

# Chit Chat

News for Home and Living JANUARY/FEBRUARY 2005

## Have a Meaningful and Fulfilling New Year!

New Year's resolutions have a tendency to be made with enthusiasm and determination. Unfortunately, very often they're forgotten by the time February rolls around.

Traditional goal-setting methods advise you to pick a goal "out there somewhere" and then suggest you plan how to get there as quickly and painlessly as possible. Unfortunately, life doesn't work that way. Especially when it comes to big things. We make a lot of small decisions that put us on the path to a loving marriage, being a good parent, or choosing the right career. And then we make many more small decisions that keep us on that path.

Here are some ideas on how to move forward in the best direction for you this new year.

**Think Short Term:** For most people, making a resolution for the entire year is way too difficult. Instead, make your resolutions once per month. January resolutions, February resolutions, etc. If you don't quite reach what you want to accomplish in any given month, you can simply move that resolution into the next month — no more feeling so guilty that you have to wait an entire year to start over again.



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**Focus On A Few:** It's nearly impossible to do everything you've always wanted to do in a short period of time. Write your goals down on a Master Goals list. Then, each month throughout the year, focus on the one or two that are most important to you so you won't get overwhelmed.

**Tell The World:** When you make a resolution, tell a spouse, a friend or a co-worker. You'll be more determined to accomplish your goal if people are cheering you on.

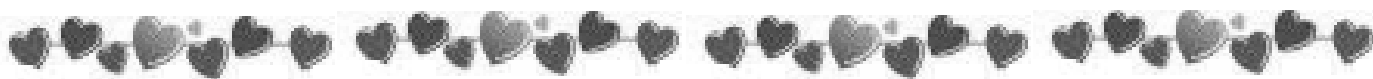
**Celebrate Your Wins:** Celebrating your accomplishments along the way will give you the motivation to keep going. Set appropriate rewards for each mini-resolution you make, and have a small celebration for each one you achieve.

*We wish each and every one of our "Chit Chat" readers a meaningful and fulfilling 2005!*

*-- Tara and April*

## What Kids Think Of Love

- ♥ Love is like an avalanche where you have to run for your life. *John, age 9*
- ♥ I think you're supposed to get shot with an arrow or something, but the rest of it isn't supposed to be so painful. *Manuel, age 8*
- ♥ On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date. *Mike, 10*
- ♥ I'm in favor of love as long as it doesn't happen when *Dinosaurs* is on television. *Jill, age 6*
- ♥ One of the people has freckles, and so he finds somebody else who has freckles, too. *Andrew, age 6*
- ♥ My Mother says to look for a man who is kind. That's what I'll do. I'll find somebody who's kinda tall and kinda handsome. *Carolyn, age 8*
- ♥ One of you should know how to write a check. Because, even if you have tons of love, there is still going to be a lot of bills. *Ava, age 8*



## Some Enchanted Evening

If you're planning a special evening for Valentine's Day, you might want to include one of the top 10 romantic movies of all time as listed by the American Film Institute:

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1. Casablanca (1942)            | 6. The Way We Were (1973)       |
| 2. Gone With The Wind (1939)    | 7. Doctor Zhivago (1965)        |
| 3. West Side Story (1961)       | 8. It's a Wonderful Life (1946) |
| 4. Roman Holiday (1953)         | 9. Love Story (1970)            |
| 5. An Affair to Remember (1957) | 10. City Lights (1931)          |

– Adapted from [www.afi.com](http://www.afi.com)



## Peanut Butter Valentines Kiss Bars

### Ingredients :

1/2 cup	creamy peanut butter	1 tspn	vanilla
1/4 cup	butter or margarine	2/3 cup	unsifted all-purpose flour
1 cup	light brown sugar, packed	1 cup	chopped salted peanuts
2	eggs	16	chocolate kisses, unwrapped

### Preparation :

Cream peanut butter, butter and brown sugar in mixer bowl until fluffy. Add eggs and vanilla; beat well. Blend in flour, stir in 3/4 cup chopped peanuts. Spread evenly in greased 9x9x2-inch square pan. Sprinkle with remaining peanuts. Bake at 350 F for 25 to 30 minutes or until lightly browned. Remove from oven; immediately press chocolate kisses in top allowing space for cutting the bars into squares. Cool completely; remove from pan.

## Some History To “Chew” On

We snap it and crack it, pop it and drop it (on the sidewalk, that is). What is it?

*Chewing gum!*

When did that snapping-cracking-popping-and-dropping habit start? Actually, people have been chewing on natural materials for hundreds of years, like thickened resin and latex from certain types of trees, various sweet grasses, leaves, grains and waxes.

When colonists came to New England, the Native Americans taught them to quench their thirst by chewing the gum-like resin that forms on a spruce tree when its bark is cut. In the early 1800s, lumps of this spruce gum became America’s first commercial chewing gum. Around 1850, people started chewing sweetened paraffin wax and eventually that surpassed spruce gum in popularity.

The next step was chicle-based gum, which arrived in the U.S. in the early 1860s. Chicle comes from the milky juice of the sapodilla tree which grows in tropical rain forests of Central America. When the chicle-bearing trees couldn’t keep up with demand, manufacturers turned to synthetic gum bases, like paraffin. Then, an Ohio dentist used rubber to create a gum product for exercising the jaw, and received the first patent to manufacture chewing gum in 1869. Today’s gum base is made of man-made latex.

William Wrigley, Jr. didn’t invent chewing gum – there were a dozen chewing gum companies in the United States – but he began marketing it in under his own name in the early 1890s. His Juicy Fruit gum came along in 1893, Wrigley’s Spearmint soon after, and today Wrigley-brand gums are snapped, cracked, popped (and dropped) in more than 150 countries.

– Adapted from [www.wrigley.com](http://www.wrigley.com)



## Could You Save A Life?

Many people know what to do when somebody sprains an ankle or nicks himself with a razor or knife. But First Aid is not just knowing about bandages and CPR; it’s about knowing *when* to do *what*. Here are answers to frequently asked questions about First Aid:

When do you call an ambulance? When there’s even the slightest doubt, call 9-1-1. It’s better to be safe than sorry. Until help arrives, stay calm and reassure the victim. If the victim has not hurt his back, neck or doesn’t have a broken bone, reposition him so he can keep an open airway for breathing.

Learn the procedure to dislodge an item caught in somebody’s throat, otherwise known as the Heimlich maneuver.

If your child has drunk something poisonous, call the Poison Control Center and describe the product that was swallowed. Do not induce vomiting. Some poisons, like abrasive cleaners, can actually do more harm than good to the victim during vomiting. If you have to induce vomiting, use ipecac syrup. It often helps.

For a cut, apply pressure to the wound with a clean, thick cloth and elevate the wounded area above the victim’s heart.

Treat a burn by running cool water over the injured skin until the area is pain-free both in and out of water. Wash minor first- and second-degree burns with mild soap and apply antibiotic ointment.

– Adapted from the National Safety Council Website

## Welcome New Clients!

*Here are some past clients, and new clients who became members of our "Real Estate Family" recently. We'd like to welcome you and wish you all the best!*

**Miary and Sally Andriamiarisoa (referred by Dorette Peterson, a past and treasured client)**

**Teri Ann Davis**

**Lyle and Cynthia Fraley (selling a home in the "Wood Streets" neighborhood)**

**Richard and Barbara Gemende (referred by Scott Brady)**

**Mel and Gail Piestrup (referred by James McCafferty)**

*We love giving recognition to our new friends and our wonderful existing clients who are kind enough to refer their friends and relatives to us.*

## February Quiz Question

What is the only bird with two toes?

*Everyone responding by calling or e-mailing us with the correct answer will be entered into a drawing for:*

**A \$30 gift certificate for a store of your choice!**

*Drawing to be held on 3/04/05*



## December Quiz Answer

**Question:** What is the second largest planet in our solar system?

**Answer:** Saturn. To read more about our fascinating solar system, please turn to page 6.

### **Congratulations to Tina Feldmann**

Your name was selected at random from all of the correct quiz entries and you'll receive a \$30 gift certificate for a store of your choice!

## 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. Our computers can send you the information quickly and easily, for any house, listed or sold, anywhere.

**Just ask "The Sister Team"!**

**It's all part of our  
Free, No-obligation  
Home Finder Service.**

Call Tara or April any time:  
**(951) 205-4428 or (951) 205-4429**

We'll fax, mail or e-mail you the information on that listing within 24 hours.

# The Pet Page

## Pet Rx

*Yearly shots for your pets? Think again.*

In recent years the trend in veterinary medicine has been away from annual combination vaccines for cats and dogs. In place of the traditional ritual: Individualized vaccine regimens are now given at multi-year intervals after the initial series of puppy/kitten vaccinations is complete. (How frequently rabies vaccines are given is a matter of law: While many states require rabies boosters at three-year intervals, others mandate a rabies shot on an annual basis for dogs and, increasingly, cats.) Skipping annual shots should not mean avoiding your veterinarian. Your pet needs a yearly physical to spot and stop potential health problems before they become serious. The University of California, Davis, Veterinary Medical Teaching Hospital offers suggested guidelines for dog and cat vaccinations on its Web site, at <http://www.vmeth.ucdavis.edu/vmeth/clientinfo/info/genmed/vaccinproto.html>.



## Pets on the Web

The Parrot Chronicles ([www.parrotchronicles.com](http://www.parrotchronicles.com)) is an online magazine every bird lover should bookmark. The site offers interesting first-person pieces, such as one written by a Hollywood publicist who decided to take her bird with her on a business trip instead of hiring a pet-sitter. (Note to anyone trying to do this: If anyone complains about the noise your bird makes on a plane, pointing out that babies are likely to be more ear-splittingly annoying will not help your cause, even if it's true.) In addition to such entertaining stories, the site offers good practical advice on health and behavior, and balanced, intelligent discussion on some controversial topics.



## IMPORTANT NOTICE

“The Sister Team” is willing to donate money to help those who would like to adopt a needy (and doomed) pet from any animal shelter!

And **remember**....spaying and neutering is the most important thing we can do to help dogs and cats!

We are willing and able to *confidentially* help those who are unable or unwilling to spay or neuter their companion (or stray) animals.

Please contact us and we will donate our time and money to this most-important cause!

Together, forever and always ..... for the animals!

--Tara and April

## Get wet!

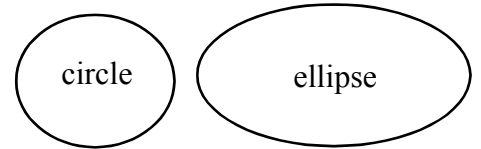
Birdbaths aren't just for wild birds. Most pet birds enjoy getting wet on a regular basis too -- and it's good for them. Some birds enjoy being misted with a spray bottle, while others will happily share your shower, with the help of any number of perches designed to affix to the wall of the stall. Some birds would rather bathe and enjoy access to a shallow dish of water. Experiment until you find out what suits your bird best, then allow your pet a drenching as frequently as every day.



# Our Solar System

Our solar system has 9 planets that orbit a big star called the Sun. An orbit is the path that a planet moves through. All the planets orbit the Sun in elliptical paths. An ellipse is just a stretched-out circle.

All the planets take different amounts of time to get all the way around the Sun. Our Earth takes a year to make one complete orbit. In fact, that's how we decided how long a year should be — it's the length of time it takes us to get all the way around the Sun.



Also, all the planets spin while they move around the Sun — just like tops. There is another mess of stuff that orbits the Sun — we call it the Asteroid Belt and it is just a mass of really big rocks.

If you need to remember the order of the planets, here's a trick: Just look at the first letters of each planet in order, starting with Mercury and working your way out. M, V, E, M, J, S, U, N, P and make up a silly sentence that uses these letters. **M**ooing **v**ery **e**agerly, **M**ary **j**ogged **s**outh **u**nder **n**ine **p**lanets.

How do all their sizes compare? The big circle below is the Sun's size and all the others are arranged from smallest to largest. Notice how small the Earth is compared to the Sun.

The inner planets, Mercury, Venus, Earth and Mars are called terrestrial planets. This means that they have a hard surface (rock) to stand on. Jupiter, Saturn, Uranus and Neptune are called the Jovian planets, since they are all a lot like Jupiter. (Jove was another name for the Roman god, Jupiter). They are also called gas giants. This is because they are made of gas and liquid (but not water). There's no hard surface to stand on. Poor little Pluto doesn't get to fit into either of these categories.

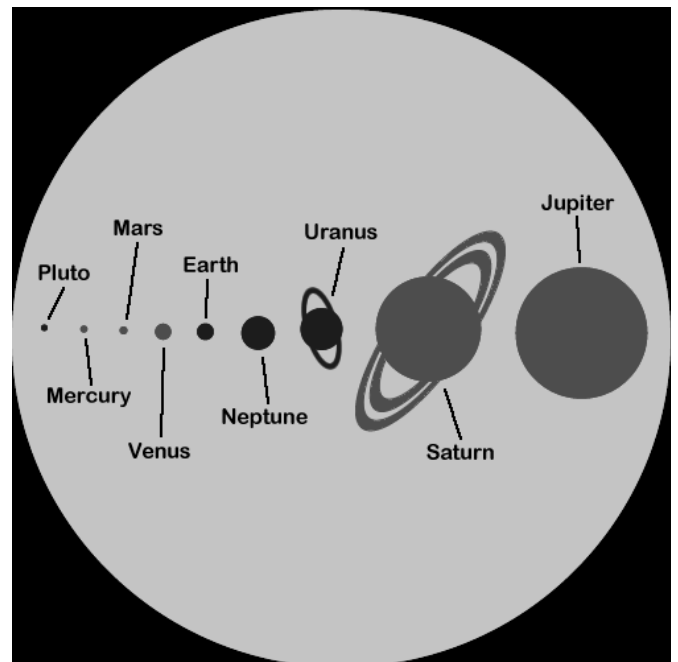
**The SUN:** It's brightness is equal to 4 trillion trillion light bulbs! That's 4,000,000,000,000,000,000,000! It's diameter is 863,040 miles, which is approximately 218 times larger than Earth.

**SATURN:** The most amazing thing about Saturn is its set of rings. They're not solid like the ones you wear on your fingers. They're kind of like Saturn's own little asteroid belt. The rings are made up of millions and millions of chunks of rock and ice. These chunks range in size from only 1 cm to 5 m (5 m equals about 16 feet).

**EARTH:** It's diameter is 7,909 miles (compare this with the diameter of the Sun). To escape the Earth's gravity and get out into space, a rocket has to travel at a speed of 25,100 mph.

**MARS:** Scientists think they have possible evidence for life existing on Mars. They found tubular structures in Martian meteorites that landed in the Antarctic. Some think that these structures are the fossils of microorganisms that lived on Mars billions of years ago.

**PLUTO:** It's diameter is 4,214 miles. Pluto is probably a big chunk of rock and ice that is covered by a layer of frozen nitrogen and carbon monoxide. None of our flying robot explorers have gone by Pluto, so there's a lot about Pluto that we just aren't sure of. NASA has plans to make a new flying robot explorer that will fly by Pluto in 2013. The project is called the Pluto-Kuiper Express.



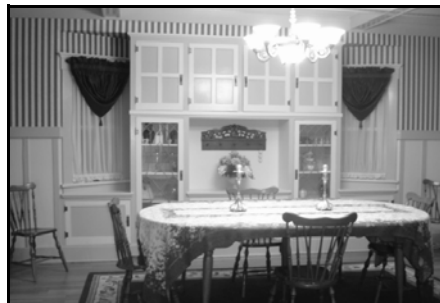
— adapted from [www.sciencemonster.com](http://www.sciencemonster.com)

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IN THE HISTORICAL "WOOD STREETS" NEIGHBORHOOD!**



**\$554,900**



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4 days!



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Sold in  
5 days!



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2 days!



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Tara & April Glatzel  
"The Sister Team"  
Your Real Estate Consultants For Life!  
390 N. McKinley St., Ste. 106  
Corona, CA 92879  
E-mail: [aprilglatzel@remax.net](mailto:aprilglatzel@remax.net)

**Chat**

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