

# Ken & Jeannie's Home News

News To Help You Save Time And Money

April 2018

## A Magic Ring

One day a king decided to teach a lesson to his son, a young and arrogant prince. He said, "Son, there is a ring that I want you to bring to me. I wish to wear it for my birthday, which gives you six months to find it."

"If it exists anywhere on Earth, sire," replied the prince, "I will find it and bring it to you. But what makes the ring so special?"

"It has magic powers," answered the king. "If a happy man looks at it, he becomes sad. If a sad man looks at it, he becomes happy." The king knew no such ring existed, but he wished to give his son a taste of humility.



Spring passed, then summer, and still the prince searched for the ring. On the evening of the king's birthday, the prince took a walk in one of the poorest quarters of the city, still searching. He passed by a merchant who had begun to set out his wares on a shabby carpet. "Have you by chance heard of a magic ring that makes the happy wearer forget his joy and the broken-hearted wearer forget his sorrows?" asked the prince.

He watched the merchant take a plain gold ring and engrave something on it. When the prince read the words, his face broke into a smile. That night the city welcomed the king's birthday. The king called for his son.

He said, "Have you found what I sent you for?" All the king's ministers laughed, for they were "in" on the joke.

But to everyone's surprise, the prince held up the ring and said, "Here it is!"

The king snatched the ring and read the inscription, which said: "This too shall pass." Suddenly his smile vanished as he realized the prince had succeeded. The words on the ring indeed would make the happy man sad, and the sad man happy.

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# Scientists Turn Peanut Butter into Diamonds

Dan Frost of the Bayerisches Geoinstitut in Germany was trying to replicate crystalline structures believed to exist in the lower mantle of the Earth.

During his research, Frost discovered a laboratory process that extracts the oxygen from carbon-dioxide. In



the earth, this happens naturally, and when the left-over carbon is subjected to intense pressure, it can turn into diamonds.

To replicate this in the lab, Frost's team needed a carbon-rich material, which they could subject to high pressure. They chose ordinary peanut butter. During the experiment, diamonds did actually emerge under extremely high pressure.

The experiment was done to demonstrate how turning carbon-rich materials into diamonds can be useful in superconductors and quantum computing.

## April Quiz Question

**Q:** Which character is the first to speak in the original "Star Wars" movie?

## March Question

**Q:** How many time zones are there in the world?

**A:** 24.

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*"He who laughs, lasts." ~ Mary Pettibone Poole*

## Décor for a Tight Budget

When moving into your first home, you probably have a tight budget for decor. Fortunately, a few targeted pieces – aside from the basics of a couch, dining table, and bed – will go a long way towards giving you a high design look on a low budget:

1. **Rugs.** Spend a bit of your budget on a few nice accent rugs. They add color and depth to your space, and set off your few furnishings.
2. **End/coffee tables.** Even a plain old couch can be enhanced with end tables or a coffee table that has the look you want.
3. **Lamps/lighting.** Search for interesting lighting that makes a statement without being expensive, including lamps, pendant lights, wall lights, etc. There are many low-cost look-alikes that add character to a space.
4. **Paint.** After getting your accent rugs, couch, and lighting, it's time to choose paint colors. When matched to your furnishings, painting completes your décor.
5. **Plants.** When you lack a lot of furniture and other decor, purchase plants to fill in the empty spaces.

# International Travel with Your Mobile Phone

If you are travelling overseas and would like to use your mobile phone, you have a number of options. **Do you need to be contacted on your current phone number while traveling?** Ask your carrier if they offer *global roaming packs* that include calls, text and data (at an extra cost). Questions to ask your carrier:

1. What countries can I use the pack in?
2. How much does it cost and how am I charged for it?  
Some packs are charged on a per day basis, while for others you pay an upfront fee for a set amount of inclusions that last a set number of days.
3. What are the inclusions? Some packs include calls, text and data. Some just include limited data, which can be used up quickly if you'll need your phone for navigation.
4. What are the charges for going over the inclusions and how do I track my usage?
5. When my roaming pack expires, what rates will I get charged for calls, text and data?

Watch out for automatic opt-in settings for roaming which can result in huge charges. **If you don't need your current phone number**, you can also buy a local SIM card for your phone at your overseas destination, and use free local Wi-Fi.

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WORK WITH OTHER  
BUSINESSES THAT  
GIVE OUTSTANDING  
CUSTOMER SERVICE?

Request a free copy of my **service directory**. All the businesses listed in it have a proven track record for providing the kind of outstanding customer service you deserve.

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*"We accept the love we think we deserve." ~Stephen Chbosky*

## Do Refrigerated Bananas Keep Longer?

If you're like a lot of people, you buy a bunch of bananas, and before too many days go by, you end up with squishy, brown-spotted fruit which is only good for banana bread.

Can you put bananas in the refrigerator to keep longer, say a week instead of a few days?

Yes. Bananas do not like cold. When bananas get cold, they instantly stop ripening. If you put them in the refrigerator, the fruit inside the peel will stop ripening at the level of ripeness you put them in. The skin, however, will turn brown and splotchy (which is not an indication of the fruit inside).



So, if you like the taste of green bananas, and you put green bananas in the refrigerator, four or five days later when you pull them out, you'll still have green bananas on the inside (that woody tasting fruit), even though the outside looks brown. You won't be able to ripen them further by putting them out on the counter. They'll simply go bad.

# Warm Up with Quick Black Bean Soup

Here's an easy, tasty soup with a Mexican flavor that the whole family will love.

## Ingredients:

- 3 tablespoons olive oil
- 1 medium onion, chopped
- 1 tablespoon ground cumin
- 2 -3 cloves garlic
- 2 cans black beans
- 2 cups chicken or vegetable broth
- Salt and pepper
- 1 small red onion, chopped
- 1/4 cup cilantro, coarsely chopped or finely chopped



## Directions:

1. Sauté the onion in olive oil. When the onion is translucent, add cumin.
2. Cook 30 seconds, then add the garlic. Cook for another 30 to 60 seconds.
3. Add 1 can of black beans and 2 cups of vegetable broth. Simmer, stirring occasionally.
4. Turn off the heat. Transfer ingredients to a blender and blend together.
5. Add the second can of beans to the pot with blended ingredients and bring to a simmer.
6. Serve soup with red onion and cilantro for garnish.

## Free Reports!

- ☒ How Sellers Price Their Homes

## Free Information!

- ☒ The 10 Dumbest Mistakes Smart People Make When Buying Or Selling A Home
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# Not a Medical Emergency, Yet

"Doc, you've got to help me," a patient demanded.

"You'll be fine," the doctor replied. "You have a cold, and it should clear up in a few days."

"But I'm miserable," the patient whined. "Isn't there something you can give me?"

"Just go home and get some rest," said the doctor.

"Come on doc, there's got to be something," the patient pleaded. "I hate feeling this way."

"Well, there is something," the doctor said. "Why don't you go home and take a hot bath, then put on your swimsuit and run around the block a few times."

"Doc, are you crazy? If I do that, I'll catch pneumonia," the patient complained.

"I know. But pneumonia," the doctor said, "is something I can treat."

## 5 Reasons To Work Your Core

Strengthening your core (the muscles from your hips to your shoulders) is like giving yourself a full-body makeover. You'll feel smarter, younger, and better all over. Here are five benefits for a "hard core" workout:

1. **It reduces and prevents pain.** A strong core stabilizes you and works like a natural brace for your joints. It prevents sagging, which puts more strain on joints and can pinch nerves.
2. **It makes you look taller and thinner.** When you strengthen your upper back and shoulders, the muscles are pulled back and down, removing any trace of a hunch.
3. **It delays the aging process.** A strong core keeps your body aligned, so you can function properly. It helps you hold the stomach in, which has been shown to reduce strain that ages your body faster.
4. **It improves mental function.** Having a stable and aligned spine allows your brain to receive your body's messages more efficiently. An erect posture has been shown to make you feel more confident.
5. **It improves balance.** Stabilizing your core hones your fine motor skills, so you can react quickly and stay balanced on unstable surfaces.

### See An Interesting Home?

No need to wonder about the price. No need to call a high-pressure sales agent who will just make you feel obligated. My computers can send you the information quickly and easily for any house, listed or sold, anywhere in town.

**Just ask me! It's all part of my free, no-obligation HomeFinder Service.**

Leave the address on my voicemail or text me anytime, and I'll mail or email all the information to you on that listing within 24 hours.

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*"Every man dies; not every man lives." ~ William Wallace*

## Climate Spurred Migration From Africa

Humans migrated out of Africa some 60,000 years ago. Until recently, scientists believed the move was spurred forward by a wet climate. New studies, though, show that migration may have occurred for the opposite reasons—to escape an increasingly dry climate.

The *Sci-News* website reports that researchers analyzed the Horn of Africa's climate 200,000 years ago by studying a core of ocean sediment taken from the western end of the Gulf of Aden, off modern-day Somalia. They looked at chemicals created by a type of algae that changed composition depending on water temperature. The team determined that the climate in the Horn of Africa some 70,000 years ago shifted from a wet phase to one that was drier and colder than it is now. The transition would have prompted early humans to migrate from Africa to the Middle East and Asia.

# What Good Does It Do To Recycle Paint?

In many places around the world, latex paint is considered a hazardous waste and must be disposed of properly. Canada, the US, UK, Australia, and many other countries offer paint recycling programs that are easy for consumers to utilize. For instance, many local hardware stores allow you to drop off un-needed paint.

This begs the questions, why is paint considered a hazardous waste, and what good does recycling do? Surely no one wants your half pint of old brown garage paint, do they?

The answers may surprise you. Apparently, one gallon of improperly disposed of paint has the ability to pollute up to 250,000 gallons/1,000,000 liters of water. That happens when the chemicals in paint seep into the water table. If you dump your paint into the street drainage, you're risking some nasty pollution downstream that contributes to the overall quality of the environment.



There are estimates that more than 250 million gallons (close to a billion liters) of household paint are sold per year, which is about half the total amount sold for all construction. That's a lot of paint, so even a small fraction of home owners dumping their paint can cause unforeseen problems.

When you properly recycle your paint, what happens to it? Most often, the highest quality of latex paint is sorted out and turned back into recycled paint that can be used. Recycled paint is environmentally preferable to new paint, while still maintaining comparable quality.

In many cases, reusable paints of the same color are pumped into a tank where the material is mixed and tested. The paint is adjusted with additives and colorants as necessary. Finally, the paint is fine filtered and packaged for sale at a much cheaper price for use where exact color matching is not vital. Non-reusable paint can be made into a product used in cement manufacturing, thereby recycling virtually 100% of the original paint.

Recycling one gallon/3.7 liters of paint could save 13 gallons/50 liters of water, 1 quart of oil, and 250,000 gallons/1,000,000 liters of water pollution, 13.74 pounds of CO<sub>2</sub>, save enough energy to power the average home for 3 hours, cook 6 meals in a microwave oven, or blow dry someone's hair 27 times.

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*I'm a success today because I had a friend who believed in me and I didn't have the heart to let him down.—Abraham Lincoln*

# Ken & Jeannie's Home News

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- ( ) Send me information about your free, no-obligation HomeFinder service.
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- ( ) Please let me know the listing price and features of the home at the following address:  
\_\_\_\_\_.
- ( ) Please let me know the selling price of the home at the following address:  
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- ( ) Please call me to arrange a free, no-obligation market valuation on my house.

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# Ken & Jeannie's Home News

Ken & Jeannie Anderson  
Home Smart PV and Associates  
301 Banner Ct. Suite 3  
Modesto, CA. 95356  
<http://www.realtorkenanderson.com>

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