

Life Stuff

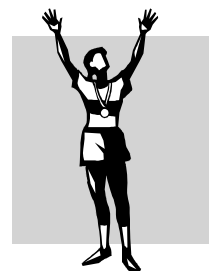
News To Help You Save Time And Money

February 2011

“The Power Of Dreams”

She was born in 1940 to a poor family in rural Tennessee, the 20th of 22 children. She was premature and frail, weighing just 4½ pounds at birth, and went on to suffer a series of illnesses: scarlet fever, pneumonia, and then polio, which left her in leg braces.

The little girl’s mother told her that despite the braces, she could do whatever she wanted to do with her life. As a grown woman she’d recall, “My doctors told me I would never walk again. My mother told me I would. I believed my mother.” At age nine the little girl took off the leg braces, and with great effort, by age 12 was walking normally. She became a basketball star in high school, and began sprinting with a team from Tennessee State University. She won a spot on the USA relay team in the 1956 Olympic Games in Melbourne, Australia, and earned a bronze medal.



Four years later at the 1960 Olympic Games in Rome, Wilma Rudolph earned three gold medals, for the woman’s 100- and 200-meter races, and anchoring the 4 x 100 relay team. She was the first female runner to win three gold medals at one Olympic Games.

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INSIDE THIS ISSUE

- When To Start Helping Your Parents
- What Is A Customer?
- When Dogs Bite Kids
- Up Close And Personal
- February Is...
- Dreams Do Come True
- Eggs-actly!
- What Is Love?
- The Kid Scoop

Wilma Rudolph’s triumphs at the 1960 Olympics brought her the James E. Sullivan Award as top amateur athlete; later induction into the Black Athletes Hall of Fame; and in 1974 inclusion in the National Track and Field Hall of Fame. Later in life the little girl whom doctors told would never walk said, “Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion. The potential for greatness lives within each of us.”

Wilma also said, “Believe me, the reward is not so great without the struggle.” What an inspiration!

Dan

When To Start Helping Your Parents

Taking care of your parents when their health starts to decline is a big responsibility. And deciding when to offer help isn't always easy. As we age, many of us



don't want to admit that we can't take care of ourselves adequately. Here are some signs to watch for when deciding whether an elderly relative or acquaintance is having problems that need to be addressed:

Weight loss. If the relative isn't actively trying to lose weight, unexplained weight loss could indicate difficulty cooking (holding utensils, reading recipes), loss of smell or taste, or underlying problems like malnutrition or dementia.

Overall appearance. Take a good look at your aged relatives' daily hygiene. Are their clothes clean? Do they bathe regularly, brush their teeth, groom themselves? If not, they could be suffering from depression, dementia, or other health problems.

Mobility. Muscle weakness and joint problems that grow more pronounced with age can limit an elderly person's mobility and endanger his or her safety. Do they have trouble walking moderate distances, or seem unsteady on their feet? A fall can be serious, but a cane or a walker can minimize the danger.

Lifestyle. Pay attention to any loss of interest in activities they used to enjoy. Do they still participate in hobbies, listen to music, exercise, and socialize with friends? Physical and mental limitations can be compounded if the person becomes isolated at home.

Clients Of The Month

Congratulations to my Clients Of The Month, Steve and Marisa Micio.

Congratulations on finding your dream home and allowing me to help you through the home-buying process.

Thank you Hertha for referring them to me.

February Quiz Question

Which one of the following countries is *not* in South America?

- (a) Suriname
- (b) Ecuador
- (c) Nicaragua
- (d) Guyana

Everyone who emails or calls in the correct answer by February 20th will be entered into a drawing for two free Harkins Movie tickets.

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What Is A Customer?

A customer is the most important visitor on our premises. He is not dependent on us; we are dependent on him. He is not an interruption in our work; he is the purpose of it. He is not an outsider in our business; he is a part of it. We are not doing him a favor by serving him; he is doing us a favor by giving us the opportunity to do so. – Mahatma Gandhi

When Dogs Bite Kids

Stories about children being bitten by the family's pet dog are chilling – and all too common. What would prompt a beloved pet to turn on a family member?

Dogs that bite children frequently have distinctive behavioral patterns, a study has found. Often dogs that bite children have not bitten kids before, though they have displayed certain behaviors or had medical problems, says the study, published in the journal of *Injury Prevention*.

The study looked at 111 cases of dog bites over a four-year period. One in five dogs in the study had never bitten before, and two-thirds had never bitten a child. The study did not pinpoint any breeds but did point out distinctive patterns of behavior:

- Young children were likely to be bitten when dogs felt their food or other resources were under threat.
- Older children often were bitten because of dogs' territorial behavior.
- Children with whom the dog was familiar were more likely to be bitten in relation to food guarding.
- Children with whom the dog was not familiar were more likely to be bitten in relation to territory guarding.
- Around 75 percent of the dogs in the study also exhibited anxiety when left by their owners or when exposed to noise such as thunderstorms or fireworks.
- Dogs with medical problems, especially dogs experiencing pain, also had a higher tendency to bite.

The researchers didn't single out any specific breed because those kinds of statistics are often misleading and create a false sense of safety for the public. In other words, saying "More children were bitten by XYZ breed" could make us think that other breeds are safer; but, given the right circumstances, *any* dog may bite a child.

Here are some additional statistics:

- Of all dog bite victims, almost half are younger than 12 years old.
- More than 50 percent of dog bites occur on the dog owner's property.
- The majority (77 percent) of biting dogs belong to the victim's family or a friend.
- Male unneutered dogs are involved in 70 to 76 percent of reported dog bite incidents.
- The current annual number of fatal dog attacks has doubled from the 1980s and 1990s.

So who's responsible here? The adults in the household, of course. Never leave young children alone with a dog, and give all family members and visitors to your home some ground rules: Treat dogs with respect; refrain from teasing them; avoid direct eye contact which dogs can find threatening; don't run or scream in the dog's presence; do not disturb a dog while it's eating, sleeping or caring for puppies; and don't approach an unfamiliar dog.

UP CLOSE AND PERSONAL

So, how are you doing with your New Year's Resolution so far? Are you on track or have you already given up? As I have mentioned before, I'm not big on making New Year's Resolutions. I prefer setting smaller goals throughout the year. Here is another approach I recently heard. In place of making a New Year's Resolution, choose one word for the year to be your motto - a word that will make you a better version of yourself. Focus on that word each day. Maybe your word is "honesty", so you can become a more honest person. Maybe your word is "fun", so you can have more of it this year and maybe even be a more fun person to be around. Maybe you'll choose the word "attitude", so you can constantly be aware of what you say and how you think. The word I chose is "mindful." I want to be more mindful of others - how I can help others and how others might be feeling. These are just a few examples. You can take your word and go as far as you'd like with it. Be creative. Pray, contemplate, meditate, visualize, journal, post it on your mirror, etc... If you'd like to call or email me with your word, I'll start a list and share it in this newsletter later in the year. Maybe we can empower each other.

Have an awesome month.

Dan

February Is...

Heart Month: To increase public knowledge of cardiovascular diseases, raise funds for research, and prevent heart disease by encouraging heart-healthy habits. Learn more at americanheart.org and www.heartandstroke.ca.

Black History Month: To celebrate and honor the achievements and contributions of African Americans. Learn more at www.biography.com/blackhistory.

February 7-13 – JELL-O® Week: To recognize the variety of flavors and uses of this versatile product that's been gracing our tables since 1897. Dig in at brands.kraftfoods.com/jello.

February 14-20 – Random Acts Of Kindness Week: To inspire people to practice kindness, "pass it on" to others, and discover how acts of kindness make you feel good. Get started at www.actsofkindness.org.

February 2 – Groundhog Day: To observe whether Punxsutawney Phil and his groundhog pals emerge from their burrows and see their shadows, signaling six more weeks of winter. Get your groundhog questions answered at groundhog-day.123holiday.net.

February 14 – Valentine's Day: To celebrate and appreciate all the loves in your life. Find some fun ideas at www.theholidayspot.com/valentine.

"Don't cry because it's over, smile because it happened!"

– Dr. Seuss

Dreams Do Come True

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

After seeing an ad in the paper to win a free Arabian horse, Steve and Marisa's daughter, Lexi, (who was 13 at the time) wanted to enter the contest. She had always wanted a horse. She had to write a letter explaining why she wanted a horse, what she would do with it, and how she would care for it. Out of all the contestants, Lexi was ultimately chosen as the winner. Steve and Marisa did not own horse property, but did find one they were interested in buying. There was only one problem...it was priced way out of their range at \$750,000! So, needless to say they did not buy the horse. They ended up boarding the horse and did not pursue any horse property at that time. A few years later, they really began to get serious about looking for horse property again. Hertha referred Steve and Marisa to Dan. Hertha is the person they won their horse from. Dan started searching for horse property. Wouldn't you know, the one that caught their eye a few years ago was back on the market. This time a bit more reasonably priced at \$270,000. Steve and Marisa wrote an offer and the seller accepted it. It was a short sale listing and the sellers were just a couple of weeks away from being foreclosed on. So, Dan and the listing agent had to work fast. The foreclosure date got extended and the seller's lender approved the short sale. Soon thereafter, Steve and Marisa were the proud owners of the horse property they had been dreaming about for three years.

If you know someone who is searching for their dream home, just have them call me at 480-355-8011. I would be happy to help them just like I helped Steve and Marisa.

Eggs-actly!

Hard boiled, scrambled or baked into a soufflé, eggs are a regular part of our meals. Here's some egg trivia for you to digest:

- Hens require 24 to 26 hours to produce an egg. After 30 minutes, the process starts again.
- An egg shell has as many as 17,000 pores over its surface.
- Eggs age more in one day at room temperature than they do in a refrigerator in a week.
- To tell whether an egg is hard cooked or raw, spin it on a flat surface. If it spins with no problems, then it's hard cooked. If it wobbles, it's raw.
- Yolk color depends on the diet of the hen. Marigold petals as food additives for hens can make the yolks darker yellow.
- Occasionally, a hen will produce double-yolked eggs throughout her egg-laying career.



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How To Order:

- Call Dan at 480-355-8011
- Go to Dan's website at www.PlanYourArizonaMove.com
- Fax Dan at 480-355-9026
- Email Dan at danazhomes4sale@hotmail.com

What Is Love?

In this Valentine's month, if you find yourself wondering about the meaning of love, just do what the experts did – ask a group of four- to eight-year-olds:

When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth. *Billy, age four*

Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other. *Karl, age five*

Love is what makes you smile when you're tired. *Terri, age four*

Love is when my Mommy makes coffee for my Daddy and she takes a sip before giving it to him, to make sure the taste is OK. *Danny, age seven*

Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mommy and Daddy are like that. They look gross when they kiss. *Emily, age eight*

When you love somebody, your eyelashes go up and down and little stars come out of you. *Karen, age seven*

Love is what's in the room with you at Christmas if you stop opening presents and listen. *Bobby, age seven*

Love is when you tell a guy you like his shirt, then he wears it every day. *Noelle, age seven*

Love is when Mommy gives Daddy the best piece of chicken. *Elaine, age five*

Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford. *Chris, age seven*

The Kid Scoop

Ryan (10) will celebrate his eleventh birthday later this month. He is looking forward to some Laser Tag and pizza with his buddies.

Brandon (8) started rooting for the opposing team (just to tease me) ever since the Packers got into the playoffs. I never thought I would hear the words "Go Bears" in my household.

January Quiz Answer

Question: In February many of us will watch a program with "XLV" in its title; what number does XLV stand for?

Answer: 45 (as in Super Bowl 45).

Source: sports.espn.go.com

Congratulations to **Judy Brice**. Her name was selected at random from all of the correct quiz entries and she received two free Harkin's movie tickets.

Watch for your name in a coming month!

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www.PlanYourArizonaMove.com

480-355-8011

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Life Stuff

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Thank You!

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