



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

Buying A Home Soon? Get my Free Consumer Guide, "8 Secrets For Saving Thousands When Buying Your Home." Call me right now at 480-242- 3079 for details.

Get A Jump Start On Your Spring Cleaning With These Simple Tips!

Spring cleaning is just around the corner so here are some really easy ideas for getting your clean on...

1. **Start in the Kitchen:** A trip to the Container Store or Target for some drawer configuration and storage containers makes kitchen organization a breeze. Use glass jars or bins (or try BPA free plastic) to organize and stack cereals, pastas, and dry baking supplies in the pantry. Once you've got your pantry and spices under control. Try giving the family "junk drawer" a new life, and vow to keep it organized this time. Then give the cupboards a quick wipe down and your kitchen is fresh and clean for the season.
2. **Move onto the Bathrooms:** A quick inventory of the drawers and cabinets is in order, be sure to throw out all expired products. Pick up some storage bins and separate out the hair products from the medicine cabinet and the nail polish from the face wash. When you're done you'll be surprised how much easier it is to find a band-aid when you need it.
3. **Don't Forget the Closets & Drawers:** Sort through the clothes and jackets and donate any you haven't worn in the past year or that don't fit. Then organize the hanging clothes by section i.e. sweaters, dresses, blouses, skirts, shirts, suits. You can also go short sleeved to long and keep them in color blocks. Drawers can go in groups i.e. underclothing, pj's, t-shirts, jeans. If your shoes are a problem get some shoe racks so you can see all your shoes and keep them neat.
4. **Tame the Office:** There is no better office organizer than a filing cabinet. Pick up a stack of those manila folders and a sharpie and start organizing your life away. Keep important documents like birth and marriage certificates in an easy to access area. Shred what you don't really need and file away the rest. And of course today you can go paperless with an electronic storage system and ditch the papers and file cabinets all together.

It's easy to feel overwhelmed but if you start with one small project and work off lists you can combat the overwhelm. And if you don't have the time yourself you can always hire a professional organizer. Happy cleaning! (Be sure to call me for cleaning your carpets & upholstery I've got some great specials this month.)



www.OneMileAtATime.com

This super cool website is run by Ben Schlappig aka "Lucky". He's a well-traveled guy who shares his experiences and expertise through his blog. With a record of traveling approximately 400,000 miles per year, he is definitely an expert in all things travel, and shares his best tips for traveling and using air miles to fund trips.

www.NomadicMatt.com

This slick site is run by New York Times bestselling author, Nomadic Matt, who wrote *How to Travel the World on \$50 a Day*. This well traveled blogger quit his cubicle job in 2006 and has since traveled to over 80 countries and territories. As a full time traveler he shows you the ropes on how you don't have to be rich to travel the world.

Get Exclusive Specials When You "Like" us at

www.Facebook/TinaBartonRealtor.com | www.Facebook/AdvancedSurfaceSolutionsllc.com!

What is My Home Worth?

If you want to know your home's current value, we will gladly conduct a Maximum Value Home Audit. Request this "no charge" in-depth home value analysis by calling me at: **480-242-3079** or **480-332-4639**.



Are you having a garage sale?

We have garage sale signs you can borrow at no cost or obligation.

Do you need a handyman, painter, electrician or any other household maintenance referrals?

Learn more about selling your home in my Free Consumer Report called

"4 Steps To Stage Your Home For A Fast Sale." Call me at 480-332-4639 and I'll send a copy right over to you.

See Insert This Issue...



March 2017 Real Estate Update
&
Advanced Surface Solutions Special

Healthy Talk



Get Ready For Spring with These Yummy Jam Filled Cookies...

I know this section is called "healthy" talk but that is why these spring cookies are packed full of flavor and are made with healthy ingredients.

Enjoy this cookie with a glass of cold milk or a nice cup of coffee:

- 1/3 cup organic coconut sugar*
- 1/2 cup softened grass fed butter
- 1 tsp organic vanilla extract
- 1 organic egg, separated
- 1 cup organic spelt flour, or gluten free flour
- 1/2 teaspoon salt
- 3/4 cup finely chopped nuts
- Jam of your choice (Go for organic/no sugar added)

Preheat oven to 350 degrees F

Combine sugar, butter, vanilla and egg yolk. Next add in the flour and salt. Mix well. Roll dough into small balls and dip into the beaten egg white. Then roll into the nuts, place on a parchment paper lined cookie sheet and press down on the cookie to make a thumbprint. Bake about 8 minutes then take out the cookies and fill the thumbprint with jam or your choice. Bake another 2-3 minutes. Enjoy and be careful that jam might be really hot.

*Coconut sugar is a low glycemic natural sweetener that only contains 4 grams of sugar per serving and tastes wonderful.

Disclaimer: These are just suggestions, I'm not a doctor or health specialist.

Thanks For Thinking of Us!

Did you know we can help you or any of your friends or family save time and money when buying or selling a home? Don't forget to check out my free resources for educating yourself on the buying and selling process. And thanks for keeping us in mind with your referrals, and spreading the word about our services.

Practical Tips for Keeping Kids Safe Online

Today's parents have a big responsibility to keep their kids safe in a digital world. It's far too easy for kids to fall victim to illicit material, online predators, and ruthless cyber bullies. Plus, easy access to social media can foster narcissistic values, social isolation, and a lack of privacy.

Now of course, the Internet is a very useful tool, and it gives today's kids opportunities past generations didn't have access to. But, like any tool, it has to be respected and used properly for maximum benefit and minimum risk. In fact, the Internet could be likened to a "nail gun", it's a tool with many benefits, but a tool that can be very dangerous in inexperienced hands.

Check out this sobering statistic: *"One out of every five kids gets sexual solicitations online. Strangers, predators, and cyber-bullies all target children, and their work is simplified when screen names reveal age, gender, or hometown. If posts aren't marked as private, personal information can be displayed to an unrestricted audience of readers."* – www.scholastic.com

Fortunately, many schools today are teaching Internet safety, including how to guard privacy. But what are some simple things that we can do at home to make sure our kids are safe online?

Be Online Savvy. Many parents don't realize just how easy it is for their children to stumble upon inappropriate and dangerous material. Or, how easily kids can converse with strangers via online video games, apps, and social media.

Educate for Prevention. Thank goodness schools are helping with this, but parents are vital in educating their children on the dangers of using the Internet, keeping their information private while online, the value of a good reputation, and how one wrong post can wipe it out. Also, educate kids on the finality of posting pictures and their words online, constantly remind kids that once something is posted, it is out of their control, and it's never coming back to them.

Knowledge is Power. Know what your kids are up to, check the history, and ask them who they are conversing with. Set your security settings and establish a code of conduct you find acceptable for your kids. For more tips check out www.SafeKids.com

Today's kids are blessed to grow up with online access, so when parents and educators keep kids informed, they can avoid all the potential dangers and use the Internet to thrive.

Real Estate Corner...



Q. We're getting ready to remodel our home. What's the best way to find a reputable contractor without being taken to the cleaners?

Here are five ways you can improve your chances of finding a reputable contractor:

- 1. Get referrals from other building professionals.** Ask professionals who you know. For example, ask your plumber, roofer, painter for recommendations. Since they work with other contractors on other jobs, they know who's good and who is not.
- 2. Get references.** Get three customer references from the contractor for similar projects that were completed in the past two years. Check these references carefully, and maybe even see the work that was done. Ask them if they would hire the contractor again.
- 3. Check** the contractor's license, insurance, and permits. Make sure they are in order. Contact the Registrar of Contractors in your area.
- 4. Get a written cost estimate** with specific details, schedule, and the projected completion date.

If you're thinking of buying or selling a home and need competent and caring representation, please call us at **480-332-4639**.

Thanks for All the Kind Words!

Our granite counters looks brand new! -M. Baker, Advanced Surface Solutions Client

They helped with the stress of moving across country. Found us a perfect house that is now a beautiful home. We can't thank you enough. Always ready to help and work around crazy schedules. – Happy Mesa, AZ homebuyer

Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

“
It's Never Too Late, But Never
Too Early to Build Your Dreams
- Cody Barton
”



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Inside This Issue You Will Discover...

- ✓ **Get a Jump on Your Spring Cleaning...** *Easy tips to get our house organized without making you crazy!*
- ✓ **Healthy Talk...Spring Cookies with a Jam Surprise...** *And they are delicious and healthy.*
- ✓ **PLUS MORE ...Keep Kids Safe Online...Real Estate Corner...AND MORE!**
- ✓ **Thank You's, Fun Websites, Famous Quotes...AND...**

**Discounts, Specials And More Exciting Stuff Inside!
Keep Reading...**

Who Wants To Win Movie Tickets?

**Take my Trivia Challenge
And you could win too!**

This is one of my favorite parts of the newsletter! Each month, we'll give you a new trivia question. The first 2 people who call our office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on us with someone special in your life! Take your best guess, and then call us at **480-332-4639** or email **thebartongroup paz@gmail.com!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

Which self-help author is the subject of the documentary, I am Not Your Guru?

- A) Zig Ziglar B) Laura Catherine Schlessinger
C) Deepak Chopra D) Tony Robbins

Hint: You'll find the answer in the newsletter.