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JK & Scott Watson - Watson's Realty

“Wat's New?”
From Watson's Realty

February 2010

Life...As It Happens

Super Bowl Sunday started pretty much like any other Super Bowl Sunday with pre-game shows and a smattering of the much-anticipated new wave of commercials.

I was in charge of setting up a Super Bowl party at the Fremont Elks Lodge for the members that day and we had a good crowd with lots of story-telling, a football guessing game and laughter.

Suddenly, it slowly started to quiet down and one by one, folks stood up, placed their hand over their heart and watched and listened as the Star Spangled Banner was sung on TV. There were a few quiet voices heard singing along toward the end, but other than that you could have heard a pin drop.

Once the song was over, we all clapped and cheered. It was a real testament that true patriotism is alive and well. Even though we weren't at the football stadium with 60,000 other people and we felt “obligated” to stand up, we simply stood up to honor the Grand Old Flag because we heard that familiar tune. It was very touching.

So...the Super Bowl is over. Now it seems that folks are ready for the year to actually start. I know that sounds odd, but Scott and I have noticed over the years -- at least from a real estate perspective -- that the Super Bowl seems to be the last “holiday” of the season and folks get ready to move on with life. Whether that means a new job, moving, getting ready for Spring Cleaning...whatever, we always notice an increase in the activity level of life.

Of course, it's hard not to notice the level of activity in my own garden. Right outside my front door the Johnny-Jump-Ups, Snapdragons and Larkspur that magically reseeded themselves are getting bigger every day. I was pleasantly surprised one exceptionally cold and rainy day to see one cute little Johnny-Jump-Up in bloom! It has recently been joined by a second bloom.

Signs of Spring continued when I noticed that my Calla Lily, a gift from a friend, is in full bloom. In the midst of all the grey skies were four strong, solid, white blooms standing tall in the pelting rain and driving wind.

And grandson Riley has started baseball practice here in Fremont -- at least on days when it isn't raining. This is his second season of baseball so he is starting to get more coordinated and learn a little bit more about the game itself. It's funny how easily distracted six-year-olds can be in the middle of a baseball game. Let's face it, if you're in the outfield, there is a lot going on! There are birds and planes to watch, flowers to pick, and lots of open space for cartwheels.

Back in Texas, grandsons Bailey and Ryan are busy playing mostly indoors as it has been too cold, rainy and even snowy for them to go outside. Two-year-old Ryan is very proud of himself as he has learned to ride his first tricycle. Around and around the house he goes from the

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living room, through the kitchen, into the dining room, past the entry way and back into the living room. Ryan's Mom was able to send me a video of him learning to ride his tricycle. That's the beauty of today's technology.

At first he couldn't figure backwards versus forwards and it was quite funny to watch. I could see Ryan on his bike and hear Mom (Shanon) saying, "Come to Mommy."

Ryan's feet missed the pedals a couple of times but once he got his feet in the right place, off he went. Backwards, into the wall!

Then I could hear Bailey in the background yelling, "Ryan! Move your feet the other way!" I guess he understood those instructions because he pedaled and pedaled forward to Mommy, smiling the entire way. 😊

A couple of days later, Shanon sent me another video of Ryan just riding around and around in a big circle around the rooms. He was doing well too as he didn't smack into anything along the way. He was one happy little cyclist navigating around corners, furniture and a myriad of other toys.

So, here we go into another year, learning to "cycle" around in a new year in a new economy and dealing with life, as it happens.

All in all, it's a good time. Let's welcome Spring with open arms!

JK and Scott

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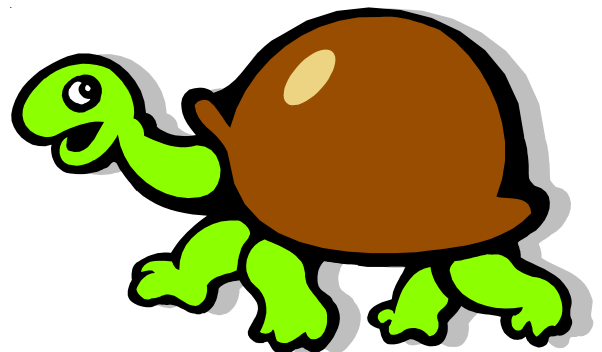
The Tortoise And The Hare – Updated

Remember the old story about the tortoise and the hare? The tortoise and the hare had an argument about who was faster. They decided to settle the argument with a race. They agreed on a route, began the race, and the hare shot ahead and ran briskly for some time. Then, seeing that he was far ahead of the tortoise, he decided to sit under a tree and relax before continuing the race. He sat – and soon fell asleep. The tortoise kept plodding along, overtook the hare and finished the race, emerging as the winner.

Here's where the story gets updated: The hare was disappointed at losing and he did some soul-searching. He realized that he'd lost the race because he'd been overconfident and careless. So he challenged the tortoise to another race. The tortoise agreed. This time, the hare ran without stopping from start to finish.

Now the tortoise did some thinking, and realized there was no way he could beat the hare in a race as it was currently formatted. He thought for awhile, and then challenged the hare to another race, but on a slightly different route. The hare agreed. They started off, the hare running at top speed until he came to a broad river, with the finish line 10 yards on the other side. As the hare sat there wondering what to do, the tortoise plodded up to the riverbank, slid into the water, swam to the opposite bank, and continued across the finish line.

That's when the hare and the tortoise realized that the last race could have been run much better – if they ran *as a team*. They started off again, and this time the hare carried the tortoise till they reached the river. Then, the tortoise swam across with the hare on his back. On the opposite side, the hare again carried the tortoise and they reached the finish line together.



If You Don't - Or Can't - Retire

The traditional concept of whiling away your retirement days playing golf just doesn't appeal to lots of people anymore – or it isn't an option in this economy. If you're looking for a new career instead of retiring, be prepared:

- Update your technical skills. The rapid pace of technological change may require that you get additional training for the career you're thinking of pursuing. Check out your options with government, nonprofit, and corporate technology training programs.
- Evaluate your talents and values. Talk to people you know well, both professionally and personally, and find out what they think your strengths are. Have a good handle on your talents and values so your new career matches them.
- Do a little research. If a particular career appeals to you, investigate it. Talk to people already in the field, and find out what they like and don't like about their work.
- Don't ignore the financial implications of the new career. Make sure it will provide the income you need.
- Enjoy the work. Do something you love, and let yourself enjoy it. If, for example, you tended to be a workaholic in your former career, don't let yourself make the same mistake in your new pursuit.

Every Day, Every Step

Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, far from discouraging, only adds to the joy and glory of the climb.

– Winston Churchill

Pun

Intended!

The dictionary defines “pun” as a “humorous play on words.” See if you think these qualify:

A vulture boards an airplane, carrying two dead raccoons. The flight attendant looks at him and says, “I’m sorry, sir, only one carrion allowed per passenger.”

Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it, too.

A hungry traveler stops at a monastery and is taken to the kitchens. A brother is frying chips. “Are you the friar?” the traveler asked. “No, I’m the chip monk,” he replied.

Two hydrogen atoms meet. One says, “I’ve lost my electron.” The other says, “Are you sure?” The first replies, “Yes, I’m positive.”

Then there was the man who entered a local paper’s pun contest. He sent in 10 different puns, in the hope that at least one of the puns would win. Unfortunately, no pun in 10 did.

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.

Six Steps For \$aving

Trying to save money? Here are some simple ideas for adding some heft to your overall financial profile:

Pay down your mortgage. You can save more than \$63,000 on a 30-year, \$200,000 mortgage by paying just \$100 more a month.

Save 10 percent. Put aside 10 percent of your income for long-term investments and retirement savings before paying any bills.

Track your expenses. Record every dollar you spend for at least one week. You'll get a clearer idea of where the money goes and what you can cut back on.

Energize your house. Look for ways to make your house more energy efficient. You'll save on heating and cooling costs and also help the environment.

Stay home. Resist the temptation to eat out. Cook more meals at home. Instead of going to the movies, rent a video, read a book, or play a game with your family.

Don't rely on credit cards. Credit card debt can eat up your savings and your future. Start reducing your debt, and don't buy anything on credit if you don't have the money to pay the bill off promptly.

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March Is...

March 1: Peanut Butter Lover's Day

March 6: Dentist's Day

March 14: Daylight Saving Time
Begins

March 17: St. Patrick's Day

March 20: Spring Begins



We'd Like to Welcome

Jared & Shannon Muela
friends

Darrell & Tara Lutz
friends

**Know anyone that
needs our help?**

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

Reasons to Drink More Coffee!

By Lucy Danziger, SELF Editor-in-Chief

With 87 percent of Americans who consume caffeine daily, with the average java drinker gulping down 8 ounces a day—more research is proving that coffee is actually healthy for you. So go on, have that latte without guilt. As if you needed more inspiration, here are some brew benefits to prove that sipping is smart:

It helps you shed pounds

People who drank more metabolism-firing caffeine gained less weight over 12 years than those who cut back on the coffee, say researchers at the Harvard School of Public Health in Boston.

It powers your workouts

Downing coffee and toast between back-to-back workouts can keep you humming, a study from the *Journal of Applied Physiology* reports. Athletes who drank a caffeinated carbohydrate beverage after cycling had 66 percent more glycogen (an energy reserve) in their muscles than those who had a caffeine-free version. Replenishing glycogen helps you go farther and faster in your next session. Do you run on caffeine?

It helps you wake up refreshed

Drinking a cup of coffee immediately before taking a 15- to 30-minute catnap can leave you alert and rested after waking up, according to research from The Sleep Research Centre, Loughborough University in Leicestershire, England. Caffeine takes a half hour to kick in, so it will rouse you after a short snooze. Try these tips to sleep your way gorgeous.

It can ward off illness

Increasing your coffee intake may prevent liver cancer, The National Institute of Environmental Medicine in Stockholm, Sweden, finds. Two cups of java daily lowered a person's risk by 43 percent on average. In another study from University of Minnesota at Minneapolis, women who drank coffee had a 24 percent lower risk of dying from heart disease and other inflammatory conditions. Antioxidants in coffee are likely behind the protective benefits.

It can ease muscle cramps

Women who had the caffeine equivalent of two cups of coffee the day after their quadriceps were stimulated (as if they'd done squats) felt 48 percent less leg pain within an hour, research from the University of Georgia in Athens reveals. Caffeine may block the body's receptors for the ouch-causing chemical adenosine, scientists speculate.



It makes cardio feel like a cinch

Women given the caffeine equivalent of about two cups of coffee an hour before cycling reported 40 percent less pain than those who went decaf, according to a study from the University of Illinois at Urbana-Champaign. Caffeine seems to block neurotransmitters that signal discomfort during exercise, researchers say.

It helps you get what you want

Dealing with a difficult person? Broach a tough topic over a cup of joe. Caffeine may make people more open to persuasion, the *European Journal of Social Psychology* notes. Researchers say it hones cognitive function, causing skeptics to be more receptive to a convincing case.

It may fight breast cancer

Young women drinking four or more cups of caffeinated coffee daily reduced their breast cancer risk by 40 percent compared with nondrinkers, a study in the *Journal of Nutrition* finds. The caffeine and polyphenols in regular coffee protect against cancer. Worried about getting the jitters? Even two cups every day can help. And try these risk-reducing recipes as well.

It improves recall!

Caffeine perks up short-term memory, a study from the Medical University of Innsbruck in Austria reveals. One cup of coffee may be all it takes; drink it before a big meeting to be your sharpest.

Grandkids

★ She was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Gramma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye....

★ After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

★ When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa.. Now the mosquitoes are coming after us with flashlights."

★ Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. "It means carrying a child."

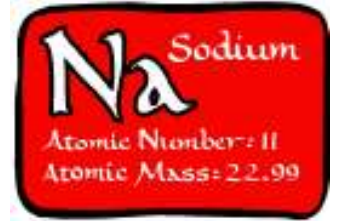
★ A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another. "He's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

★ A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."



Reducing Sodium Can Reduce Weight

For years, diet experts have suggested limiting intake of calorie-rich fats, sugars and carbohydrates. But if none of these restrictions has had the desired effect on your weight, try reducing the amount of sodium. A low-sodium diet – one with 1,000 to 1,500 milligrams a day – can help most people lose five or more pounds a month. Read labels, but as a rule of thumb, keep in mind that most processed foods – those that come in boxes, cans, or jars – are often high in sodium. As an added benefit, switching to a low sodium diet lowers blood pressure.



How To Listen To Your Kids

Why don't you and your kids communicate better? If you've asked this question more than once, you may want to take a look at your own listening skills. It's as true with children as it is with adults: Good communication is mostly listening.

- Don't interrupt. Kids, especially younger children, may need more time to find the words they need. Be patient. You don't like being cut off by your spouse or boss in mid-sentence, and your children don't enjoy being interrupted, either.
- Ask good questions. Grownups may see a yes-or-no question as an opportunity to expound at length on a subject. Children are more likely to take the query literally and respond with a one-word answer. Structure questions that encourage full answers – what did you do? Why did that happen?
- Be empathetic. You don't have to agree with what your child says to understand how he or she feels. Before giving advice, share your own feelings honestly and succinctly: "I get angry when that happens to me, too. What do you think you could have done differently?"

Don't Trash Those Batteries

You probably don't even think about it. You're replacing the battery in a flashlight, hearing aid, lap top, smoke detector or toy, and you toss the old battery in the trash. You're not alone: The average person owns 12 batteries and throws out about eight per year.

Batteries – so necessary to our lives, so nasty to the environment – can contain heavy metals such as mercury, lead, cadmium and nickel, which, when improperly disposed of, can contaminate our land, air and water. Rechargeable batteries result in a longer life span and use of fewer batteries, but they also may contain heavy metals that can hurt the environment.

Guidelines for safely disposing of batteries vary depending on the type of battery and where you live. Some hardware stores, drug stores, and electronics retailers now act as collection points for batteries. Your area's recycling center and hazardous and/or e-waste collection department should have information, as do Web sites such as earth911.com, www.canadianenvironmental.com, and call2recycle.org.



A little research now will pay off big time for our planet!

Gossip Isn't Good For You

Chatting about your fellow workers is a bad idea, says Tracy Peterson Turner, author of *Five Critical Communication Vehicles*. "When we participate in gossip, we run the risk of damaging our credibility. This determines how much others are willing to trust us with information, assignments, and responsibilities."

Furthermore, your boss may perceive that the time you spend gossiping is time you're not using for work. Gossip may be tempting, but zipped lips will do your professional reputation much more good.

Does This Add Up?

The earliest adding machine was a simple counting board, used many thousands of years ago. Its successor, the abacus – a frame that holds rods with sliding beads – was developed in China around the year 900. In 1642, when he was only 19, the French scientist and philosopher Blaise Pascal invented an adding machine to help his father with his tax collecting. Pascal's device was a wooden box with 16 dials that allowed rapid addition and subtraction.

The first electronic desktop calculator was made by the Bell Punch Co. of Uxbridge, England, in 1961. It was called the "Anita," an acronym for "A New Inspiration To Arithmetic." Unlike our handy pocket calculators, Anita used vacuum tubes, weighed more than 30 pounds, was the size of a cash register, and cost \$1,000!



DIRECTIONS FOR A NEW DIRECTION

Are you in a rut? Do you need to make a change – but you don't know how to start? You don't have to completely overhaul your life. Try some of these exercises to stretch your perspective a little:

Talk to one new person every day.

Eat something that you've never tried before.

Read a random page from an encyclopedia (or Wikipedia).

Pick an object in your office or home, and think up a completely different use for it.

Commit to telling the truth for one full day (without being rude).

Perform a random act of kindness for a stranger.

Go to a museum and spend some time looking at a piece of art you've never examined before.

Learn a magic trick.

Watson's Realty

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"Wat's New?"

From The Watsons

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February Quiz Question

And the results are in for our [January Quiz Question](#)...the question was: **A riddle.....I am used to bat with, yet I never get a hit. I am near a ball, yet it is never thrown. What am I? Answer: Eyelashes!**

Congratulations go to **Sally Holmes!** Her name was selected at random from all of the correct quiz answers. She may choose from Saki's Spin-A-Yarn Restaurant, Trader Joe's, Macy's, Safeway or Dale Hardware.

Here's your [February Quiz Question](#): **What drupaceous fruit were Hawaiian women once forbidden by law to eat?**

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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