

Carl & Pat's News

News To Help You Save Time And Money

July 2015

Waiting Makes The Pain Last Longer

Farmer Joe had a wide rock buried in the middle of one of his fields. He tried to plow and plant around it, but over the years it broke more than a few of his plows and cultivators. He thought he would have to live with the inconvenience since the rock was so big.

But one day after breaking yet another plow, Joe decided to do something about the rock, no matter how much work it took. He brought a sledgehammer and a big crowbar out into the field, ready for hours of backbreaking toil.

But when he slipped the crowbar under the rock, it came up from the ground with hardly any effort. The rock was only a few inches thick, and Joe only needed a few minutes with his sledgehammer to break it up. As he went for his tractor to cart the pieces away, Joe smiled to think of how much trouble he would have spared himself if he'd just taken action sooner.



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INSIDE THIS ISSUE

- Waiting Makes The Pain Last Longer
- Brass Doorknobs Fight Germs
- July Quiz Question
- Time To Celebrate Independence Day!
- Say Yes To Saying No
- Adapt To Your Manager's Work Style To Succeed
- Oldest Solar System Found
- Four Elements Of Success
- Perspectives On Work Matter
- Would You Hire One Of These People?
- Sleepy Teenagers—A Growing Trend
- Kids Say The Darndest Things
- The Ease Of Xeriscaping

The moral of this story is obvious: Take care of challenges as soon as you can; they're often not as big as you think.

Brass Doorknobs Fight Germs

Did you know that brass doorknobs disinfect themselves? It's called the oligodynamic effect. The ions in the metal have a toxic effect on spores, fungi, viruses, and other germs — eliminating the germs within eight hours.

Time To Celebrate Independence Day!

Why do both the US and Canada celebrate their Independence Days in early July?

The fact that they have similar Independence Days is merely coincidence. The US celebrates independence from British rule and the founding of the United States of America on July 4, 1776. Canadians celebrate the uniting of three colonies into Canada on July 1, 1867.

If liberty means anything at all, it means the right to tell people what they do not want to hear. ~George Orwell

Say Yes To Saying No

Do you say yes to requests that commit you to things you don't really have time for or that make you feel stressed? There are many reasons that people say yes, when they really want to say no:

- Some people have a great sense of duty and obligation. They feel like they have to say yes to almost anything they are asked to do.
- Some people just want everyone to like them, and they're afraid if they say no they might cause the person making the request to reject them.
- Some people are afraid they'll miss out on a big opportunity if they say no to something.
- Some people feel flattered when they are asked to do something extra.
- Some people hate confrontation so much that they will do almost anything to avoid it, including saying yes even when they want to say no.

When you do need to say no, here are a few tips that might help:

- Always be polite, but firm. Don't over explain about your situation because the person making the request might then try to convince you to say yes.
- Say no as soon as possible to avoid dragging the situation out.
- Always know your priorities. If something doesn't fit in with your beliefs or needs, don't do it. Say no.

July Quiz Question

Q: *Where did Canada get its name?*

Call in, fax or e-mail the correct answer by the 10th to be put into a drawing for a gift certificate for \$15.00.

June Question

Q: *What does LCD stand for when referring to electronic screens?*

A: *Liquid Crystal Display
Congratulations to Frances Perfecto. She has won for the month of June.*

Adapt To Your Manager's Work Style To Succeed

Getting ahead at work often means learning how to work with your boss. You don't have to be submissive. Just make some basic moves to accommodate the boss's needs and preferences. Here's what to concentrate on:

- **Work style.** Some managers like to be involved in all the details; others only want you to bring them in at key points. Knowing what your boss wants can help you adapt.
- **Communication strategies.** Some managers like to get information one-on-one. Others like to call meetings. Some prefer memos. You'll have to learn how to communicate in your manager's preferred style. For example, if he or she likes meetings, you



may have to make time in your schedule to meet and then recap the meeting with a memo. It's extra work that will pay off handsomely by creating better relations with your boss.

- **Decisions.** A lot of managers like to make all the decisions. Others delegate and expect employees to decide how to accomplish tasks. Insight on how the boss makes decisions allows you to meet his or her needs. If the boss demands to be involved, keep him or her in the loop. Eventually your expertise will show through if you let your boss lead the way, while you provide your input as you go.
- **Strengths and weaknesses.** If you know your boss's best asset is dealing with people and not technical demands, you can adjust your partnership to maximize that strength. Let him or her handle the interdepartmental strategy sessions, for example, but be sure to brief your manager on the technical glitches that the project may encounter.

Altruism May Be Hardwired

Scientists may have identified the area of the brain responsible for our altruism instincts-or lack thereof. The people who are more generous with money are found to have a larger temporoparietal junction (TPJ) in the right hemisphere of the brain. The ones with smaller were stingier. "The structure of the (TPJ) strongly predicts an individual's setpoint for altruistic behavior," one author quotes.

Oldest Solar System Found

The oldest solar system in our galaxy is 11.2 billion years old, according to data from NASA's Kepler space telescope. By comparison, our home solar system is about 4.5 billion years old. The new find is about 117 light-years from Earth, with five Earth-sized planets in an orbit too close to their star to allow for life. But the discovery of a solar system's formation only a few billion years after the Big Bang (some 13.8 billion years ago) suggests that life could have proliferated throughout the cosmos much earlier than scientists previously believed.

Four Elements Of Success

Success isn't easy. It takes focus, hard work and long-term effort, but you can get started by concentrating on these four elemental building blocks of success:

- **Have strong belief.** You can't just hope you'll achieve your goals. You have to be absolutely convinced that you're capable of success.
- **Be better than everyone else.** This requires total commitment. If you're not willing to do the work necessary to achieve greatness, you'll have to settle for second best. Be prepared to get up early, work late, listen to mentors and critics, and make hard choices.
- **Find the answers.** People will depend on you if you can give them answers no one else has. Become the expert in your field, whatever it is, and continue learning things every day.
- **Be Creative.** Think outside the box. If you see problems and solutions in unique ways, and you learn how to communicate your ideas effectively, you'll be a valued member of the team, and one who will be sure to rise quickly through the ranks.

WINNER OF DRAWING

Congratulations to Edita Perez a Pomeroy Ave. resident, she is the winner of a restaurant gift certificate for \$15.00 for the month of June.

Rent that is paid early or on the first is put into a drawing!

Make it a habit to keep on the lookout for novel and interesting ideas that others have used successfully. Your idea needs to be original only in its adaptation to the problem you are working on. ~ Thomas Edison

Perspectives On Work Matter

A crew of workmen was repairing railroad tracks when an approaching train brought their job to a stop. The train screeched to a halt, and a railway executive stepped down from the train.

"Dave, is that you?" the executive asked, looking at the workmen.

Dave, the crew leader, recognized the executive. "Jim! It's great to see you!" They shook hands and chatted for a few minutes, and then the executive returned to the train.

As the train started moving away, one of the workmen asked Dave, "Wasn't that the CEO of the railroad? How do you know him?"

"We started working for this railroad together 23 years ago," Dave explained.

"So how come he's the boss and you're out here in the hot sun?"

"Well," Dave said, "I guess it's because I went to work for \$10 an hour, and Jim went to work for the railroad with all his heart."



Would You Hire One Of These People?

Composing a job-winning résumé is important to career success. Unfortunately, some jobseekers seem to have a lot to learn, judging from these résumé errors collected on the JobMob website:

- “Career break in 1999 to renovate my horse.”
- “Skills: Strong Work Ethic, Attention to Detail, Team Player, Self-Motivated, Attention to Detail.”
- Hobbies: “Drugs and girls.”
- Achievements: “Nominated for prom queen.”
- Additional skills: “Can function without additional oxygen at 24,000 feet.”
- Objective: “Career on the Information Super Highway.”
- “Revolved customer problems and inquiries.”
- “Able to say the ABCs backward in under five seconds.”
- Personal interests: “Donating blood. Fourteen gallons so far.”

Quotes

“Only freedom from fear, freedom from lies, can make us beautiful and keep us safe.”---- Anne Lamott

“Work is either fun or drudgery. It depends on your attitude. I like fun.”--- Colleen C. Barrett

“The most dangerous thing is illusion.”

Ralph Waldo Emerson

Whenever you are asked if you can do a job, tell 'em, “Certainly I can!” Then get busy and find out how to do it. ~Theodore Roosevelt

Sleepy Teenagers—A Growing Trend

Many experts recommend that people get nine to 10 hours of sleep every night, but maybe those experts don't have any teenagers in the house. A 1991-2012 study by the University of Michigan, published in *Pediatrics*, found that over half of 15- to 19-year-olds got seven hours of sleep or less each night.

Among 15-year-olds, slightly more than 50 percent reported sleeping at least seven hours a night in 2012, compared to 43 percent in 1991. Conversely, about 30 percent said they felt they got enough sleep in 1991, but only 24 percent said they got enough sleep in 2012. Some of the culprits include access to distracting electronic devices, computer games, and social media.



Kids Say The Darndest Things

These words of wisdom are said to have come from real kids who obviously have a lot more wisdom than one might expect:

- Never trust a dog to watch your food.
- When your dad is mad and asks you, "Do I look stupid?" don't answer him.
- Never tell your mom her diet's not working.
- Home is where the house is.
- If you want a kitten, start out by asking for a horse.
- When you get a bad grade in school, show it to your mom when she's on the phone.



What's So Bad About Credit Card Debt?

If you run a debt up so high you can only make minimum payments, you almost can't get out of it. With interest and in some cases penalties the interest rates can run from 19 to 24 percent. If you already have bad credit you can be charged 29 percent or higher.

Start by doing what's necessary; then do what's possible; and suddenly you're doing the impossible. ~ St. Francis of Assisi

The Ease Of Xeriscaping

In many parts of the US and Canada, drought is forcing people to cut back on watering their lawns. But that doesn't mean having an ugly, dead yard. Xeriscaping is one way to cut down on water while still having a beautiful low-maintenance yard and garden. (Xeros is the Greek work for "dry.") You don't have to make your entire area drought-resistant, but if you place all your thirsty plants in one section, you will concentrate your watering needs and save time as well as water. Other ways to reduce water needs:

Reduce the size of your lawn. Either plant more drought-tolerant groundcovers or increase the size of your hardscape areas, such as patios and decks.

Use mulch. It not only helps retain moisture, but keeps weed seeds from sprouting.

Consider rock gardens as an attractive alternative to lawn. Most rock garden plants are accustomed to dry, windy places and perform well in less than perfect situations. Rock gardens take a little more time to do well, but are worth the extra effort when you do get it right.

