

Life Stuff

News To Help You Save Time And Money

October 2021

The Forest Man of India

At age 16, environmental activist, Jadav Payeng, saw hundreds of dead snakes, the victims of a major drought occurring on Majuli Reserve, the world's largest river island in India. Even at such a young age, he knew someone had to do something... then he decided he was that someone.

In 1979, he started planting a tree sapling a day in the barren soil. Over 40 years later, his forest covers 1,390 acres, approximately the size of 15 football stadiums. He had an idea to save Majuli Island from erosion by planting coconut trees that grow straight and, when planted together in close proximity, they protect the soil. In turn, this would not only help India's economy, but it would also help fight climate change.

He began by planting bamboo and then moved onto other species. At first, planting trees was time consuming, until the trees started providing the seed themselves. As his forest grew dense, so did the number of inhabitants. Soon, the forest was filled with hundreds of species of birds, deer, rhinos and tigers, and even included a herd of elephants straying into his forest three months out of the year.

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Payeng's life began to change in the fall of 2007, when a photojournalist discovered him seeding his forest and wrote an article about him. He soon gained the attention of the Indian government and then the entire country, winning multiple awards for his incredible achievements.

Payeng has now created a man-made forest bigger than New York City's Central Park.

Inspiring Story! ~ Dan

"Logic will get you from A to Z; imagination will get you everywhere." – Albert Einstein

It's Not Where You Start

Few great authors spring up overnight. Most work odd jobs while they struggle to create. *The Literacy Site* shares these stories of the famous before they became famous:

- **J.D. Salinger.** Before breaking onto the literary scene, the author of *The Catcher in the Rye* and other classics, worked as an entertainment director on a Swedish cruise ship.
- **Langston Hughes.** The would-be poet worked as a busboy at a prestigious Washington, D.C. hotel. One day the well-known poet Vachel Lindsay came to lunch, and Hughes worked up enough courage to show him some of his poems. Lindsay was impressed by his talent and resolved to help get his name out, which led to him being discovered and going on to lead the Harlem Renaissance.
- **Kurt Vonnegut.** The future author of *Slaughterhouse-Five* and other classics, owned the first Saab dealership in the U.S. He went on to serve in the U.S. Army during World War II, which had a major impact on his subsequent writing.

October Quiz Question

Q: *How many bones does a shark have?*

Everyone who texts, emails or calls in the correct answer by October 25th will be entered into a drawing for a \$15 Dairy Queen gift card. (Current winner eligible after 2 months)

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September Quiz Answer

Q: *Which is the only vowel on a standard keyboard that is not on the top line of letters?*

A: The letter 'A'

Congratulations to **Connie Grismer**. Her name was drawn out of all of the correct quiz entrees, and she won a \$15 Dairy Queen gift card!

Fit to Share

Americans are taking extra steps (get it?) to ensure they stay physically fit these days. The *Pew Research Center* reports that 21% of U.S. adults wear a smart watch or some other kind of fitness tracker to monitor their physical activity - 18% of men and 25% of women.

Many fitness apps allow the data they collect to be shared with health researchers, which raises privacy concerns for some. Still, 41% of Americans feel it's acceptable to use information to research the link between exercise and heart disease, as opposed to 35% who disagree, and 22% aren't sure.

The Kid Scoop

Brandon (19) recently had his first in-person test in a college classroom. Everything was online last year.

Among people who actually use a fitness tracker, 53% agree that sharing is acceptable, but only 38% of those who don't use trackers say the same.

UP CLOSE AND PERSONAL

Kim and I took a trip back to Wisconsin to visit my parents. Ryan stayed at our place to watch Buckley while we were away, and Brandon was at college. The weather was great in the 70's. It was about 105 degrees when we left Phoenix, so that was a nice change. We were going to stay in the guest room in my parents' retirement building, but there were a couple of COVID cases in the building, so the room was shut down. We ended up staying just a few minutes away with my mom's cousin. She lives alone and has a couple of spare bedrooms and so invited us to stay with her. That was very nice of her and it worked out great being so close to my mom and dad's place. I offered for Kim to mow her lawn and cook meals but she didn't take us up on it. It was the first time seeing my mom and dad's retirement apartment since they moved into the building. We loved their new home and it's perfect for them. We played a lot of card games, roamed around town where I grew up, went to Sammy's Pizza (a must when you're in Eau Claire, WI), walked a trail near the water, made it to DQ a time or two (or three), watched the deer out back off my mom and dad's balcony, and gathered in the park with some relatives. It was a nice trip and we'll look forward to seeing them again in a couple of months in Arizona for Christmas.

Have an awesome month!

Dan

53 Years Later

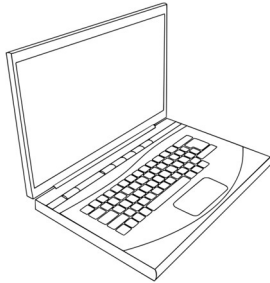
Just a quick note to let you know how I can help you or anyone you refer to me.

George and Joyce decided it was time to sell their home after 53 years. Dan had been in touch with them since his first year in real estate back in 1994. Though they had family and friends in real estate, they felt Dan earned their business by not giving up on them and always being there to answer any questions. Dan was able to refer various service providers to George and Joyce over the years, including someone to help them sell some vacant land back in 1999 (out of Dan's service area). George and Joyce were relying on Dan to help guide them through each stage of the home-selling process. They knew from their own personal 21-year track record with Dan that he would follow through and not let them down. After looking at their home and giving them some suggestions, their home was ready to go on the market for sale. Just 3 days later, their home was sold. Not only did their hard work pay off, but they ended up getting more money than they ever thought they would get for their home.

If you know someone who would like some guidance with the home selling process, just have them call me at 480-390-5380. I would be happy to help them like I helped George and Joyce.

New Standards

Even though a vaccine for the coronavirus is found and widely available, much of our culture will feel the effects of the pandemic for a long time to come...and some of those effects are positive.



Some options for healthcare will probably become standard practice, according to the *Kaiser Health News* website, affording patients more options. Here's what to expect:

- **Telemedicine.** About 42% of people over age 75 are currently using virtual options for medical advice and treatment. Experts expect that one in three doctors' visits will continue to be conducted via video. This will allow patients to see doctors more often and have their conditions monitored more consistently.
- **Multiple doctors.** The changing face of medicine means that few of us will rely on just one primary care doctor. Older people, especially, will see a team of specialists who focus on specific problems and conditions. This allows doctors greater flexibility and saves time for patients who have to consult with more than one physician.
- **Drugstore vaccinations.** Pharmacies will increasingly offer vaccinations for the flu and other viruses, eliminating the need for a doctor's visit and long waiting times.
- **Measurement devices.** In the near future, doctors will be able to measure various conditions like blood sugar and blood pressure remotely. Devices at home may enable patients to analyze samples without the need for a visit.

Empathy on the Rise

Working from home initially presented employees with many struggles, from childcare to virtual meeting fatigue. But it has revealed a few upsides, according to a report from Microsoft. Among them: increased empathy for colleagues working from home (WFH).

Overall, 62% of 2,000 remote workers in six countries surveyed by Microsoft reported feeling more empathetic to their co-workers, now that they have a better idea of what WFH is like. The response was highest in China, with 91% reporting high empathy, followed by Mexico (65%), the U.S. (61%), Italy (54%), and the U.K. (51%).

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Get Physical

Creativity and intelligence aren't just in the brain. Your physical body plays a large role in your ability to think clearly, solve problems, and find innovative strategies. The *Height Media* website offers these tips for strengthening your body to enhance your mind:

- **Practice paced breathing.** Steady, healthy breathing releases chemicals that can help you stay calm during stressful situations. Spend 10 minutes a day breathing deeply from your diaphragm; in through the nose and out through your mouth. The in and out counts can be different. One study found that after 21 days of paced breathing, a group of bankers achieved an average of 62% improvement in cognitive capacity on complex decision-making tasks.
- **Sit and stand straight.** Hunching over for hours on end reduces the space your lungs need to expand adequately, increasing carbon dioxide levels and reducing your emotional and mental performance. Sit and/or stand with your feet flat on the ground, straighten your spine as if you had a string attached from the ceiling to the top of your head, and square your shoulders. Check your posture during the day.
- **Walk throughout the day.** Sitting too much increases your risk of cancer by 13%, according to studies, and also raises your mortality risk by 17%. However, you're 45% more likely to have a creative idea while you're walking than when you're seated, even if you're walking on a treadmill. If you're blocked for ideas, a walk can be a quick, easy way to unleash your imagination.

Save a Tree

If you would like to receive this newsletter by e-mail, just e-mail me at danazhomes4sale@hotmail.com, and type "send newsletter by e-mail" in the subject line. If at any time you would like to receive this newsletter by regular mail again, just let me know.

The Dog Scoop

It's official, Buckley cannot climb trees. He tried and tried to catch a cat on his walk. It was a no go.

Little Box of Memories

Name one thing you can't live without. If you answered, "my cellphone," you've got a lot in common with, well, everyone. A poll by Asurion found that Americans consider their cellphone to be their number one possession, more important than their car or refrigerator.

Much of what's on our phones is often irreplaceable - 60% of people polled cited their contact list, 45% have documents and important notes, and 32% have their favorite music.



Staying in touch with loved ones we can't visit seems to be a driving force — 82% of Americans have photos and videos they can't stand the thought of losing.

Free Reports

- ❑ How to beat other buyers to the best listings
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- ❑ The nine most deadly mistakes you can make when selling your home
- ❑ How sellers price their homes
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How to Order:

- Call/Text Dan at 480-390-5380
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Heart of the Job

Shortly after being forced out of Apple Computer, Steve Jobs bought a small computer manufacturer named Pixar.

In 2000, he relocated the company to an abandoned factory. The original plan called for three buildings, with separate offices for computer scientists, animators, and the Pixar executives. Jobs immediately scrapped it. Instead of three buildings, he wanted a single vast space with an atrium at its center.

As Pixar's Ed Catmull explains, *"The philosophy behind this design is that it's good to put the most important function at the heart of the building. Well, what's our most important function? It's the interaction of our employees. That's why Steve put a big empty space there. He wanted to create an open area for people to always be talking to each other."*

Jobs saw separated offices as a design problem. He shifted the mailboxes to the atrium, then moved the meeting rooms, cafeteria, coffee bar, and gift shop to the center of the building. *"The atrium initially might seem like a waste of space,"* says director Brad Bird, *"But Steve realized that when people run into each other, when they make eye contact, things happen."*

Jobs insisted that the best creations occurred when people from disparate fields were connected, especially in an age of intellectual fragmentation.

Seeds of Change

Stephen Ritz uses nature to connect with the students in the Bronx school district where he teaches, first by helping students use plants and flowers to cover up graffiti on the school grounds, then by bringing greenery into the classroom. Ultimately, the variety of plant life grown indoors led to the installation of tower gardens of edible plants.

Since starting this program, the students have become empowered to play a more active role in their nutrition. When they realized how much sugar was in the chocolate milk they were given during lunch breaks, they asked that it stopped being served to them. Now the meals they eat at school are prepared with ingredients that they grow.

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