

Life Stuff

News To Help You Save Time And Money

April 2017

Why Does Reheated Coffee Taste Bad?

It has nothing to do with the microwave and everything to do with the volatility of aromas and chemicals in coffee.

Coffee is all about science. The drink has over 1,000 aroma compounds, plus a complex profile of proteins and acids.

Several studies point out that the intensity of the 'roasty-sulfury' odor of coffee plays a key role in how it tastes. The odor decreases rapidly after initial brewing as it loses those aromatics to evaporation, resulting in a loss of taste.

Also, some of the different compounds in coffee fall out of solution as it cools. Proteins tend to sink to the bottom while oils float to the top, leaving a skim of oil on top of old coffee. The acidity also increases, and the taste becomes more sour. Essentially, the flavor profile breaks apart and can't be put back together again—just like Humpty Dumpty.



Get Some Tips At:
PlanYourArizonaMove.com

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So what's the best way to reheat coffee?

Experts and regular folk alike agree. Avoid the microwave. Store hot coffee in an airtight thermos. Or better yet, start from scratch when you want a hot cup.

Some people in surveys have said that reheating coffee in the microwave to "warm it just enough" to drink is better than reheating it to very hot...but this may depend on how cool your coffee has gotten in the first place, or how much of its original flavor profile was lost before reheating.

I hope this helps you enjoy your next hot cup of coffee!

~ Dan

“April Showers Bring May Flowers”

We've all heard the rhyme, but you might not know where the rhyme originated. It can be officially traced back to the mid-1500s, although earlier use of the phrase probably existed.

The first instance in writing comes from a poem published in 1557, written by a farmer named Thomas Tusser. His poem, compiled in rhyming couplets, was called *A Hundred Good Points of Husbandry* and contained instructions and observations about farming and country customs in the Tudor period of England. In the April Husbandry section he wrote:

*Swéete April showers,
Doo bring Maie flowers.*

Tusser could have been referring to something agrarian societies have probably known for millennia...at least those living in particular temperate zones. Basically, the influx of rain in April coincides with the warming of the weather in May which brings forth flowers.

But since he was also a keen observer of life and a poet, he could as easily been using the phrase metaphorically as a reminder to look for opportunity in adversity.

What Is Two And Two?

A business man was interviewing applicants for a manager position. He devised a test to select the best person for the job. He asked each applicant, "What is two and two?"

The first interviewee was a journalist. His answer was "Twenty-two."

The second applicant was an engineer. He pulled out a slide rule and showed the answer to be between 3.999 and 4.001.

The next person was a lawyer. He stated that in the case of *Jenkins v Brown*, two and two was proven to be four.

The last applicant was an accountant. When asked, "How much is two and two?" the accountant stood up, went over to the door and closed it, then came back and sat down. He leaned across the desk and said in a low voice..."How much do you want it to be?"

He got the job.

April Quiz Question

Q: *What is an Easter egg in a movie?*

Everyone who emails or calls in the correct answer by April 25th will be entered into a drawing for two free Harkin's movie tickets.

(480) 390-5380

danazhomes4sale@hotmail.com

March Quiz Answer

Q: *When was the coil spring invented?*

A: *In 1763, by R. Tradwell*

Congratulations to Chris and Nancy Poweleit. Their names were drawn out of all of the correct quiz entrees, and they won 2 free Harkin's movie tickets!

UP CLOSE AND PERSONAL

I'm about to reveal a family secret that's been going on for many years. I could probably get rich off this idea, but I'm going to share it anyway. Since the beginning of our marriage (21 years ago this month), we pick up a rock for each vacation we take. The rock represents the vacation and the memories that go with it. When we get home, I write on the rock the date and place that it came from. It might say something like, "Disneyland, 2012" or Hawaii, 1996." My vision is to get a glass cabinet to display them someday. Just think, visitors to our home would say, "Oh, is that glass cabinet where you keep all your fancy china?" I'd say, "No, we don't have any fancy china, but it's filled with rocks." If we were ever burglarized, the bad guys would say, "They must have been expecting us, they hid the china and filled their glass cabinet full of rocks." It just goes to show you that a bag of rocks, mean nothing to most people, but a lifetime of memories to someone else. Kim thought it was a goofy idea in the beginning, but I think it's grown on her over the years. If we ever get bored together on vacation, we can always look for rocks.

Have an awesome month!

Dan

Let's Add This One To The List

Just a quick note to let you know how I can help you or anyone you refer to me.

Dan sold Mike's home a year ago when Mike decided it was time for a change and moved to Tennessee. After being there a while, Mike realized he didn't care for it like he thought he would, so he came back to Phoenix. He was ready to buy another home, so Dan set up a personal homesearch website specific to Mike's parameters. In the midst of looking at various homes, Mike saw a for sale by owner (FSBO) and asked Dan about it. Dan said he would contact the owner to see if we could add it to the list of other homes we planned on viewing. The seller had no problem in letting us take a look and was more than willing to pay compensation to Dan with an acceptable offer. Mike fell in love with the FSBO home. It had been majorly remodeled including beautiful wood flooring, and all new stainless steel kitchen appliances were going to be installed. The seller had just finished interviewing real estate agents and was about to list if for sale with a realtor in the coming days. Before that happened, Dan wrote an offer for Mike that was accepted by the seller. Now, that's a win-win for everyone. Mike found his dream home, and the seller got his home sold without having to officially list it on the market. Soon thereafter, the seller got paid from the sale and Mike got the keys to his new home.

If you're out looking for a home to buy and see a for sale by owner, just get their phone number and I'd be happy to contact them on your behalf. I can likely help represent you in the sale with no additional cost to you, just like I did for Mike. You can call me at 480-390-5380.

Hone Your Life Vision

Just as businesses are guided by a vision, your life can also benefit from having a vision. A vision is a description of your idealized lifestyle and outcomes. Vision is often based on living according to your highest values and principles.

When honing your life vision, here are things to keep in mind:

- Your vision shouldn't be about "shoulds." A compelling vision is based on what you want to achieve, not what you (or others) think you should have or should do.



- A vision includes identifying your highest values. One exercise is to list all of your most important values (such as honor, trust, fun, play, love, etc.), then imagine you have to throw away one of your values. Which one would you cross off? Then you have to throw away another value from your list. You keep doing this until you're left with the values you refuse to throw away.

• Focus your vision on a higher sense of what you'd like out of life based on your values, without worrying about specific details. There's a story told in business seminars of two explorers tasked with reaching a certain destination through the forest. One explorer picks a path and starts off immediately with great enthusiasm, overcoming each obstacle along the path. The other climbs a tall tree and sees that the other man is headed in the wrong direction. The metaphor is that the second man has vision to help guide him. He may hit the same obstacles, but he has a better sense of where he's going and how to get there.

- Keep your vision distinct from your goals. A goal has a time-bound and measurable outcome. A vision is the broad sense of direction you want your goals to take you.
- Keep your vision fresh. If you're feeling bored, reevaluate your life vision. Are you still on the right path? Are you living your vision and finding that it's not what you thought it would be? Or have you discovered that there's more to life and you need a bigger vision?

See An Interesting Home?

No need to wonder about the price or call a high-pressure sales agent who will make you feel obligated. I can send you the information quickly and easily for any house, listed or sold, anywhere in town.

Just ask me! It's all part of my free, no-obligation HomeFinder Service.

Email me or leave the address on my voicemail, anytime, 24 hours a day, and I'll mail or email all the information on that listing within 24 hours.

(480) 390-5380

danazhomes4sale@hotmail.com

The Kid Scoop

Ryan (17) went to his first prom and was looking pretty sharp.

Brandon (14) has over 600 subscribers to his YouTube channel!!

Avoid Mistakes With Retirement Savings

Make one or two mistakes in handling your retirement money, and you could be paying a stiff penalty later in your life. The stock market goes up and down, but you'll survive if you stay clear of these common mistakes:

- **Obsessing about market losses.** Focus instead on long-term needs. Catastrophic events and long-term health care needs cause as much damage when you're caught unaware as does a shaky stock market. Will your nest egg be able to handle long-term care?
- **Forgetting about inflation and taxes.** Your retirement savings is a lot smaller than you think it is when you start factoring in the rate of inflation and the taxes you'll have to pay when you start drawing out of it.
- **Indulging instead of saving during your last years before retirement.** When you've got only a handful of years left before you retire, don't go out and buy that new sports car. Some people are able to build up almost a third of their savings in the last five years before retirement because they got serious about saving and investing. Be that person.
- **Thinking you can withdraw more than you really can.** If you rely on average annual returns on your investments to determine just how much you can withdraw, you could be drawing down your retirement fund faster than you should. Average returns are seldom steady. A safe rule of thumb: Count on a 3 percent rate of withdrawal.
- **Not expecting to live a long life.** Despite the rise in life expectancy, people still seriously underestimate how long they'll live. If you're not thinking about longevity, you could tap out your savings much faster than you should.

Client Of The Month

Congratulations to **Ray and Adriana** on the sale of your home.

Thank you for your trust in allowing me to help represent you in the sale.

Get Up And Work Out

The alarm rings. Do you leap out of bed to head for the gym? Or hit snooze? Motivating yourself to get up and start exercising can be tough. Try these tips to get moving:

- **Eat light the night before.** A heavy snack right before you hit the mattress will make you feel lethargic in the morning.

The Dog Scoop

Buckley had to get his teeth cleaned. No more bad doggy breath. Maybe he can start to date now.

- **Get a full night's sleep.** You'll wake up feeling refreshed and energetic.
- **Lay out your clothes the night before.** If all your gear is waiting for you, you have fewer excuses between you and your exercise.
- **Get a buddy.** Getting over resistance might be as easy as having someone meet you.

Free Reports

- ❑ How to beat other buyers to the best listings
- ❑ Five powerful buying strategies
- ❑ Seven different reasons to own your own home
- ❑ Ten simple steps to ensure your home sells at top dollar
- ❑ The nine most deadly mistakes you can make when selling your home
- ❑ How sellers price their homes
- ❑ Making the move easy on the kids
- ❑ Protect your home from burglars
- ❑ How to show your home
- ❑ Things you should know about moving

How To Order:

- Fax to Dan Kilde at 480-355-9026
- Call Dan at 480-390-5380
- Go to Dan's website at www.PlanYourArizonaMove.com
- E-mail Dan at danazhomes4sale@hotmail.com

Go Green: Recycle This Newsletter!

After you've enjoyed my newsletter, please recycle it by passing it along to a family member, friend, neighbor or coworker.

Dogs Speak Volumes With Their Tails

Scientists have discovered that dogs communicate far more information about their emotions to each other with their tails than was previously believed.

A recent study has shown that dogs tend to move their tails more to the right or the left depending on how happy or sad they feel.



This emotional signal can also be recognized by other dogs, affecting how the animals respond to each other.

Research, conducted by neuroscientists at the University of Trento, Italy, showed that dogs' tails tend to move slightly more to the right if they are happy. If they are experiencing negative emotions, such as feeling threatened, then their tail will move slightly more to the left.

While the subtle bias in movement can be difficult for humans to detect, when video footage of the behavior is slowed down, it becomes more obvious.

Dogs, however, seem to be able to pick up on these signals just fine. The researchers found that dogs' heart rates increased and they showed signs of anxiety when they saw an unfamiliar dog with its tail wagging slightly to the left.

If the dog met a new dog whose tail wagged slightly to the right, then the animals remained calm and showed a relaxed heart rate.

Scientists attribute this to a similar function in human brains—the left/right bias of our brains to produce different emotions.

~ Adapted from *The Telegraph*

Marriages That Make Sense

An elderly woman became a local celebrity in her small town by getting married at the age of 92. The newspaper sent a reporter to interview her. His first question was how she enjoyed being a newlywed in her 90s.

“Oh, this isn’t my first husband,” the woman replied. “I’m used to this by now.”

“Really? How many times have you been married?”

“This is my fourth husband. When I was 22 I married a banker. He died, and then when I was 43 I married a circus performer. He ran away with a dancer. Then when I was 62 I married a minister, and he lived a long time.”

“What does your new husband do?”

“He’s a funeral director,” she said proudly.

The reporter laughed. “That’s quite a variety of husbands.”

“Oh, it always made perfect sense to me,” the woman said. “I married one for the money, two for the show, three to get ready, and four to go.”

Al and Helen say...

"We have known Dan for many years and he has kept in touch and even remembered our birthdays and anniversary dates and has always taken the time to send a congratulatory note. In our real estate dealings with Dan, we never had a worry because Dan is so professional and knowledgeable of the real estate market. He is extremely well mannered and has always displayed a positive attitude...about everything! We would highly recommend Dan as he is a true professional."

See over 100 more rave reviews from actual clients at www.PlanYourArizonaMove.com. Just click the "True Stories" link at the top of the page. You can call Dan directly at 480-390-5380 or email at danazhomes4sale@hotmail.com

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Dan Kilde

RE/MAX Infinity

2450 S. Arizona Avenue #1

Chandler, AZ 85286

480-390-5380

danazhomes4sale@hotmail.com