

Life Stuff

News To Help You Save Time And Money

July 2017

The Difference Between Traveling and Vacationing

Ramping up to summer, many of us plan on some sort of vacation. For some of us, it's travel. For others, it's vacation. Is there a distinction, and does it matter?

It can. According to studies, the best part of a vacation is planning for it. We are apparently happier as we anticipate our experience of a vacation than we are during the experience itself. However, having a clearer sense of what kind of experience we want can also help us get more enjoyment out of it. Using the distinction between traveling and vacationing is one way to imagine your vacation plans.



Traveling involves going somewhere unfamiliar, often a foreign country, to experience a cultural difference. Traveling provides an opportunity to experience the unknown, to enjoy the differences among people, foods, language, architecture, music and more. Travel also allows us to grow our awareness of our place in the world.

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To travel successfully, we have to want to experience *differentness*. We have to want to see new things in a new way. That is our goal in travelling.

Vacationing, by contrast, involves relaxing in a somewhat familiar environment. We typically vacation in places we know. We camp in a nearby wilderness. We visit a city at the other side of our own country, see heritage sites, or head for a resort. Our goal in a vacation is to relax, perhaps have a little physical adventure, like taking a rafting trip or doing a photo jeep tour in the desert.

Just thinking about the difference between travelling and vacationing is a useful way to get more from your summer vacation.

~ Dan

Gone Fishing

A millionaire walked past an old man sitting on the curb outside a bar. The old man had a fishing rod, and he seemed to be trying to catch fish in the storm drain.

Taking pity, the millionaire took the old man to a nearby restaurant for a meal. As they ate, the rich man asked, "So how is fishing in that storm drain working out for you?"

"Not bad," said the old man. "You're the third one I've caught today."



Perfectly Peelable Hard Boiled Eggs

Getting ready for summer picnics, you may be thinking of egg salad or just hard boiled eggs on the side. Here's how to get perfect eggs that peel easily.

1. Start with boiling water. Bring a pot of water to a rolling boil, lower the eggs gently and boil vigorously for 30 seconds. Reduce the heat to a gently simmer over low heat, cover with a lid and cook for another 10 minutes.

2. Shock in cold water and gently shake. Immediately pour off the hot water, leaving the eggs in the pot. Gently shake it back and forth to lightly crack the shells. Immediately add cold water and a few ice cubes and let sit until cool enough to handle; it will take about five minutes to serve warm or 15 minutes to serve cold. The idea here is that cracking while warm and then cooling rapidly allows the cold water to shrink the whites just enough to separate them from the shells a bit.

Two additional peeling tricks:

- 1) Use a spoon.** Crack the eggs at the fat end and peel a tiny bit with your fingers. Slip a spoon under the shell so that the curve of the spoon follows the curve of the egg. Rotate the egg and move the spoon to release the shell.
- 2) If peeling a larger batch of eggs for egg salad or such, place the eggs in a plastic storage container.** Add some cold water, put the lid on tightly, and then gently shake until the shells break and fall away.

The Dog Scoop

We came home and Buckley had his mouth stuck in the door of his crate. His teeth were locked over the grid of the door. I disassembled the door and to the vet we went (Sunday night). You should have seen the look on the face of the girl at the front desk when I walked in holding Buckley with his teeth stuck to the door. There was no time for paperwork, so we went right back to the ER. The doctor had the same type look on her face. Buckley received anesthesia, and then they had to saw off the door with a bone saw. This tops the last vet trip after eating a bag of chocolate. I'm going to have to start delivering pizzas for Buckley's vet bill fund. Donations can be sent to... 😊

UP CLOSE AND PERSONAL

Kim and I both turned fifty this year. We hosted a 50/50 celebration and scheduled ten events over two days. People were invited to attend one or all ten events. There was a drawing at most events with some fun prizes. We started Friday afternoon with dinner at MOD Pizza (choose from 50 toppings). Kim made some cookies with "50" written on them too. The second event was JesterZ Improv family comedy club (laugh at least 50 times). Part of the show was the comedians acting out a Kim and Dan skit from information they got from us during the show. It was very funny. Wrapping up Friday night was 50/50 cake at Kim and Dan's place (50% chocolate cake, 50% vanilla frosting). The first event of Saturday was 50/50 subs at Kim and Dan's house (50% turkey, 50% ham), followed with a Rosary prayer session with 50+ prayers. We were then on to see a movie where we could have at least 50 pieces of popcorn (and I did). Next was dinner. After discussing 50 options, we (Kim) decided on Rubios. It was then time for a service activity at Feed My Starving Children where we packed food to feed more than 50 kids for an entire year. It was then on to Dairy Queen, where we held our 50/50 drawing. We sold tickets where the winner kept half of the proceeds and the other half would be donated to Feed My Starving Children. We sold \$255 worth of tickets. Congratulations to Robert Buessing who so graciously donated his winnings back to Feed My Starving Children!! The last event ended with game night at our place. We split up 50/50 and started with the kids versus the adults in a game of Guesstures (Charades). The kids won. The fun ended at 2am Sunday morning. Congratulations to The Coomer Family as well as Robert Buessing for attending all ten events. Kim and I had so much fun, we are starting to plan our 100/100 celebration. The only thing we've planned so far is the puree food (100% easy to chew).

Have an awesome month!

Dan

No Pressure, Right?

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

Bo and Katie were referred to Dan by Bo's parents. They wanted to sell their home and move closer to family and find a neighborhood with a school in the community within walking distance for their son, Will. Dan thought of the perfect new home community with an elementary school. Bo and Katie were very excited! They found a home that they ended up buying. The next step was to get their current home on the market and get it sold, as the new home builder gave them a 60-day contingency to do so. Dan got their home listed for sale. They had a few offers before the 60-day contingency period, but none of them worked out. Dan talked to the builder of their new home, and the builder decided to extend the contingency period another 30 days. Two days later, Dan had their home sold with an acceptable offer. About a month later, the sale was final. Whew, that was close! With the first goal accomplished, Bo and Katie can now focus on watching their new home being built. In just a few years, Bo and Katie will watch their son head out the door saying, "Bye mom, bye dad. See you after school."

If you know someone who could use some help and guidance making a move, just have them call me at 480-390-5380. I would be happy to help them just like I helped Bo and Katie.

Refreshing Kitchen Updates

You don't need to break down the walls or strip the cabinets to renew your kitchen. Here are 8 little approaches to sprucing up the kitchen without major remodeling.

1. Choose 3 complimentary colors and update everything you can to match, like paint, towels, rugs, small appliances, canisters, curtains.
2. Change your cabinet and drawer pulls. Buy a size that fits existing holes so you don't need to drill new holes.



3. Add rope lighting under or over your upper cabinets.
4. Paint your refrigerator or an unused wall with chalkboard paint. Use colorful chalk to write a quote each day or week.
5. Add a new backsplash using peel and stick tile.
6. Replace the faucet with one that is ultra-modern.
7. Add some kitchen-relevant art, such as a café painting or kitschy spoon and fork mosaics.
8. Replace boring lighting with ones that are interesting or unusual.

Clients Of The Month

Congratulations to **Jonathan and Karen** on the purchase of your home.

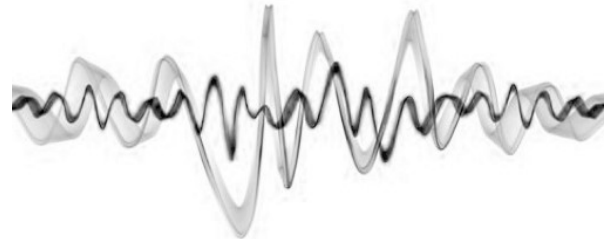
Thank you for your trust and for coming back time and time again to have me help.

Enjoy your new home!!

Sound Waves Fight Water Waves

Tsunamis—massive waves caused by earthquakes, landslides, or other major geological phenomena—can be incredibly destructive. Scientists are now looking at a possible defense: acoustic-gravity waves (AGWs), which are essentially underwater sound cannons.

AGWs can travel for miles and stretch several thousand feet under the surface of the ocean. Scientists at Cardiff University (as reported on the UPI website) theorize that a single blast could shorten the length of a tsunami wave and spread its force over a wider area, dissipating its destructive power. Furthermore, they think a series of blasts could weaken the tsunami's momentum and power completely.



Like tsunamis, natural AGWs are triggered in the ocean by geological events. If the scientists find a way to create them on demand, they may be a viable defense against the next great catastrophe.

The Kid Scoop

Ryan (17) has enjoyed a few trips to Sunsplash water park so far this summer.

Brandon (15) went to Wisconsin by himself for a week to visit Grandma and Grandpa.

Alzheimer's: Another Reason To Lose Weight & Exercise

According to a new study, healthy aging of the brain relies a great deal on the health of your heart and blood vessels during middle age.

Smoking, high blood pressure, obesity, diabetes, and high cholesterol all contribute to the health of a person's blood vessels and vascular system, leading to hardening of the arteries and other disorders. These same factors are present in the elderly with high levels of a protein called amyloid, which is known to clump together in the brains of people with Alzheimer's disease.

"So this suggests that vascular risk in middle age may play a direct role in the development of Alzheimer's disease," said lead researcher Dr.

Rebecca Gottesman, assistant professor of neurology at the Johns Hopkins University School of Medicine.



Obesity in particular stood out as a strong risk factor. This, on its own, will double a person's risk of elevated amyloid later in life, said Steven Austad, chair of biology of aging and the evolution of life histories at the University of Alabama, Birmingham.

Gottesman and her colleagues examined data from nearly 350 people whose heart health had been tracked since 1987 as part of the ongoing study. The average age of the participants was 52 at the start of the study. The average follow-up time was almost 24 years.

When the participants entered the study, none of them had dementia. About two decades later, they were asked to come back and undergo brain scans to check for signs of amyloid. The researchers discovered a link between heart risk factors and brain amyloid. The relationship did not vary based either on race or known genetic risk factors for Alzheimer's.

Heart risk factors that cropped up late in life were not associated with brain amyloid deposits. What a person does in their middle age is what apparently contributes to their later risk of elevated amyloid, not what happens later, Gottesman said.

You don't want to wait until your sixties to start taking care of yourself. It has to be a lifetime commitment.

~Findings published April 11 in the *Journal of the American Medical Association*.

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How To Order:

- Fax to Dan Kilde at 480-821-4926
- Call Dan at 480-390-5380
- Go to Dan's website at www.PlanYourArizonaMove.com
- E-mail Dan at danazhomes4sale@hotmail.com

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

Keep Stress Down During Vacation

Here are some helpful hints for reducing stress during what should be a fun and relaxing time:

- **Recognize the signs of stress, such as irritability and anxiety.** Avoid these by getting a handle on things instead of just letting them happen. For instance, if you know the car trip will be stressful, be prepared to take breaks, play games, and listen to audio books.
- **Allow yourself to say “No.”** Be realistic about what you can do during vacation. Give everyone a chance to have a say, but after careful consideration, be willing to say no.
- **Watch your diet.** It’s easy to overindulge on vacation, and too much sugar and junk food can affect your mood. Sugar overload will make you sluggish, for example, and the stimulating effect of caffeine may make you overanxious.



- **Exercise.** Take a run in the morning before heading off to the sites. Not only will it combat those extra calories you’re consuming, it will also relieve tension and provide relaxation.

Innovations We Couldn’t Live Without

- We take for granted certain “technologies” in our daily lives. Here are three of the more common innovations that permeate our existence today.
- **The sandwich.** This innovation came about because the Earl of Sandwich disliked leaving the card table to eat supper. He requested his meat to be placed between bread to keep his hands clean.
- **Velcro.** Swiss engineer George de Mestral was hunting with his dog and noticed the tendency of burrs to stick to its fur. Later, looking under a microscope, Mestral observed the tiny “hooks” that stuck burrs to fabrics and fur. Mestral experimented for years with a variety of textiles before settling on the newly invented nylon.
- **The microwave oven.** Percy Spencer, an engineer at Raytheon, was fiddling with a microwave-emitting magnetron — used in the guts of radar arrays — when he felt a strange sensation. Spencer found that a chocolate bar in his pocket had started to melt. Spencer immediately set out to realize the culinary potential of the device.

July Quiz Question

Q: *What does MOD Pizza stand for?*

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

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June Quiz Answer

Q: *Who is the mother of Father’s Day being held on June 19?*

A: *Sonora Smart Dodd*

No one called or emailed in the correct answer. Best of luck to all of the quiz entries this month.

Mike and Joanne say...

"We were lucky to have you recommended as a possible expert for the sale of my aunt's home after her death. We talked with a couple agents, but after hearing your approach, we told the others we were not interested. Boy, was that a 'stroke of genius' on our part!! Your handling and most of all - your communications throughout, took the real estate load off our shoulders. We will always be grateful for your efforts. Let everyone know we are satisfied references!!"

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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