

the real estate **advisor**

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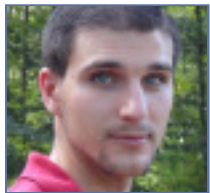
Tips for your next painting project



TAKE FIVE:
Ideas for fall decorating



Strategies for improving your memory



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A fresh coat of paint

Tips for your next interior painting project



Purchasing the paint

If you're not fully committed to a color, start with just a quart, and use it to paint a foam board. You can then move the foam board around the room to see how it'll react to varying levels of light from different angles.

Once you've settled on a color, you'll need about one gallon of paint for every 400 square feet .

Prep

Clean the walls (and allow them to dry!) before you begin. Place drop cloths or old sheets on the floors rather than slippery plastic. Remove outlet covers and other obstacles, as it'll make for an easier, cleaner, and all-around better job.

Be sure to clean the ceilings, too. There's sure to be dust and cobwebs that need to be removed if you want your painting project to go as smoothly as possible.

Painting

If you're painting textured walls or a textured ceiling, use a thick-nap roller. It'll ensure that you'll cover the entire area, rather than missing a few bumps or crevices here and there.

When you're finished ...

Keep some of your leftover paint. You never know when you might need it for touch-ups or refinishing.

Take 5: Five ideas for fall decorating

Fall has arrived, and with the changing of the season, why not bring some fall atmosphere into your own home? Here are five ideas for giving your home a fall feel.

1. Fun with foliage: One of the unmistakable signs of fall is the changing—and eventually, falling—leaves. Pick up some faux silk leaves from your local craft store and use them to accent a bookshelf or table centerpiece.

2. Add some orange: Orange is the unofficial color of fall, so adding a little orange to your home will definitely add some fall flavor—just don't go overboard. Try adding some orange accents to white furniture.

3. Pumpkins and gourds: This is a sure way to give your home a touch of autumn, and even if orange isn't your thing, you could try white pumpkins instead.

4. Natural elements: Fall feels rustic and outdoorsy. You can bring that feeling into your home with feathers, weathered wood, or some antlers. Those items are perfect for your mantel.

5. Hang a wreath: Wreaths aren't just for the winter holidays. Find one with some fall foliage and other season-appropriate accents. It's an easy way to bring the outdoors into your kitchen or living room.

Become a memory master

We all have so much going on in our lives that it's inevitable that our brains will have trouble keeping up. Can't remember the name of your new neighbors, or your bank account number, or when you scheduled your next haircut? That's perfectly normal. But here are a few strategies for improving your memorization skills.

Get more sleep and exercise: Physical activity sends more oxygen to your brain, and a lack of sleep can be detrimental to your creativity,

problem-solving skills, and critical thinking.

Give your brain a workout: Crossword puzzles, playing a musical instrument, and even a game of ping-pong are great for keeping your brain sharp and active.

Change your diet: It's not just a myth—eating fish, especially cold-water fish like tuna and salmon, is great for your brain. Your brain also benefits from eating more fruits and vegetables, and from drinking green tea.



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