instantly update a focal point of any kitchen. It takes very little time, ensures a sleek new look and eliminates drips and other common faucet problems.

### Are You a First-Time Buyer? Get Our Free Guide

Buying your first home is a big step and one that is likely to impact your financial future for years to come. Make the process easier for yourself by asking for our free guide, "How First-Timers Can Make a Wise Buy."

Just call Cherri at 604-866-0303 or Sandra at 604-785-9012 and we'll send it right out to you.

### The Seven Secrets to Relaxation

While it might seem counterintuitive to practice how to relax, research shows it is possible to dramatically reduce anxiety, lower blood pressure and even aid healing by learning a few simple techniques.

**Remember to Laugh.** Scientists have found that laughter produces a cascade of chemical changes that can actually aid healing. Take time to laugh and smile at every opportunity. It's good for the body and soul.

**Get a Grip.** Researchers investigating a new way to reduce G-force blackouts among pilots discovered it was possible to lower blood pressure simply by focusing upon one's hand grip. The Zona Plus is a popular device, but similar systems are also available.

**Schedule a Siesta.** Establishing a regular routine of sleep is nearly as important as how many hours you rest. Rather than fighting fatigue with caffeine or other chemicals, schedule a power nap early in the afternoon.

**Talk.** Anxiety, anger and other emotional factors often undermine our ability to fully relax. Stop playing it all back in your mind, and learn how to constructively talk about your feelings. Psychologists report it's the best way to facilitate emotional health and decrease stress.

**Walk.** Taking a 10-minute walk is a great way to stay in shape and reduce tension throughout the day.

**Watch Your Diet.** Avoid stimulants like sugar, caffeine and other chemicals. Give your body the nutrition it really needs to stay in shape.

**Adopt a Pet.** They make great companions and can help you relax. It's difficult to feel anxious when greeted by the unconditional love and adoration of your favourite four-legged friend.



TREELAND REALTY

## How to Choose the Right Neighbourhood

Location, location, location — goes the saying about what's important in real estate.

Most home buyers start by looking for a suitable area.

The following tips will help you find a neighbourhood that feels like home.

### Priorities

Set priorities about things that matter most to you and your family:

- Is safety a prime concern?
- Are you looking for vibrant nightlife?
- Do you need to live close to work?

The best purchase is usually a trade-off among several desirable elements.

### Factors

These factors will help to illuminate a neighbourhood's style:

- Are there good local schools? Whether or not you have children, good schools increase property values.
- Is the area close to services such as hospitals, public transportation,

shopping, parks, and recreational and cultural sites?

- How safe is it? Check with local police, and look in the newspaper for crime-watch statistics.
- Are people outside their homes, working in their yards or walking their dogs? Neighbours who interact with one another create a safer and more pleasant environment.
- Is the area popular? Ask your Realtor, and check the number of "for sale" and "sold" signs.
- What is the neighbourhood's price range? Have average property values gone up, gone down or stayed the same? Areas about to become trendy are often found on the fringes of highly desirable locations.
- Is there vacant space nearby? What kind of development is planned for it?

### Guidance

Real estate agents are a valuable source of inside information about how to distinguish two neighbourhoods that seem alike. Contact us for the latest information about neighbourhoods.

### Ask the Agent: This Month's Question

**I'm concerned my house will not appear spacious enough for today's buyers. What can I do?**

**Get rid of clutter:** This is probably the most important secret to increasing the illusion of space. Remove items you don't need from surfaces, particularly in the kitchen. Keep shelves tidy and not stuffed with books and ornaments.

**Remove some furniture:** Potential buyers need to be able to walk around your house without bumping into chairs and tables. Put some furniture into storage until you move. Leave a path through your rooms that buyers can walk through.

**Organize closets:** Make sure you've tidied your closets. Invest in an organizing system, if necessary. Remove clothing that you're not likely to wear from your closets.

**Clean up the garage:** People want to know they can fit a car (or two) in the garage and still have room for storing their possessions. So clear out your garage and neatly organize everything that must stay in there.

*If your address is:*

- 7121 196A Street
- 23148 Billy Brown Road

*Call Cherri or Sandra to claim your \$20 Starbucks or Tim Hortons coffee card.*



## Some Halloween Recipes for the Little Goblins

This Halloween, try serving the little goblins something extra special. Here are some "ghoulish" delights that are sure to put a smile on even the most wicked trick-or-treater.

**Pumpkin Seed Mix.** Stop tossing the "good stuff." Turn it into a healthy, nutritious snack instead. Rather than throwing away the seeds when carving the jack-o'-lantern, wash and dry the seeds then bake until they're golden brown. Sprinkle with sea salt for an all-natural, ultra-nutritious snack that's so good even the kids won't suspect how healthy it really is. Add pretzels, nuts or sunflower seeds to spice it up a bit or create a great party blend for the big game.

**Apple Goblins.** Put a new twist on an old favourite by adding raisins, pineapple rings or other fun fruit garnish to traditional candy apples. Let kids decorate their own, or use flowers and other elegant touches for a sophisticated treat perfect for office parties or informal get-togethers.



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