

POSTNOTES

NEWS AND INFORMATION

VOL 7 NUMBER 2

SAFETY SENSE

SQUELCH GERM HAVENS

Germs can cause everything from a cold, to acne, to pneumonia! Some “germy” areas are easy to spot, but others aren’t so obvious.

Here are six spots to keep an eye on.

1. Waiter’s Pens. The next time you are about to sign a credit card slip, do not touch the waiter’s pen. It’s been repeatedly handled by staff and customers.

To be safe, keep your own pen handy for use.

2. Shopping Carts. In a recent study, grocery carts failed more hygiene tests than public restrooms.

To be safe, wipe the handles of the cart with anti-bacterial towelettes.

3. Bathroom Doors. Bathroom door handles have traces of staphylococcus, streptococcus, salmonella, and E.coli. *To be safe,* use a paper towel as a barrier to shut off the faucet and open the door.

4. Women’s Purses. Microbiologists tested women’s purses and found a lot of harmful bacteria.

To be safe, machine-wash purses or use leather cleaner. Never place purses on bathroom floors or near food.

5. Front Doors. Dirt and bacteria are tracked in on shoes or boots. *To be safe,* place a mat outside the door for people to wipe their feet before entering.

6. Remote Controls. Everyone seeks control of the remote control to watch their favorite shows.

To be safe, wet a paper towel with rubbing alcohol and wipe it down. Alcohol disinfects and evaporates, so that leftover liquid won’t damage the device.



May you be healthy, happy, and in control of the germs.

MOTIVATION

TAKE CHARGE OF YOUR CAREER

These days, it appears to me that more and more people seem dissatisfied with their jobs.

Yearning for a career that promises intellectual, personal and financial growth is a commonly expressed dream.

But only when you take action, will you get noticed and put your career in overdrive.

Here are the top five career-furthering ideas.

1. Stand out and be noticed. Be the best at what you do, whether it’s sales, computer graphics, marketing, or financial planning, etc.

First develop your career plan. Discuss your career aspirations with your manager or coach. Don’t be afraid to toot your own horn, but don’t overdo it.

2. Write down your goals. Career goals are a sure step toward success. Write your specific career goals down to make yourself accountable. Writing down your goals will encourage you to strive harder to achieve them. Finally, visualize yourself achieving your goals.

3. Decide if and when you need to make a career change. To determine if you need to make a positional change, ask yourself the following: “How long have I been here,” and “What would have to happen for me to move forward”? Normally, within 18 months you should be able to have mastered any new assignment. Be careful not to get emotionally tied to your position hoping that the situation will change. Be realistic.

4. Find a mentor. One of the best ways to get ahead is to learn from someone who has already made it. A mentor can also teach you intangible skills. Skills such as how to be effective in the business environment along with some basic business know-how. When choosing a mentor, look for someone who represents your values and who supports your goals.

5. Learn all you can about your business or industry. Within most organizations, knowing various areas of the business is a prerequisite for moving toward success. Read the annual report. Identify what is important to the company’s long-term goals. Volunteer to be a part of the teams and task forces. Expand your knowledge base and network of contacts.

Career advancement is possible when you take a proactive approach to your professional future.

By consistently implementing these career tips, you will achieve the career goals that you desire.

Take charge of your career and make yourself a noticeable presence for ultimate success!

Debra Pestrak Professional Speaker

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COST EXPECTANCY QUIZ

DECK | PATIO | FENCE

Guess the average cost to replace the following components.

- | | | | |
|-----------------------------------------------|----------------------------------------------|----------------------------------------------|----------------------------------------------|
| 1. DECK pressure treated/cedar | <input type="checkbox"/> \$20 - \$30/sq.ft. | <input type="checkbox"/> \$10 - \$25/sq.ft. | <input type="checkbox"/> \$5 - \$10/sq.ft. |
| 2. DECK custom designed & built | <input type="checkbox"/> \$30 - \$50/sq.ft. | <input type="checkbox"/> \$10 - \$40/sq.ft. | <input type="checkbox"/> \$20 - \$60/sq.ft. |
| 3. PATIO concrete | <input type="checkbox"/> \$20 - \$25/sq.ft. | <input type="checkbox"/> \$15 - \$20/sq.ft. | <input type="checkbox"/> \$10 - \$15/sq.ft. |
| 4. PATIO flagstone/fieldstone | <input type="checkbox"/> \$16/sq.ft. | <input type="checkbox"/> \$12/sq.ft. | <input type="checkbox"/> \$18/sq.ft. |
| 5. PATIO interlock brick/stone | <input type="checkbox"/> \$12 - \$14/sq.ft. | <input type="checkbox"/> \$6 - \$8/sq.ft. | <input type="checkbox"/> \$8 - \$10/sq.ft. |
| 6. PATIO stone | <input type="checkbox"/> \$5/sq.ft. | <input type="checkbox"/> \$3/sq.ft. | <input type="checkbox"/> \$8/sq.ft. |
| 7. chain FENCE link (4 ft.) | <input type="checkbox"/> \$10/lin.ft. | <input type="checkbox"/> \$20/lin.ft. | <input type="checkbox"/> \$15/lin.ft. |
| 8. wood FENCE cedar (5 ft.) | <input type="checkbox"/> \$25 - \$30/lin.ft. | <input type="checkbox"/> \$15 - \$20/lin.ft. | <input type="checkbox"/> \$10 - \$15/lin.ft. |
| 9. wood FENCE pressure treated (5 ft.) | <input type="checkbox"/> \$10 - \$15/lin.ft. | <input type="checkbox"/> \$25 - \$30/lin.ft. | <input type="checkbox"/> \$5 - \$10/lin.ft. |
| 10. reset FENCE post in concrete | <input type="checkbox"/> \$80 | <input type="checkbox"/> \$45 | <input type="checkbox"/> \$60 |

1. \$10-\$25/sq.ft. 2. \$30-\$50/sq.ft. 3. \$10-\$15/sq.ft. 4. \$16/sq.ft. 5. \$8-\$10/sq.ft. 6. \$3/sq.ft. 7. \$10/lin.ft. 8. \$15-\$20/lin.ft. 9. \$10-\$15/lin.ft. 10. \$60

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"RESIDENTIAL CONSTRUCTION AND REMODELING ESTIMATES".

MIRROR, MIRROR ON THE WALL

An inexpensive mirror can make your home appear bigger and brighter. Bring new views to any room with a few of these ideas.

- 1 Open up a cramped space.** Lean a large floor length rectangular mirror against a wall, and it should look like you added a new room to your house.
- 2 Lengthen a hallway.** Even a narrow hall has room for a mirror to create instant depth. Hang it at eye level for the best view.
- 3 Brighten up.** A mirror hung on the wall adjacent to a window invites in more light and reflects an interesting view.
- 4 Create a focal point.** Use a pretty mirror in an unused fireplace to turn an empty hole into a shimmering space that delights the eye. Just add an easel back for support.
- 5 Double the sparkle.** Crystal vases gleam atop mirrors that are laid flat on a table. Use mirrors in all sizes and shapes for the ultimate effect.



RELAXATION TIME GET MORE OUT OF LIFE!

HABITS OF HAPPINESS

Here are a few easy ways to keep on the sunny side of life.

- Belt out a happy tune.** Singing usually requires deep breathing and is a common fix for anxiety.
- Eat mashed potatoes.** Comfort food can help you re-connect with the happy childhood memories that can stop a bad mood in its tracks.



Wear Yellow. Smiley faces are yellow for a good reason. The hue is proven to encourage optimism.

Drink some orange juice. It is loaded with enough serotonin-boosting folic acid to clear your mind of negative thoughts.

Take a humor break. Research suggests that simply anticipating something funny can reduce tension, anger, and fatigue.

Move those muscles into a smile. This position will trigger the release of "feel-good" brain chemicals.

Did you know? The average adult laughs 17 times a day. Laughter is contagious. That's why it's added to TV comedy, to make it seem funnier.

INSPECTION INSIGHTS

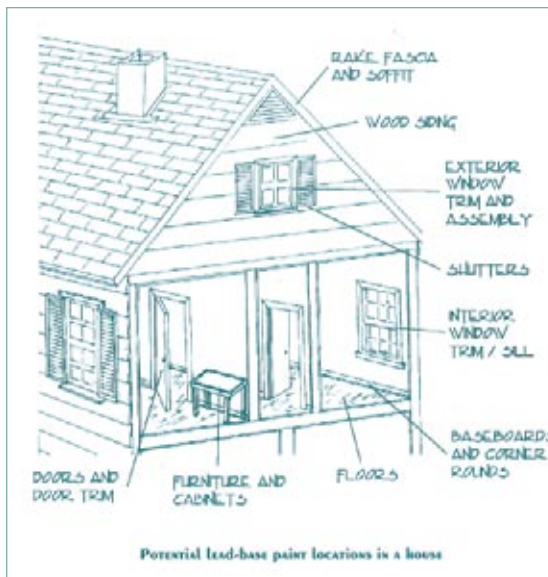
LEAD-BASED PAINT

Lead-based paint is a health risk for everyone, but especially by pregnant women and children under six. Children can ingest too much lead from paint chips or from dust that gets onto their toys. Most homes painted before 1950 will contain significant amounts of lead paint and those built up to about 1980 probably contain smaller amounts.

In 1992 the U.S. government passed tough legislation requiring the disclosure of the presence of lead-based paint in any house built before 1978. Under this law sellers must:

- Disclose the presence of lead-based paint
- Provide available records about the presence of lead-based paint
- Provide a federally approved lead hazard information pamphlet
- Include disclosure and acknowledgment information in contracts
- Give purchasers up to 10 days to conduct a risk assessment or lead inspection
- Share responsibility with Realtors for ensuring compliance

Lead-Based Paint was used primarily on surfaces that take punishment, such as kitchen cabinets, door and window trim, exterior siding and porch floors. If these are in good condition and not deteriorating due to friction, there is little danger.



Crumbling, peeling or flaking is a hazard. Dust is always a problem, whether caused by friction or during remodeling and renovations.

A lead analysis kit is available and produces readings instantly. Alternatively, paint or dust samples can be sent to a lab for testing. If the house is lead-free or if it poses a minimal health risk, a Certificate of Lead-Based Paint Safe Housing can be issued.

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COMMUNICATIONS

SUCCESS SECRETS

Which one of these approaches do you use for success?

A positive attitude. Even when there is too much on your plate, you keep going strong and never let anything dampen your upbeat spirit. Your ability to stay positive in the face of any obstacle should guarantee your success.

Living in the present. Whether you are dealing with a crisis or spending time with loved ones, you always experience the moment. You pick up on important details around you, a trait that should help you advance further and faster.

Stay focused. Whether handling a crisis, mapping out the future, or planning a family outing, you rely on your rock-solid focus and sharp organizational skills. You have the ability to keep your eye on the prize, stick to your goals and stay on schedule.



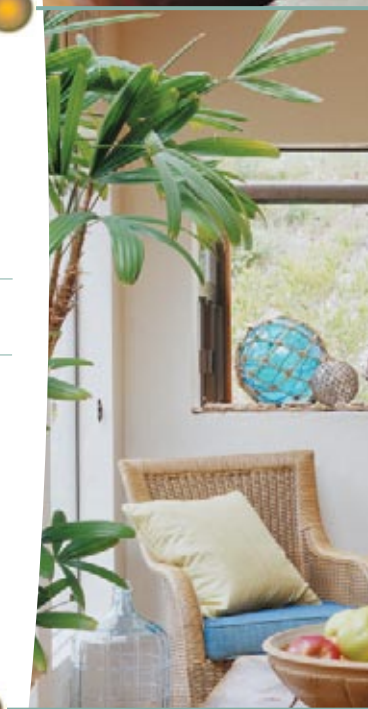
A WINDOW TO REALITY

A SPARKLING CLEAN SHOWER



Here some easy and inexpensive ways to provide a clean and pleasant showering experience.

- **Two-in-one cleaning.** Put your bath mat in the wash with your towels. The textured terry cloth will rub the mat clean.
- **Easy mildew remover.** Soak a few cotton balls in peroxide and put them in the corners of the shower stall to make it mildew free.
- **Instant glass shiner.** Rub a thin layer of lemon oil on your glass shower door twice a month to keep it sparkling.
- **No more tub ring.** Cover the ring in your tub with a paste made of hydrogen peroxide and cream of tartar. Let it dry, then just wipe it away.



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HOUSEWATCH MAINTENANCE

LEAD-BASED PAINT CAUTIONS

Often the best approach is to leave lead based paint alone. However, if chips or dust around window ledges or elsewhere can come into contact with children:

- Clean up dust before children can ingest it.
- Cover the old paint so that it is no longer exposed.
- Remove or replace doors, windows, baseboards and other trim.
- If you are going to remove or strip lead-based paint, have a professional perform the job in accordance with strict safety precautions.

PILLAR TO POST[®] HOME INFORMATION SERIES



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MOTIVATIONAL QUOTES

“Someone’s sitting in the shade today because someone planted a tree a long time ago.”

LES BROWN

WHY PILLAR TO POST[®]?

Pillar to Post[®] is North America’s leading home inspection company. We are committed to quality in the service we provide to real estate professionals, home buyers and sellers. Our training, reporting and professionalism are second to none in the industry.

WE WORK WITH YOU

Our goal is to enable you to have confidence in the home buying decision and transaction process. The inspection provides an excellent opportunity to gain in-depth knowledge about the home. During the inspection, we will point out and discuss areas of concern regarding the property. We then provide a detailed, unbiased report with all this information.

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