

"Wat's New?"

From Watson's Realty

July 2010

Busy Bees

The 4th of July has come and gone already and we are well into Summer. We've already had to 'get rid of' two wasp's nests and I think I just spotted another one while I was watering the plants. It seems like a pretty active year for wasps, bees and bumble bees.

I got stung by a bee about six weeks ago and it was the strangest sensation. I haven't been stung by a bee in about 45 years (can't believe I said that "out loud") and I don't really remember much of it, just that I cried.

I didn't cry this time, but I did get to test out something I'd read about bee stings once.

I was giving a friend a hug and, obviously unknown to me, he had a bee on his back. The bee stung the palm of my hand and at first I thought he had a pin or needle in his jacket.

I pulled my hand away and there was a bee "stuck" to my hand. I flicked him off and stared at the stinger in my hand. It was sort of surreal.

Then, I ran over to another friend and said, "Give me a credit card"! He looked at me kind of funny, but being a good friend, took one out of his wallet and handed it to me.

I read once that if you get stung by a bee that you shouldn't try to pull the stinger out with tweezers or the like because you just squeeze the venom into the wound. If you use a credit card and scrape the stinger out in the direction it came from, you also force out some, or most of, the venom.

It worked! I put ice on the sting for about 5 minutes and I was fine. Granted, I'm not allergic to bee stings, but I think it could have been a lot worse.

Now that I think about it, it might have been one of those handy tips that we put in this newsletter from time to time. 😊 I'm taking my own advice!

At the end of June, Scott and I had the privilege of helping out with a charity golf tournament called "Birdies For The Brave." I think we mentioned it before, but it is a Professional Golfers Association (PGA) sanctioned event that raises money for soldiers wounded, disabled or killed in any American war.

We helped round up golfers to play, gathered prizes for the raffles and I did the printing for the tournament: programs, posters, signs, silent auction sheets, etc.

On the day of the event, Scott played in the tournament and I got to drive a golf cart around to watch he and his buddies play.

After the first nine holes it was time for me to get to work setting up the silent auction items and the raffle items. I had a blast arranging it all and working with the staff at TPC Stonebrae (Tour Players Course at Stonebrae in the Hayward Hills). Everyone was so gracious and really into making it fun for everyone.

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There were quite a few Veterans there playing golf as well as some active duty guys. One of the things that the committee decided this year is that we should have active duty soldiers out there playing golf with the folks who paid to be there. Next year, we'll plan to have one active duty person playing along with each foursome of paying sponsors.

There are two Veterans in particular that stand out in my mind from that day. They are both regular guys who love to play golf except for the fact that one of them has two prosthetic legs and the other has only one arm.

They played as well as anyone else. It was quite remarkable.

I guess it goes to show you what you can overcome in life if you try.

Enjoy Summer everyone!

A handwritten signature in black ink that reads "JK and Scott". The letters are cursive and somewhat stylized.

JK & Scott Watson

Your Real Estate Friends for Life!

You Vs. Adversity

Positive thinking alone may not ensure success, but it's an important start. If you don't believe in yourself, you'll have a hard time persevering against the obstacles and setbacks you're likely to encounter.

How do you maintain the right attitude in the face of adversity?

Tell yourself you can change. Think of how you've changed throughout your life – not physically, but emotionally. You're probably a different person today than you were five years ago, so don't assume you can't evolve further.

Use positive language. Banish words and phrases like "impossible" and "I can't" from your vocabulary. Replace them with words that emphasize strength and success: "challenging" instead of "impossible," and "I must" for "I can't."

Create the right environment. Listen to music that uplifts you. Watch inspirational movies and shows. You don't have to devote yourself to a life of singing *Tomorrow* and watching *Rocky*, but don't spend too much time on downbeat material. Mix it up, with a leaning toward the positive.

Appreciate your life. Focusing on what you don't have can crowd out your appreciation for what you already possess. Take some time every so often to enjoy what you've already achieved with your life. Think about what you did to get where you are, and use that as reminder of your capabilities.

Let go of mistakes. You're bound to fail at some things; don't obsess over them. Learn what you can and move on instead of beating yourself up over and over for them.

Summer Pleasures

Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is not a waste of time.

– John Lubbock

The Power of One

If you've ever thought "I'm only one person," here's a poem that suggests "one" may be the most powerful number of all:

One song can spark a moment, one flower can wake the dream.
One tree can start a forest, one bird can herald Spring.
One smile begins a friendship, one handclasp lifts a soul.
One star can guide a ship at sea, one word can frame the goal.

One vote can change a nation, one sunbeam lights a room.
One candle wipes out darkness, one laugh will conquer gloom.
One step must start each journey, one word must start a prayer.
One hope will raise our spirits, one touch can show you care.

One voice can speak with wisdom, one heart can know what's true.
One life can make a difference –
And who's "the one"? It's you!

What Do Roses Say?

If you're a giver or receiver of roses, you might like to know that in the language of roses, each color symbolizes a different sentiment:

Red = love.

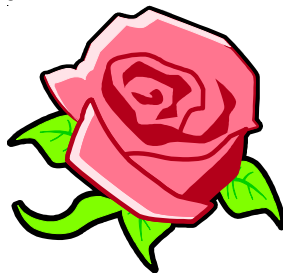
Dark pink = gratitude or appreciation.

Light pink = admiration or sympathy.

White = reverence, humility, or innocence.

Yellow = joy, gladness, and friendship.

Orange = enthusiasm or desire.



Cruising Along

When going on a cruise, pack a power strip. Many cruise ship cabins have only one power outlet. You are likely to need more for all the electronics that you bring along -- laptop computer, cell phone, iPod, etc.

Erik Torkells, author of *The Smart Traveler's Passport: 399 Tips from Seasoned Travelers* (Quirk).

Tricks To Stay On Track

If you're thinking about starting a fitness program, here are some tricks to keep yourself on track:

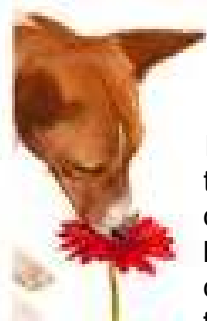
- Get an audiobook that you think you'll love. Only allow yourself to listen to it while you exercise. That way, if you want to find out what happens next, you'll get moving.
- Watch your favorite TV show only while you're exercising – otherwise it's off limits.
- Keep track of your exercise days by putting a gold star on the calendar for every day you do your routine.
- Lay out your workout clothes before you go to bed. When you wake up and see them, you'll be a lot more likely to get on that treadmill.



Keep Your Dog Safe

Dogs are members of our family, and here's how to keep these four-legged friends happy and healthy:

Never leave your dog (or any animal) in the car during hot or even warm weather. The interior temperature of your car can easily soar to 120 degrees in just minutes. The only way your dog can cool down is through panting and through the pads of their feet. Many animals die every year because their owners leave them in cars. Even if you leave the windows partially down, the temperatures can rise to dangerously high levels.



Don't let your dog ride in the bed of a pickup truck. Serious eye injuries can occur from debris hitting their eyes at 70 miles per hour. The dog could also be thrown into oncoming traffic or could fall underneath the truck and be injured. Serious injury or death can also occur when a driver hits the brakes suddenly, swerves, or is hit by another vehicle.

Keep your dog away from fertilizers, plant foods and insecticides; they can be fatal if your pet ingests them. Don't let your pet walk or play on a treated lawn.

Make sure your pet always wears an ID tag. Even if your dog has an embedded identification chip, he should also have a tag so he can be returned quickly to you if he's found. It's also a good idea to keep a current picture of your pet with you. That way, if he disappears or wanders off, you have a photo to show to people when you ask them if they've seen your dog.

Give your dog prescribed heartworm medicine on a regular basis. It's also a good practice to use only flea and tick medications prescribed by your dog's veterinarian.

Make sure your pet has plenty of water and shade when he's outdoors. And don't let your dog walk on hot asphalt when the heat is high, because it can burn his paws.

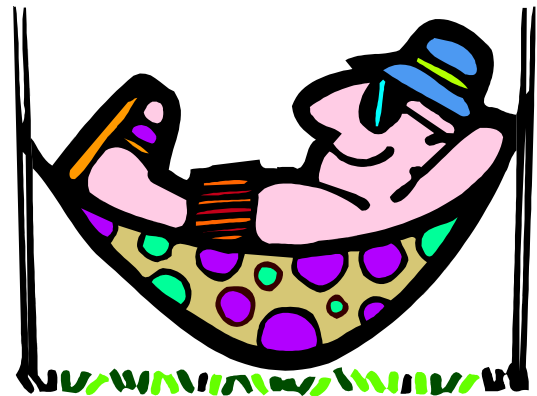
The History Of The Hammock

If hanging out in a hammock is your idea of summertime fun, you might like to know that historians believe that the Mayan Indians of Central America invented hammocks 1,000 years ago.

The earliest hammocks were woven from the bark of *hamak* trees, thus the name. Fishermen and sailors used the nets for both work and rest, and hammocks spread to South America and throughout the islands in the Atlantic.

Christopher Columbus is said to have brought several hammocks from the Bahamas back to Europe, and in the 1800s, the British used hammocks in their prisons to save space.

More than half a million are still sold annually in North America.



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!

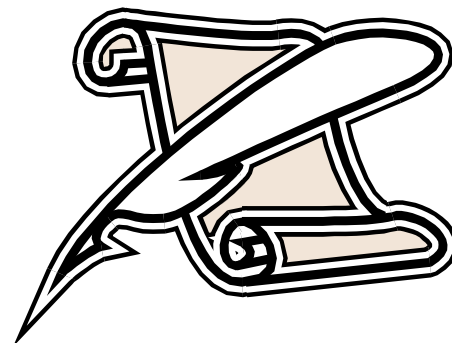


Not redeemable for cash.

Where Are Your Financial Records?

If your home was involved in a fire or natural disaster, would it be easy to reconstruct your financial records? It will be easier if you take a few minutes now to create a one-page sheet to help you through an emergency. Your one-pager should include:

1. Names and phone numbers of family members.
2. Names and phone numbers of your closest friends.
3. Names and phone numbers of your doctors.
4. Names and phone numbers of your professional advisers (lawyers, accountants, etc.).
5. Name of the person who handles employee benefits where you work.
6. All family members' Social Security numbers.
7. All of your accounts and the names of the institutions where they're kept (for example, XXXX bank, savings account; XXXX bank, checking account; XXXX company, 401k).



You'll also want to include locations of the following so you can grab them as you evacuate:

Life insurance policies, homeowner's insurance policy, marriage license, prenuptial agreement, birth certificates and/or adoption papers, the original copy of your will, and the forms that name your retirement account beneficiaries.

Make three copies of this sheet and keep one for yourself in a fireproof cabinet, give one to your lawyer or someone else you trust, and send one to someone you are close to and trust who lives in another town, who is unlikely to experience the same disaster you might, for instance.

Note from Watson's Realty: We have a booklet that can help you record and maintain all this information. If you would like a free copy, just let us know.

Real Maple Syrup

Before your next pancake breakfast, consider this: Maple syrup contains more than 20 antioxidants reported to have anticancer and antidiabetic properties, says Navindra Seeram, Ph.D., an assistant professor at the University of Rhode Island's College of Pharmacy.

That's not true of low-cal or "pancake" syrups he says, which tend to have no maple.

At about 50 calories a tablespoon, there's no reason not to use "100% maple syrup" -- check the label for those words -- on your flapjacks. Sweet!



I have a suspicion that the photos on seed packets are posed by professional flowers.

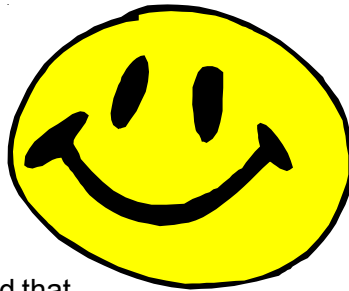
★ Denis Norden



What's In A SMILE?

Smiling is a universal phenomenon, and here are some facts that may make you smile:

- Anthropologists postulate that smiling originated as a way to convey that there was no danger. Perhaps that carries into modern life; most people smile when meeting someone new.
- Primates smile to disarm aggressors and ease social interactions.
- A 15th-century treatise in Italy decreed that women should never display more than six upper teeth when smiling.
- An old law in Milan, Italy, required that citizens smile at all times when in public (except those attending funerals or visiting hospitals). Otherwise, they faced a fine of \$100.
- Forensic archaeologists have suggested that the Mona Lisa's celebrated smile was close-mouthed to hide gum-diseased black teeth.
- Babies as young as three weeks have been known to smile.
- Some dogs are smilers, particularly greyhounds. Dog handlers believe they do it to ingratiate themselves with those around them.



JK & Scott

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Baby Photos = Lucky Charms

You always knew your baby's smile was priceless, but now there's proof. Richard Wiseman, Ph.D. of the University of Hertfordshire, scattered 240 wallets around the streets of Edinburgh, Scotland, some with various photos stuffed in their plastic pickets.

Then he waited. The results? Eighty-eight percent of the wallets that had photos of smiling babies were returned to their owners, versus only 53 percent of wallets containing pictures of puppies, 28 percent with snapshots of elderly couples, and 15 percent with no photos.

"The baby picture seems to have kicked off a caring feeling in people," Wiseman says: apparently it also inspired the finder to do the right thing.

So go ahead and keep the picture of your newborn's sweet smile in your wallet -- even if that baby is now in grade school!

We'd Like to Welcome

Duane Owen

referred by

Merrill Gardens

Call The Watsons!

Thanks for thinking of us!

A Pain In The Backpack!

Did you know that a heavy or poorly adjusted backpack can cause back and neck pain? If you're going to carry a backpack, you might want to follow these tips:

As a rule of thumb, your backpack should not weigh more than 10 percent of your body weight – and it should never exceed 15 percent. If your pack is too heavy you might start leaning forward or sideways, or arch your back. This can cause pain.



Use both shoulder straps. Flinging your pack over one shoulder puts all the weight on one side.

If you must carry more weight, buy a sports backpack with padding, belts, and lots of compartments to help support and distribute weight.

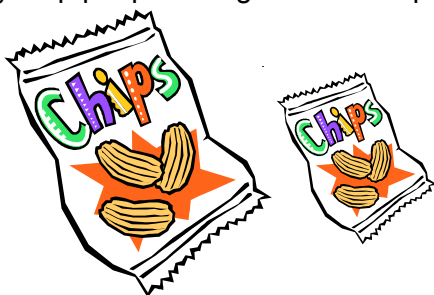
Smaller Packaging

Smaller snack packages can train you to eat less.

Recent finding: One group of participants received 100-calorie snack bags for one week and then received full-size snack bags for the second week, while the other group received the full-size snack bags first.

The group that started with the regular sized packages ate 1,177 calories less when given the 100-calorie packages in the second week.

Possible reason: Eating snacks packaged in smaller bags may help people recognize correct portion sizes.



Pre-Interview Etiquette

It seems a shame that this even needs to be said, but here goes: If you're interviewing for a job, be nice to the receptionist.

In other words, you should be minding your manners, and not just with those you perceive as having the power to hire you. It's a common practice for managers to inquire about candidates' behavior with everyone who meets them. Interviewers are looking for someone that they and other coworkers have to agree to spend at least eight hours a day, five days a week with.

If you're rude or condescending to people you think are "beneath" you, word will get around. Here are some other waiting-for-an-interview guidelines:

- Introduce yourself to the receptionist. Be friendly in the same way you plan to be once you get into the real interview.
- Don't ask the receptionist to make copies of anything for you. You should already have your copies. You should already be prepared. And you shouldn't expect the receptionist to be your personal assistant.
- You can accept a beverage, if offered, but never request one. Don't ask for a million accoutrements or your "half decaf, half regular, Sweet 'n' Low but real cream, and do you have cinnamon sprinkles?" either. Think simplicity.
- If you feel the need to make chitchat, be careful of what you say. Don't offer opinions on things that could make you look bad – the décor of the office, the latest political news or the hottest Hollywood scandal, for example.
- Don't talk on your cell phone while you're waiting for your interview. You might only sound annoying or you might sound like a jerk, but regardless, you're not focusing on the upcoming interview.
- Say a cordial goodbye.

Watson's Realty

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From The Watsons

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July Quiz Question

And the results are in for our [June Quiz Question](#)...the question was: **What is the only kind of deer whose females have antlers?** **Answer:** Reindeer/Caribou

Congratulations go to **Ed Childress!** 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 [July Quiz Question](#) : **Who is the only person to have voiced a character in every Pixar feature made to date?**

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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