

# Life Stuff

News To Help You Save Time And Money

May 2022

## The Black Dot

One day a professor entered the classroom and announced a surprise test. The students got nervous. The professor distributed a sheet of paper to each one, then told them to turn the page over and start the test.

To everyone's surprise, there were no questions on the test paper, just a black dot in the center of the page. Startled, the students looked at the professor in confusion. The professor told the students: "I want you to write a few lines about what you see on the paper."

The students were puzzled but started writing. Once everyone was finished, the professor collected all the papers and started reading each answer aloud in front of the whole class. Without exception, all the students had written about the black dot, describing its position, size, etc. After reading all the answers, the professor addressed the students, "Don't worry, none of you will be graded on this test. I just want you all to think about something. All of you

wrote about the black dot, but none of you wrote about the white paper.

This is what happens in our lives. We're surrounded by things to celebrate and learn from— our parents, friends, family, good health, and so forth—but we limit ourselves by focusing only on the dark spots: our disappointments, frustrations, fears, and anxieties. We take the rest for granted.

Take your eyes away from the dark spots in your life. Focus on the bright parts all around you and let positivity guide your thoughts."

*Let us all focus on the blessings in our lives!*

Dan

Get Some Tips At:  
[PlanYourArizonaMove.com](http://PlanYourArizonaMove.com)

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## Avocados for Your Health

Avocados are high in fiber, healthy fats, vitamin C, vitamin E, vitamin B6, potassium, magnesium, and folate. Many of these nutrients support the immune system and suppress inflammation.

**Gut health.** The fiber in avocados supports a healthy digestive system by promoting the growth of healthy bacteria in your gut. Some evidence suggests that consuming avocados (along with other fiber-rich foods like fruits, vegetables, nuts, and seeds) may increase bacterial diversity for healthy digestion.

**Heart disease risk.** Avocados have lots of potassium and magnesium, which are beneficial for controlling blood pressure. They may also help increase levels of HDL (“good” cholesterol) and decrease levels of oxidized LDL cholesterol, which is associated with atherosclerosis - the accumulation of plaque along artery walls.

**Antioxidants.** Avocados are filled with carotenoids and other nutrients that possess significant antioxidant, neuro-protective, and cardio-protective properties. Carotenoids have been shown to protect against oxidative damage, which is associated with many chronic diseases.

### May Quiz Question

**Q:** *What is the largest ocean in the world?*

Everyone who texts, emails or calls in the correct answer by May 25th will be entered into a drawing for two free Harkins movie tickets. (Current winner eligible after 2 months)

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### April Quiz Answer

**Q:** *Which American state borders just one other state?*

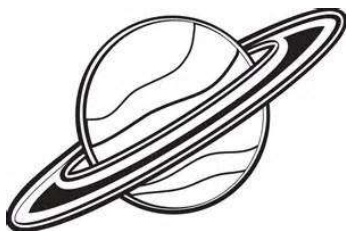
**A:** *Maine*

**Congratulations to Michelle Munguia.** Her name was drawn out of all of the correct quiz entrees, and she won two free Harkins movie tickets.

## An Ancient Mystery: How Old Are Saturn’s Rings?

The rings of Saturn have dazzled humans ever since they were spotted by Galileo, but they still contain many unexplained mysteries, such as how old they are. One theory states that they date back approximately 4.6 billion years; another suggests that they’re just 100 million years old.

Scientists backing the younger theory contend that the rings should show more evidence of space debris from the Kuiper Belt, which would make them darker than they appear today. Proponents of the older view note that the rings were probably created by a moon or some other icy object falling apart as it passed close by Saturn, an event which doesn’t seem to have happened in recent times (“recent” in astronomical terms, at any rate.)



Some of the trouble comes from not knowing precisely how massive the rings are—a lighter series of rings could have formed more recently than a heavier one.

## UP CLOSE AND PERSONAL

Kim and I celebrated our 26<sup>th</sup> wedding anniversary last month. We went up to Flagstaff and rented a Vrbo (vacation rental). It was a home in the woods with a porch swing out back, which ended up being the perfect little get-away. There was a trail in the woods that started right down the street. We took some hikes, watched movies, played games, enjoyed dining out, watched our wedding video, and relaxed on the porch swing. On our anniversary evening we went to a place called Zenith Steakhouse, which is about 30 minutes east of Flagstaff in Twin Arrows Navajo Casino. After dinner, I suggested we each spend \$20 in the casino and see if I might be able to speed up my retirement. I don't think we have ever gambled in a casino together during our entire marriage, so that was new. My slot machine must have been broken, because it took my \$20 very quickly with nothing in return. Kim was still playing her slot machine and had all of her money. She is not a gambler and said I could finish playing on her machine. I soon went from \$20 to \$84! I was excited that I had tripled my money and was ready to continue with my hot streak. But Kim said it was time to cash out and go 😞. I did spend another \$20 to see if I could edge closer to retirement, but the machine was smarter than me. So, we left with a total of \$22 profit. That was the extent of our gambling venture. At least our gas money was covered for the evening.

Have an awesome month!

*Dan*

## Step One Done

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

Angie contacted Dan to inquire about selling her home. She wanted to move to a different location where her son would eventually start high school. She had a year to accomplish this, but she was concerned about her neighborhood due to so many homes turning to rentals. Dan met with her to go over his marketing plan and let her know what to expect with the process of selling her home. After putting her home on the market for sale, Dan had it sold in less than a week. Angie has since made the move to an apartment closer to where she wants to buy a home when the time is right. She can now breathe a sigh of relief knowing that the first step is complete with the money from her sale in the bank. When Angie is ready to find her dream home, Dan will create a personalized home-search website, giving her access to details and photos of all listed homes that meet her criteria. He will then guide her with a step-by-step systematic approach to make the process to home-ownership as smooth and stress free as possible.

If you know someone who would like to take a systematic approach to buying or selling their home, just have them call me at 480-390-5380. I would be happy to help them just like I helped Angie.

## 20 Somethings in the Workplace

Today's youngest workers are smart and energetic, but often they have some rough edges that need to be softened. If you're in charge of one or more 20 something, follow this advice from the *Society for Human Resource Management*:

**Tailor your training.** Don't try to cram every worker into the same training program, especially younger ones. Assess their experience level. Get a good idea of what they know, and design training that fills in their gaps and reinforces their skills.

**Take advantage of their strengths.** Find out what they're good at and start off with assignments that use their talents effectively. They'll gain confidence, you'll look good, and together you can work on expanding their skills so they can advance.

**Give lots of feedback.** Veteran employees usually know when they're doing a good job and where they need help. Younger employees may not. Keep an eye on them and give them lots of feedback; both positive, when they perform well, and constructive, where they need improvement. When they know you'll hold them accountable, they'll try harder to succeed.

**Ask for their opinions.** Ask your young employees if your approach to training and management is working for them. They may spot areas you could pay more attention to, or things they want to learn that you've neglected. They'll improve and realize that you trust their point of view.

## Need a Friend? Go to Work

Are workplace friendships a good thing? A *Randstad Work Watch* survey of more than 1,000 U.S. workers suggests they are: 67% of employees in the survey said that having friends on the job makes work more enjoyable; 55% said that friendships make their job more satisfying.

### The Kid Scoop

Brandon is finishing up his second year at ASU. Half way to graduation!!

### 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**

Employees do see the potential downside. 44% percent said that workplace friendships feed gossip, and 37% worried that they encourage favoritism; 35% said friendships can lead to conflicts of interest. But in the end, only 12% of workers said that making friends at work was a risk.

# Mother's Day Without a Mother

1. Celebrate with another important woman in your life. Maybe you were raised by your grandmother, aunt, or an adopted mother. Or perhaps you have a best friend or mentor that has been like a mother to you. Show this person how much you appreciate her by taking her out to brunch, sending her flowers, or by spending the day with her.
2. Spend Mother's Day with one of your friend's families. Help your friends appreciate their moms by tagging along on another family's Mother's Day celebration. You will be surprised my how delighted many families will be to have you join in on their Mother's Day.
3. Spend time with your friends who don't have mothers or who are unable to see their mothers. It may be fun to host a Mother's Day party at your home. Consider hosting a Champagne brunch and make omelets and pancakes served with Bolinis. Afterwards, your friends can all go get manicures and pedicures.
4. Appreciate all the mothers in your life. You probably have some friends, coworkers, or family members who are great mothers. You probably notice them juggling their time between their work and family life. Let them know that you notice by making them a card, buying them flowers, or by taking them out to lunch. Just because this person in not your mother doesn't mean you can't appreciate her as a mother.
5. Just skip Mother's Day. Just because it's Mother's Day, doesn't mean you have to celebrate it. This mother's day could be your hang out with my boyfriend day, or just another lazy Sunday. Celebrate a beautiful Sunday in any way that makes you happy!

## Client of the Month

Congratulations to Leticia Badillo on the purchase of your new home.

It will be exciting to watch the building process unfold. Thank you for trusting in me to help.

## New Words for a New Era

The English language is always changing. These new words may not appear in any dictionary, but they're sure to add some sparkle to your everyday conversations:

**Beardspiration:** A beard so awesome that it inspires other people to grow their own beards. "Abraham Lincoln is truly a beardspiration to me."

### The Dog Scoop

Buckley's eyes have been really red lately. (allergies?) I took a picture of his eye and then tried removing the red eye by editing the photo. It worked! But I don't think it made Buckley feel any better.

**Deskoration:** Knicknacks for the workplace cubicle, intended to make the resident look cool. "That miniature fountain would make a great deskoration for the office."



**Inboxapocalypse:** An overstuffed email inbox. "I've got 1,256 emails! It's an inboxapocalypse!"

# 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 stop spending money on rent and own a home instead

## **How to Order:**

- ❑ Call/Text Dan at 480-390-5380
- ❑ Go to Dan's website at [www.PlanYourArizonaMove.com](http://www.PlanYourArizonaMove.com)
- ❑ E-mail Dan at [danazhomes4sale@hotmail.com](mailto:danazhomes4sale@hotmail.com)

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**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.*

# Keep Your Fruits and Veggies Fresh

Each year the average American throws away \$300 worth of spoiled fruits and vegetables. According to food scientists, most of us don't know how to properly store the different types of produce we buy, and for how long. For example, did you know that lettuce should keep up to three weeks if properly washed and wrapped? To help you keep your produce from going to waste – and keep your grocery budget in line – here are some tips for cleaning and storage:

**Avocados.** Don't refrigerate until after fully ripened. Premature chilling will cause the insides to brown. Instead, ripen at room temperature. Afterward you can refrigerate to preserve them longer. They should keep from one to two weeks.

**Bananas.** Don't store near other fruits and vegetables, especially citrus fruits, because bananas produce ethylene gas, which can spoil other produce. Also, don't refrigerate, as chilling turns their skins black. Simply store at room temperature, and bananas should keep from one to two weeks.

**Berries.** Spread them out in a single layer in perforated plastic bags (be sure not to crowd them), then refrigerate. Most varieties will not last longer than a week to 10 days, as mold develops easily. To minimize spoilage, don't wash berries until you eat them.

**Lettuce.** Soak the leaves in cold water and then spin them in a salad spinner. Next, wrap the lettuce in paper towels, loosely place the bundle in a plastic bag, and refrigerate. Wrapping in water-absorbing paper discourages mold growth and should help the leaves stay fresh for up to three weeks.

**Tomatoes.** Don't refrigerate. Chilling causes a chemical reaction in tomatoes that leads to a loss of flavor. Depending on how ripe they are when you buy them, tomatoes should last from one to three weeks if kept uncovered in a bowl away from heat.

– Adapted from Redbook

## Want to Easily Find Other Local Businesses That Give Outstanding Customer Service?

Call me anytime for a referral to these services and/or any other you may need:

Handyman  
Sprinkler Repair  
Garage Door  
Painter

Drywall  
Pest Control  
Probate/Estate Planning Attorney  
Sunscreens

Pool Service  
Air Conditioning  
Roofer  
Locksmith

Cody and Aynsley say...

*"We used Dan for multiple sales, and he never disappointed. Dan was very professional, knowledgeable, and his expertise was top notch! Our last listing with Dan, was for the sale of our dream home, that he helped us purchase, and ultimately helped us sell for a move out of state. He has been part of our family for many years, and will continue to be a part of it, even from halfway across the country! He always led us in the right direction, and guaranteed, he will do the same for you!!"*

See over 100 more rave reviews from actual clients at [www.PlanYourArizonaMove.com](http://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](mailto:danazhomes4sale@hotmail.com)

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