

# Life Stuff

News To Help You Save Time And Money

August 2021

## Check Your Bags

A wealthy man complained aloud and wished the same thing every night: *"I am the most unhappy man on the earth and I would like to live a different life, an easier life."*

One night in a dream he heard a voice that told him: *"Gather all of your miseries into a bag and bring them to the town hall."*

When he got to the town hall, the rich man saw that all of his neighbors had also packed their miseries into big bags. He saw that some people were carrying much bigger bags than his, some tattered and torn, some so heavy it appeared they were filled with rocks. Even people he had always seen smiling at community events and saying nice things were carrying bigger bags.

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Inside the hall, the unseen voice said, *"Lay your bags down."* Everyone put their bags down, and the voice said, *"Now you can choose any bundle that you like,"* but everybody rushed to their own bags.

The wealthy man also rushed towards his own bag, afraid that somebody else might choose it now that he saw how much smaller it was.

He walked home thinking, *"Who knows what is in the other bags? I have the power to change my lot and my lot alone."*

That night, instead of wishing for an easier life, he realized how easy his life was and wished that someone else might have an easier time as well.

*Insightful story.....Dan*

## Screen Up

With so many sunscreen choices available, how do you pick a sunscreen that's right for you? The Skin Cancer Foundation gives a simple answer: purchase the one you are most likely to use, as long as it provides safe and effective protection, and is broad spectrum with an SPF 15 or higher.

Whether you choose a physical or chemical sunscreen, both include active ingredients that help prevent the sun's UV radiation from reaching your skin. Here's how the two types of sunscreen work:

Physical sunscreen, also called mineral sunscreen, contains ingredients like titanium dioxide and zinc oxide that block and scatter the rays before they penetrate your skin. Chemical sunscreen ingredients absorb UV rays, using ingredients like avobenzone and octisalate, before they can damage your skin.



While physical sunscreens may be less likely to cause skin irritation than chemical sunscreens, both types have been tested as safe and effective. In fact, many sun protection products available today combine both types of ingredients.

Keep in mind that while crucial, sunscreen alone is not enough. Seek the shade whenever possible and wear sun-safe clothing, like a wide brimmed hat and UV-blocking sunglasses, for a complete sun protection strategy.

## New Clothes? Wash First, Then Wear

Should you wash that new shirt before wearing it? Probably, especially if it's clothing for a child. Dr. Jennifer Shu, a pediatrician who answers questions on the *CNN* website, cautions that clothes have probably been handled by many different people in factories and stores before reaching store shelves.

But the biggest reason to wash first is that the cloth that clothes are made from may have been sprayed or treated with chemicals to prevent bacteria growth. Also, mass produced clothing is often sprayed with chemicals to keep them smelling fresh. Wash new clothes before wearing to remove these residues and germs.

## August Quiz Question

**Q:** *Betty Boop first turned up in an August cartoon in what year?*

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

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## July Quiz Answer

**Q:** *Babe Ruth made his Red Sox debut in July of what year?*

**A:** 1914

**Congratulations to Helen Jobe.**

Her name was drawn out of all of the correct quiz entrees, and she won two free Harkin's movie tickets!

## UP CLOSE AND PERSONAL

We took a trip this summer to South Carolina to visit Kim's sister, Alex, and husband, Elliot. Ryan and Brandon went too, so it was a real family vacation. It was a year later than planned as COVID put the kibosh on our 2020 planned visit. We had not been back to see them since their wedding five years ago. They not only bought a home during that time, but have practically remodeled it from top to bottom. Wow, they have done so much work and it all looked great! We had a super fun time exploring downtown Greenville, hiking at Raven Cliff Falls, and checking out Caesar's Head, Bald Rock, and Pretty Place Chapel. We played some games and had a pool day which included roof jumps off the house into the pool from Ryan and Brandon. We went to the Whitewater Center in Charlotte and did some fun activities and all really enjoyed white water rafting. Elliot got thrown off of the raft in the rushing rapids (or maybe he was pushed out when I was trying to save myself, sorry Elliott ☺). We eventually pulled him back in, bloody leg and all from his efforts. The airplane travel experience was overall good after not flying for a long time. We did have to sit on the runway for an hour after returning back home to Phoenix and wait for the lightening to subside before they were able to pull the plane to the gate. That's pretty unique for Phoenix. It was a trip full of many lasting memories.

Have an awesome month!

*Dan*

## Simplify

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

Jenna was referred to Dan by Kurt and was ready to buy her first home. Dan met with Jenna and her parents to discuss the most efficient way to buy a home. Dan set up a personal home search website for Jenna that would allow her access to all the listings that matched her criteria (all listings from every real estate company). Jenna was then notified by email each time a new home came on the market with her criteria, or if there were any price changes to any homes already on her website. Jenna would have the most up to date information of listed homes available to her, including all the listing details and photos for each home. The best part was that all of this information was in one place...her personal website. This is the quickest and most up to date way to keep on top of the fast-paced real estate market. It was not long before Jenna successfully found and bought her first home. Dan's systems not only allowed Jenna to find a home quickly, but also with much less frustration and stress.

If you know someone who is thinking of buying a home and could use some advice, just have them call me at 480-390-5380. I would be happy to help them just like I helped Jenna.

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*Figure this: people send 205 billion emails every day. If you were to print out each one on a separate sheet of office paper— which would consume 25 million trees— the stack would stretch halfway around the equator.*

# Talk the Way Kids Listen

Most parents complain, at least from time to time, that their children don't listen to them. Shouting doesn't help, and chances are it will only aggravate the problem. Try these tips for forging better communication with your kids:

- **Get their attention.** Don't start talking if they're focused on something else. You may have to do something unusual—to reach a toddler having a tantrum, for example, trying giving his or her back a few pats or a tickle. For older children, singing a song may break through their wall of boredom or inattention.
- **Be brief.** Most kids don't want to listen to long lectures. When you have something to say, get right to the point. They'll get the message without feeling patronized or growing bored.
- **Write a note instead.** If your message isn't time sensitive, try writing a note to your kids. They can read it at their convenience, and you'll be able to put more detail into it than you would in a brief conversation.
- **Stay positive.** Don't just assign chores and tell kids what they're doing wrong. Praise them and thank them so they won't automatically tense up when you ask, "Can I talk to you for a few minutes?"
- **Set the right example.** When kids have something to say, give them your full attention. If you ignore them when they're trying to talk, they may do the same.



## Time and Again

Did you know? According to the *history.com* site, the world's first planned time capsule debuted in 1876, when New York magazine publisher Anna Diehm assembled a "Century Safe" at the U.S. Centennial Exposition in Philadelphia.

The iron box was stuffed with 19th century relics, including a gold pen and inkstand, a book on temperance, a collection of Americans' signatures, and snapshots of President Ulysses S. Grant and other politicians taken by photographer Mathew Brady.

### The Kid Scoop

Ryan (21) and Brandon (19) took a trip to visit Kim's mom in Myrtle Beach while she was there on vacation. They took a helicopter ride, spent a lot of time at the beach, and enjoyed exploring the area together.

After being sealed in 1879, the purple velvet-lined safe was taken to the U.S. Capitol and eventually left to languish under the East Portico. Though nearly forgotten, it was later rediscovered and unlocked on schedule in July 1976, during the nation's bicentennial festivities. At a ceremony attended by President Gerald Ford, Senator Mike Mansfield said the opening had honored "the wish of a lady who sought to speak to us from the other side of a 100-year gulf."



## Berry Good



One of the sweetest things about summer is the fruit: plump, ripe, juicy delectables that beg for bare fingers snatching just one more strawberry. The *Cooking Classy* site offers the following tips for creating the perfect fruit salad, along with a light topping recipe that won't overpower the naturally sweet flavor of fruit.

- Keep berries together and save the citrus for another day.
- Use fresh, not frozen, fruit so it stays firm.
- Prep fruit ahead of time. Mix it all just before eating or when company arrives.

**Try this honey-lime dressing for an extra kick:**

Mix 1/4 cup honey, 2 teaspoons of lime zest, and 1 1/2 tablespoons of fresh lime juice, then add evenly to the fruit salad. Better than whipped cream and healthier, too!

## Wake Up Refreshed

Most of us have experienced bouts of insomnia that make it difficult to get up in the morning. But for some people, waking up is a continuous problem. Here are a few suggestions for improving your energy in the morning:

1. Shut off all electronics at least one hour before bed. Studies have shown that electronics keep the mind active longer than other forms of mental stimulation.
2. Do a sleep hygiene assessment on your home. Do you have blackout drapes? Are all LED and other small lights turned off or covered? Do you have a source of white noise, like a fan? Is your pillow and bedding comfortable? Do you need a new mattress?
3. Keep the room cooler than you normally like when you're awake.
4. Exercise vigorously during the day, but not within two hours of bedtime. Also take a walk after dinner to help with digestion, which can also keep you somewhat awake.
5. Don't load up on carbohydrates at or after dinner. Digesting carbohydrates tends to spike the energy in your body.
6. Sit up and read a book in bed until you start to feel sleepy. Don't push past the sleepiness. Instead, put the book down and turn off the light.

### 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  
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## 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*

## Modern Heat Waves Pale Against Permian Era

If you think it's hot these days, be grateful you're not living on the plains (or anywhere else on Earth, for that matter) a few million years ago.



Scientists at Southern Methodist University in Dallas

estimate that temperatures in central North America, which was then close to the equator, may have soared as high as 165 degrees Fahrenheit during the Permian period, about 270 million years ago.

During that period the land mass of Earth was fused into a single vast continent that scientists call Pangaea. The searing heat would have made life impossible for all but the smallest microbes, and is a possible cause of a mass extinction that ended life in the Permian era.

Other scientists, though, aren't convinced, noting that measurements taken from ancient sediment may overstate temperatures because of the presence of salt in the samples, which can retain heat at higher levels than air.

## Water Wise

World Water Week is August 23 to 27. In an effort to develop a water-wise world, individuals and organizations from around the globe meet in Sweden annually to brainstorm sustainability issues and preserve access to our planet's most valuable natural resource. This year's theme is Building Resilience Faster. Visit [www.worldwaterweek.org/](http://www.worldwaterweek.org/) to learn more.



## How's Business...??

PEOPLE ASK ME ALL THE TIME HOW BUSINESS IS GOING. I STRUGGLE WITH THE ANSWER TO THAT QUESTION. **MY BUSINESS DOES WELL BECAUSE OF YOUR REFERRALS. WITHOUT YOUR HELP, MY BUSINESS WILL DIE.** BECAUSE MOST OF MY BUSINESS COMES FROM REFERRALS, I DON'T NEED TO SPEND VALUABLE TIME LOOKING FOR NEW BUSINESS. THIS ALLOWS ME TO SPEND THE NECESSARY TIME WITH YOUR REFERRALS, MAKING SURE THEIR NEEDS ARE BEING MET. **I NEED YOUR HELP.** I HAVE GREAT SYSTEMS IN PLACE TO GIVE YOUR REFERRALS THE WORLD CLASS EXPERIENCE THEY DESERVE. **I CAN'T DO IT WITHOUT YOU.** PLEASE TAKE TWO MINUTES AND THINK OF THE NEXT PERSON YOU KNOW WHO IS MOST LIKELY TO BUY OR SELL A HOME IN THE NEXT 3 TO 6 MONTHS. AT LEAST GIVE THEM THE OPPORTUNITY TO TALK WITH ME TO SEE IF I CAN HELP THEM. I WILL NEVER PRESSURE YOUR REFERRALS OR MAKE THEM FEEL OBLIGATED IN ANY WAY. CALL ME OR E-MAIL ME WITH THEIR NAME. YOU'LL BE GLAD YOU DID, AND THEY'LL THANK YOU FOR DOING SO.

Craig and Jill say...

*"My wife and I had an amazing experience when we purchased our new home after meeting and working with Dan Kilde. I have worked with many Realtors over the years both professionally and personally, being a Mortgage Banker by profession. I have never been involved in a real estate transaction that has gone so smooth. It was exceptional because of Dan."*

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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