

# "Wat's New?"

*From Watson's Realty*

**April 2010**

## **Games**

It's a beautiful day in the neighborhood. Blue skies, white puffy clouds, trees in bloom and birds chirping. It's still a bit chilly outside when the sun goes behind a cloud but that's okay. Soon enough my friend, Barbara, and I will be complaining that it's too hot. The weather is one of those things we joke about on a regular basis asking, "Is it time yet to complain that it's too hot? I'm tired of complaining that it's too cold."

Oldest grandson, Riley age 6 $\frac{1}{2}$ , is into playing Monopoly<sup>®</sup>. We know he doesn't really get the whole concept of how Monopoly<sup>®</sup> works, but one thing I did learn is that he is learning how to count because of it.

The last two times he has been over to visit he has asked to play Monopoly<sup>®</sup>. I remember playing it as a kid with my brothers and having a ton of fun, so of course I said yes.

It's very entertaining to look at the game from his point of view. As I mentioned, he does not get the concept that "he who has the most wins." He thinks that if he has a stack of one dollar bills that is taller than the stack of one hundred dollar bills that I have, he is winning!

It gives me a whole new perspective on the game.

The one thing I really enjoy is observing his ability to practice adding two numbers together. In Monopoly<sup>®</sup> you roll two dice to determine how many spaces you can advance. Riley not only adds up his own roll of the dice, but he wants to add up mine as well. It's a great way for him to practice addition without it being "homework".

He was also pretty impressive when it came to adding up his money. He had a stack of five dollar (Monopoly<sup>®</sup>) bills and at 6 $\frac{1}{2}$  years old he got all the way up to 100 before he faltered in his counting by fives. It was amazing and I was really proud. 😊

While playing Monopoly<sup>®</sup>, I kept trying to explain to Riley that the more property he owned the better off he would be. (Go figure - being a real estate broker and all) but his thinking was that he didn't want to pay too much for certain properties.

Seriously, I couldn't believe that when he landed on Marvin Gardens and asked how much it was (\$280) he said, "Nah, I'd only pay \$150 for it." I laughed out loud.

I really tried not to take advantage of Riley, but I ended up owning all four railroads. If you've played Monopoly<sup>®</sup> recently you know that if you own all four railroads anytime someone lands on one, they have to pay you \$200.

He was such a good sport about it. I swear he landed on the railroads at least six times in the two hours we played...and once, two times in a row!

But I loved his attitude! He would land on Pennsylvania Railroad, pay me the \$200, pass GO on his next turn and

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say, "I got my money back!" It's a great way to play the game.

I've decided to pull out all the other board games that we have so Riley and I can play more games. It has been an eye opening, fun experience.

And I almost forgot...a couple of weeks ago when Riley came to visit he wanted to go to the park and play on the monkey bars so we drove over to the park on Mattos. One of Riley's favorite games is, "Nonna, I can beat you!" as he takes off at a dead run. Normally he is so far ahead of me he always wins - and I don't mind.

Well this time he didn't have quite the head start that he normally does and I beat him to the monkey bars at the park. I didn't really mean to but he asked, "Nonna! How did you do that?" I had to laugh because he's never actually seen me run as he has always been ahead of me!

I just told him that since he beat me so many times I'd been practicing. He thought that was cool.

I must say we had a great time at the park. I have always loved swings and Riley was so proud to show me that he could swing too and jump off as well!

It's really refreshing to hang out with a 6<sup>1</sup>/<sub>2</sub> year old. Although I can't handle the monkey bars anymore, I can still slide down the slide and swing with the best of them.

Enjoy life.

*JK and Scott*

JK & Scott Watson

*Your Real Estate Company for Life!*

## Reference-Gathering Guidelines

Do you have a current list of professional references? These are people who can be helpful in many different situations: when you want to move up in your company; when you're applying for a job; when you want to join a professional association; when you want to speak at an industry conference or seminar. Here are some guidelines for your list:

1. Pick coworkers and former coworkers who have an intimate knowledge of your work – and whom you can trust to say the right thing.
2. Before you give out anyone's name for a reference, make sure to ask that person if you may do so. No one should ever be surprised by a reference call. Even when you have permission, it's a good idea to call your references and let them know when they might be contacted. The more warning they have, the better prepared they'll be.
3. Brief your references. Suggest specific examples to talk about – situations where your unique skills and traits contributed to the success of an overall project or effort.



# What's Your Problem-Solving Style?

Are you a “creative” problem-solver or a “methodical” one? The answer is in your brain. Research confirms that there is a difference between the two approaches that is visible in brain scans – even when people are not involved in any type of problem solving.

In the study, the brain activity of participants was observed first when they were in quiet, non-problem-solving modes, and then again when they were given word scrambles to solve. Later, participants were asked whether they solved the word scrambles deliberately and methodically, or whether the answer had appeared to them in a kind of “aha” moment of insight. When comparing the brain scans, the researchers found striking differences between the two groups even before the problem solving began. The right side of the brain of those who reported solving the puzzles during an “aha” moment were lit up even before they actively tried to solve a problem.



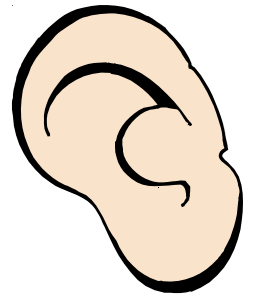
What does this mean? Researchers believe that creative thinkers engage in a sort of distracted way of thinking, which can lead to the sparking of unusual associations, while methodical problem-solvers use focused attention, which can accomplish work that needs to be done, but may reduce the chance that new ways of attacking a problem will be identified. So, a combination of *both* types of people is the ideal problem-solving team.

# What Is NIHL?

NIHL is *noise-induced hearing loss*, and men are at the greatest risk, according to a study of more than 5,000 people conducted by the University of California-Irvine Medical Center. The likely cause: greater recreational and occupational exposure to noise, along with higher rates of military service. But men and women suffer equally when their hearing deteriorates.

Pay attention to these symptoms of NIHL so you can seek treatment (or encourage someone you love to seek treatment):

- Sounds seem muffled to you.
- Ringing in the ears.
- Sensation of pressure in your ears.
- Others complain more frequently that your TV or music is too loud.
- People feel you're not paying attention to them.
- Background noise makes understanding speech difficult.
- You hear better with one ear than the other while speaking on the phone.
- You have frequent earaches or ear infections.



Because hearing loss happens gradually over time, many people don't realize they're experiencing it. See a doctor and get your hearing tested if you have any of the warning signs listed above.

# What Am I?

1. I'm where yesterday follows today and tomorrow's in the middle. What am I?
2. I go all around the world but stay in the corner. What am I?
3. I have holes in the top and bottom, on the left and right, and in the middle, but I still hold water. What am I?
4. I get wetter and wetter the more I dry. What am I?

Answers on page 4



# Scientists Say Birds Use Tools Too

Humans and apes aren't the only creatures that use tools. Now scientists at Cambridge University have observed that crows can use pebbles to get what they want.

In an experiment, crows were shown a plastic tube six inches tall with a worm floating in some water at the bottom. The birds, unable to reach the worm on their own, quickly began dropping nearby stones into the tube, raising the water level until the worm came up into range of their beaks. The crows also realized the larger stones lifted the water – and the worm – more quickly.



One small stone for a crow, one giant leap for birdkind?

## IT'S IRIS TIME

Iris, those graceful, fragrant springtime flowers, get their name from the Greek word for "rainbow," which is fitting because they come in so many colors: blue, purple, white, yellow, lilac, rose-red, and even brown. From their earliest years, irises were used to make perfume and as a medicinal remedy. In the Middle Ages the shape of the iris inspired the *fleur-de-lis*, a symbol of the royal family in France. Today that well-known image is found in a variety of places from the Royal Coat of Arms of Canada – to the uniforms of the Super Bowl Champion New Orleans Saints!

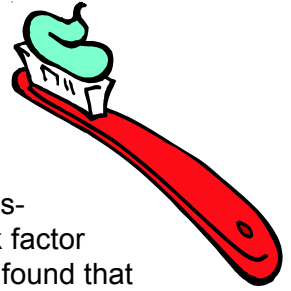


The word "aerobics" came about when the gym instructors got together and said, "If we're going to charge \$10 an hour, we can't call it 'jumping up and down.'"

– Rita Rudner

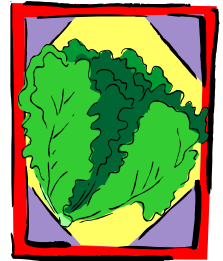
## Another Reason To Brush

Doctors now theorize that brushing your teeth regularly (and correctly) may help prevent heart attacks. Poor oral hygiene can lead to gum disease, which increases the amount of high-sensitivity C-reactive-protein (hs-CRP). Whether increased levels of hs-CRP is a danger signal or risk factor is unclear, but scientists have found that people with gum disease are twice as likely to suffer from coronary artery disease as those who don't.



## I'll Take Romaine

Thinking of putting a salad together? According to nutritionist Pat Brown, romaine lettuce has the most nutrients of any salad green; iceberg lettuce has the least. In general, regardless of variety, the darker the green color, the healthier and more vitamin-packed the lettuce is.



### Do You Know The Watsons?

If you see Scott or JK at an Open House, on the street, in a store, or anywhere, just say "hi!"

We like meeting people and we're not shy about giving away gift certificates. Just tell us you "know" us somehow, whether you recognize us, you read our newsletter, or we look like our pictures - or even better in person (wink, wink) Just say something and enjoy eating out at Saki's Spin-A-Yarn.

You might have to tell us who you are - just in case we don't have a gift certificate with us, we want to know where to mail it!



Not redeemable for cash.

# Thinking About A Trip?

If you're considering a vacation that includes travel to a foreign country, here are some tips to help you stay safe, have fun – and even save a few shekels:

**Before you depart, do some research.** That way you'll know what typical weather patterns to expect and what kind of clothes to pack. You'll also want to read up on the exchange rate and learn a few local phrases.

**Develop at least a general itinerary** of what you want to see and do. Don't waste your precious time in Paris trying to choose between the Eiffel Tower and the Left Bank – decide before you arrive.

**Be ready to learn.** For example, not every culture is a smiling culture. Not every culture runs on a tight, linear schedule. And some cultures have dress codes that should be respected.

**Pack lightly.** You'll have less to lose if something goes wrong, and less to drag from place to place. When it comes to your wardrobe, choose a color and get pieces that are simple and coordinated – shorts, slacks, shirts and jacket.

**Buy the most comfortable shoes possible** that look good (or at least OK) with the clothes you bring. Shoes that might be comfortable for running errands at home might not cut it when you're standing in line for hours in Florence, Italy, to see Michelangelo's *David*.

**Realize before you leave** that your trip is not going to be perfect. Prepare mentally for delays and mishaps. Try to look at it all as just part of your adventure. Chances are when you get home and tell the tale of your journey, some of the annoying things will turn into funny stories that you'll cherish for life.

**Avoid restaurant chains.** Ask around to find out where the locals eat and give their suggestions a try. The food will be better and you'll probably spend less.

**Consider yourself a mini-ambassador.** That means remembering that *you* are the foreigner and showing good manners while traveling. If you do something rude or out of line, it reflects badly on you *and* your country.

**Bring a small flashlight** and keep it by your bed at night. You're already in unfamiliar surroundings; you don't want to be "in the dark" in the event of a power loss.

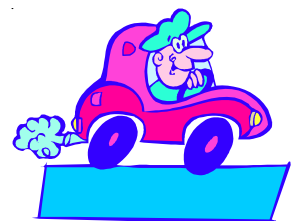
**Leave your expensive jewelry at home,** and travel with only one or two credit cards. Carry your credit card information separately in case you have to report the cards lost or stolen.

**Always be aware of your surroundings.** If you don't feel safe, get out of the location or situation.

**Learn more from the experts** at [www.tsa.gov](http://www.tsa.gov), [www.catsa.gc.ca](http://www.catsa.gc.ca), [www.alltraveltips.com](http://www.alltraveltips.com), and [1000tips4trips.com](http://1000tips4trips.com).

## Lower Insurance Rates?

Driving less because of high fuel costs could save you an average of 5% to 15% on auto insurance rates, which are based in part on how much you drive. Call your insurance company and explain how many fewer miles you're driving, especially if you no longer drive to work. Ask for a lower rate to reflect your new circumstances.



# Want More Energy In Your Workday?

Maintaining your energy level all day can be a challenge. Don't ignore physical or mental fatigue, but don't surrender to it, either. Try these tactics for recharging:

**Move around.** Take a walk, even if it's just a quick stroll around your office several times throughout the day. Getting your blood flowing speeds delivery of oxygen and nutrients to your body.

**Take a deep breath.** Several, actually. Sit up straight to open your chest cavity and get more oxygen into your lungs. Here's an exercise: Breathe out through your mouth completely. Then inhale through your nose for four seconds. Hold it in for seven seconds, and then exhale for a count of eight seconds. Do this four times to refresh yourself.

**Drink sufficient fluids.** Water, like air, delivers oxygen throughout your body. If you're dehydrated, you'll feel tired. Drink plenty of water or a low-calorie sports drink.

**Get outside.** Sunshine and fresh air can have a rejuvenating effect, along with the exercise benefits of taking a short walk.

**Learn something new.** Spend a few minutes with a book or on the Internet researching a subject that's of interest to you. You'll stimulate your mind and make new mental connections.

## Five Ways To Use Less Gasoline

Here are five ways to reduce the amount of gas your car consumes. Try one or all five.

**1. Limit "short hops."** Multiple round-trips from your home to local destinations that are near each other (such as to the grocer in the morning, bank in the afternoon, etc.) are the largest gasoline wasters for many families. Instead, go to all your local destinations on a single trip.

**2. Don't speed.** Because of reduced energy efficiency, every five m.p.h. over 60 m.p.h. costs an additional 20 cents per gallon.

**3. Have a soft foot.** Every time you that hit the gas or brake pedal hard, you waste energy. Drive at steady speeds, and accelerate and decelerate as smoothly as possible.

**4. Maintain your car.** Keeping tires properly inflated, having clean oil and gas filters, etc. will increase gas mileage.

**5. Get the junk out of your trunk.** Every extra pound of weight in your car causes the engine to use more fuel. Remove from your car anything you don't really need there.

Answers to What Am I?: 1. A dictionary. 2. A stamp  
3. A sponge. 4. A towel.

## JK & Scott Watson's Realty



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### We'd Like to Welcome

**Carol Phillips**  
*referred by Darrell & Tara Lutz*

**Paul & Keri Hedquist**  
*referred by Kelvin Smith*

**Domenico & Maggie Tanzarella**  
*new clients*

**Joyce Gose**  
*referred by Phil & June Swift*

**Call The Watsons!**  
**Thanks for thinking of us!**

## Computer Reality Warp

Many of us can't imagine life without computers. And many of us can't imagine using computers in real life vs. what we see on our movie screens. In the movies...

- A writer can type out a sentence the length of a Shakespearean soliloquy without once hitting the space bar.
- Anyone can infect a computer with a crippling virus simply by entering the words DOWNLOAD VIRUS on a keyboard.
- Good guys and bad guys alike can infiltrate any computer in the world. Even when it's turned off.
- A hacker can guess any password in two or three attempts.
- The most complex operation, involving massive amounts of data, can be accomplished in three seconds or less.
- Every laptop in the world has real-time video phone capabilities and the performance of a Cray supercomputer.
- Destroying the monitor prevents the entire computer from functioning.
- The hero can immediately use any computer he or she finds, no matter how specialized or advanced.
- The hero always finds the important email right away – it's always at the top of the inbox, and no one ever has to wade through spam.

## Careers For Creative Types

You may consider yourself a creative person, an innovative thinker, an unconventional performer – but you're not cut out to be a starving artist or wait tables while waiting for your big break. What are your options? Look into these careers:

**Teaching.** Teachers at any level have to be quick and creative when it comes to keeping their students' attention and presenting information in interesting ways.

**Interior design.** Helping people create the space where they'll live and work calls for a wide range of talents and skills.

**Catering.** Any kind of event-planning career requires skill in selecting and balancing the right ingredients, from the spices in the food to the arrangement of the venue.

**Graphic design.** With the growth of the Internet, the ability to create visually appealing graphics that are well-organized and attractive is something employers are eagerly seeking.

**Copywriting.** From advertising to in-depth Web content, words are still important. Putting together readable, useful copy is a valuable skill even in an age of multimedia.

## Do You Know Your Teen's Friends?

Parents never stop worrying about their children. And it gets worse if your child starts keeping company with friends who don't seem to be good influences. Before any problems begin, follow these tips:

1. Be involved. Pay attention to your teen and what he or she is doing, but don't be overbearing. There's a difference between supporting your child's interests and controlling his/her life.
2. Set limits. Most teens want reasonable limits for their own security. Concentrate on doing your job as a parent first and foremost.
3. Get to know their friends. Before you make any conclusions about friends, have them over a few times. Get to know what they value. And try to get to know their parents, too.
4. Provide direction. Find something your child feels passionate about, and direct him or her toward it. This allows your child to have another peer group outside of school. And when the peer pressure gets too high, your teen has other options and sources of support.

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## "Wat's New?"

*From The Watsons*

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## April Quiz Question

And the results are in for our [March Quiz Question](#)...the question was: **In what year did humans make their first flight over the English Channel?** **Answer:** 1785 - in a hot air balloon!

**Congratulations** go to **Jerry Lorigan!** His name was selected at random from all of the correct quiz answers. He may choose a \$30 gift certificate to Saki's Spin-A-Yarn Restaurant, Trader Joe's, Macy's, Safeway or Dale Hardware.

Here's your [April Quiz Question](#) : **What famous literary character offers this sage advice: "Neither a borrower nor a lender be"?**

If your name is chosen from our group of correct answers, you can choose a \$30 gift certificate to your choice of Saki's Spin-A-Yarn Restaurant, Trader Joe's, Macy's, Safeway or Dale Hardware. Good luck!

Send your answers to:

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