

# Michael's Home News

News To Help You Save Time And Money

February 2005

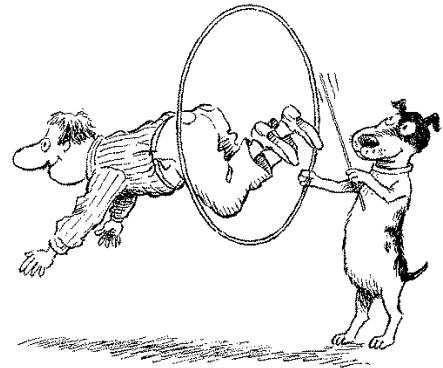
## Is Falling In Love Like Owning A Dog?

First of all, love is a big responsibility, especially if you live in a big city. So think long and hard before deciding on love. On the other hand, love gives you a sense of security.

When you're walking down the street late at night and you have a leash on love, ain't no one going to mess with you. Because crooks and muggers think love is unpredictable.

Who knows what love could do in its own defense?

On cold winter nights, love is warm. It lies between you and lives and breathes and makes funny noises. Love wakes you up all hours of the night with its needs. It needs to be fed so it will grow and stay healthy.



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ARE YOUR COLLEAGUES  
INTERESTED IN WORLD-CLASS  
SERVICE? SEE FLYER INSIDE!

Love doesn't like being left alone for long. But come home and love is always happy to see you. It may break a few things accidentally in its passion for life, but you can never be mad at love for long.

Is love good all the time? No! No! Love can be bad. Bad, love, bad! Very bad love.

Love makes messes. Love leaves you little surprises here and there. Love needs lots of cleaning up after. Sometimes you just want to get love fixed. Sometimes you want to roll up a piece of newspaper and swat love on the nose, not so much to cause pain, but just to let love know, "Don't you ever do that again!"

Sometimes love just wants to go for a nice long walk. Because love loves exercise. It runs you around the block and leaves you panting. It pulls you in several different directions at once, or winds around and around you until you're all wound up

## Quotes

I often regret that I have spoken; never that I have been silent.

– Publius Syrus

If I had my life to live over again, I'd make the same mistakes, only sooner.

– Tallulah Bankhead

I love being married. It's so great to find that one special person you want to annoy for the rest of your life.

• – Rita Rudner

and can't move.

But love makes you meet people wherever you go. People who have nothing in common but love stop and talk to each other on the street.

Throw things away and love will bring them back, again and again and again. But most of all, love needs love – lots of it. And in return, love loves you and never stops.

*This celebration of love was written by New York poet Taylor Mali. Share it with someone you love on February 14, Valentine's Day!*

## Can A Fiery Diet Help Your Heart?

New research says that spicing up your diet might keep you from having a heart attack.

How can hot sauces and jalapenos help your heart? Research seems to point to the possibility that fiery foods block coronary buildup and keep your blood moving.

Scientists have determined that cayenne pepper inhibits the production of *thromboxanes*, which promote clotting. Cayenne and other chilies are also thought to dissolve already existing clots. A recent study found Thais who ate spicy diets have a better ability to break down proteins that cause blood clots than those who ate milder diets.

*Capsaicin*, which gives chilies their heat, can help lower blood pressure. This means capsaicin intake can help prevent damage leading to blood clots. And that's not all capsaicin is believed to do; researchers think it also might help lower harmful cholesterol in the blood. High levels of bad cholesterol are what cause most blood clots, and clots are what cause most heart attacks.

So think about piling on the hot peppers – and even heading back for seconds!

– Adapted from *Chile Pepper* magazine

## What Kids Think Of Love

♥ Love is like an avalanche where you have to run for your life. *John, age 9*

### ***February Quiz Question***

**What is the only bird with two toes?**

Everyone who faxes, e-mails or calls in the correct answer by the last day of this month will be entered into a drawing for a \$25 gift certificate to Outback Steakhouse or Media Play.

- ♥ 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 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*
- ♥ Love is foolish...but I still might try it sometime. *Floyd, age 9*

### 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.

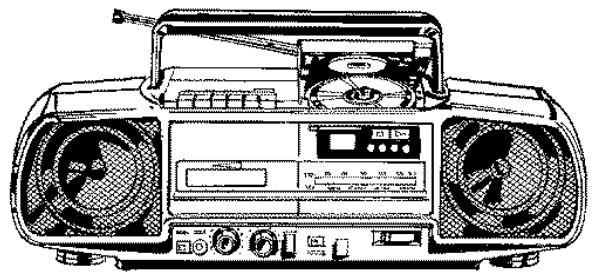
**Just ask me! It's all part of my free, no-obligation HomeFinder Service.**

Leave the address on my voicemail, anytime, 24 hours a day, and I'll fax, mail or e-mail all the information to you on that listing within 24 hours.

## Does Your Taste In Music Reveal Your Personality?

Can the type of music you listen to reveal what kind of person you are? A recent study at the University of Texas at Austin says it can. The study had 3,500 participants who also took IQ and attitude tests. Here are some of the findings:

- ♪ If you like country, pop or religious music you tend to be a good neighbor, a person who likes to help others, outgoing, agreeable and reliable. You tend not to be an adventurer. You probably like sticking to a routine.
- ♪ If you like classical, blues or jazz, you tend to be tolerant, open to other people's opinions, open to new experiences and curious. You probably don't stick to conventions and you're probably not athletic.
- ♪ If you like heavy metal, rock or alternative music, you probably speak your mind freely and you're a risk taker.
- ♪ If you like hip-hop, dance or soul, you're probably talkative or energetic. You probably aren't very argumentative, you'll fight back if you have to, but you probably won't be the one who started it.



– Adapted from *Ladies Home Journal*

## *WELCOME NEW CLIENTS*

Here are some of the new clients who became members of our “Real Estate Family” this past month. I’d like to welcome you and wish you all the best!

**Chuck and Maggie Chapa from San Jose**

*I love giving recognition to my new friends and my wonderful existing clients who are kind enough to refer their friends and relatives to me.*

## The Pressure On Caregiving Employees

Don’t be quick to accuse distracted, tired, or unenthusiastic employees of lack of commitment to their jobs. Instead, ask them what pressures they may be under at home. For example, employees who care for family members often spend so much time on all the activities involved with care that they, in effect, work a second part-time or full-time job.

Based on information from over 700 of their clients’ employees, ComPsych, a Chicago company providing employee assistance, behavioral health, and work/life services, finds that employees are

under more pressure than ever. It’s important for managers to recognize the demands of caregiving and help employees make use of the resources available to help them. Stress affects several groups of employees:

**Employees caring for children.** Parents put in about 30 hours a week taking care of their children, including bathing, feeding, driving them to school, and attending extracurricular activities.

**Employees caring for elderly relatives.** Caring for older relatives took up 10 hours a week. Employees spent time on personal care, travel and chauffeuring, and helping the elderly with their financial, legal, social, and health-related needs.

**Employees caring for both children and the elderly.** This group committed as much as 36 hours per week to caregiving – equivalent to another full-time job. Not surprisingly, these employees reported being short on sleep. Their chances for recuperation were also lessened by having to spend over 18 of their vacation and sick days a year dealing with caretaking and personal issues they had no other time for.

Keep in touch with your employees about their caregiving responsibilities and point them to the employee assistance, flextime, and other support programs your organization provides. It’s an opportunity to recognize employees’ contributions and their value.

## February Is Black History Month

Black History Month is a time to commemorate and honor African Americans who have changed the world. To name just a few of many: Thurgood Marshall, the first African-American to serve on the U.S. Supreme Court; George Washington Carver, the scientist who developed hundreds of products from peanuts, sweet potatoes, pecans, and soybeans, revolutionizing agriculture in the South; Charles R. Drew, the doctor who pioneered the idea of the blood bank, saving innumerable human lives; athletes Muhammad Ali, Wilma Rudolph and Michael Jordan; musical artists Chuck

Berry, Aretha Franklin and Nat King Cole; writers James Baldwin, Alex Haley and Alice Walker; and a spectrum of “movers and shakers” from Oprah Winfrey and Spike Lee to Sarah Breedlove Walker and Colin Powell.

Carter G. Woodson (1875-1950), noted African-American scholar, historian and son of former slaves, founded the Association for the Study of Negro Life and History in 1915, which was later renamed the Association for the Study of African-American Life and History (ASALH). He initiated Black History Week, February 12, 1926. For many years the second week of February (chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln) was celebrated by African Americans in the United States. In 1976 as part of the nation’s Bicentennial, Black History Week expanded to Black History Month, and we now celebrate it all over North America.

– Adapted from galegroup.com and asalh.com

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

– Adapted from www.afi.com

**FREE!**

### Home Seller’s Marketing Kit

If you’re thinking of selling, now or in the future, get your free Home Seller’s Marketing Kit. This special kit has helped hundreds of sellers save tens of thousands of dollars and countless headaches (and lawsuits!). The kit contains:

- Sample purchase contracts
- Title insurance request forms
- Termite inspection forms
- Sources for signs

## 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.

## *January Quiz Answer*

**Question:** What company is the world's largest producer of chewing gum?

**Answer:** The Wrigley Company  
Source: [www.washtimes.com](http://www.washtimes.com)

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)

## **How To Shop For Nutritious Food**

When you're out gathering supplies for the ranch, don't forget to check the labels for nutritional information. Anything labeled "healthy" should contain at least 10% of the daily value of an important nutrient. The food should also be low in fat, cholesterol and sodium.

You'll also want to load up on whole grain products, like breads and cereals, dried beans and brown rice. And remember that pasta is high in protein, B vitamins and iron. When it comes to buying your greens, it's most nutritious to choose the greenest. Dark greens and reds in salad greens indicate that beta carotene and other carotenoids, vitamin C, folic acid, calcium and other nutrients are in the food.

### ***DO YOU WANT TO FIND OTHER LOCAL BUSINESSES THAT GIVE OUTSTANDING CUSTOMER SERVICE?***

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

Keep in mind that some frozen foods might actually contain more nutrients than fresh foods that have been on the shelf or in your refrigerator too long. And while you're in the frozen section, be aware of what you're buying. Lots of frozen prepared foods are high in fat and sodium content.

– Adapted from *TopHealth* newsletter

# For Sale, Rent Or Of Interest

## FOR RENT!

### 3500 Square Foot Home With View Of Downtown San Jose

This 4 bedroom, 3 bath gated home in the east foothills has a pool, central air conditioning, fireplace in living area and a formal dinning room. Home has 2 large cellars for storage and a 2-car garage. Just get away from it all with peace and quiet and only minutes to shopping and downtown San Jose.

Call Ray at 408.926-2392 for more information.

## FOR RENT! Spacious Townhouse

\$ 1775 – This 3 Bedroom, 2.5 Bath with attached 2 car garage. Unit has a Refrigerator, Microwave, Dishwasher and indoor Washer/Dryer. Located near new RiverMark development in Santa Clara.

Call Eva at 408-979-5937 for more information.

## RESERVED

**This spot is reserved for your ad. I would be more than happy to include your private ad to my newsletter. Just call Michael at 408-979-5935.**

## Silicon Valley Habitat for Humanity

Is looking for volunteers to act as advocate/ sponsor/friend for families who have been selected by Habitat to receive a home. Successful applicants are friendly, compassionate, computer-literate, mobile and embrace the ideals of Habitat for Humanity. Successful applicants will be trained and be provided with reference materials. The responsibilities of this position include:

- 1) Helping and advocating for your assigned family,
- 2) Guiding your family through home ownership and good neighboring,
- 3) Interfacing between your family and the Habitat office.

Call Marge for more information @ 408.929.6254.

## FOR SALE!

### Toshiba 2032-SP Pocket PC & Cell Phone

\$ 75 – Setup for Sprint PCS. Applications include Microsoft® Pocket Excel, Internet Explorer, Outlook, Word, Windows® Media™ Player, Speakerphone. All original software, doc's and accessories included. Call John at 408-272-3561 for more information.

## On Making Your Own Success

You might not know it, but a woman was actually the inventor of the first disposable diaper. Marion Donovan was a young mother in New York in the 1950s. She had a problem that many other women in the world shared – leaky, wet diapers that had to be laundered, bleached and dried.

The young mother wished she had a diaper she could just throw away after use, so she created a diaper from a shower curtain and some absorbent padding. She called her disposable diaper the “Boater,” but surprisingly, no manufacturer would take on the new product. Manufacturers said the diaper would be too expensive to make.

Donovan decided to finance her own venture, and in doing so provided a lot of women and babies with a convenience that was sorely needed. Her business was a success and she later sold it for \$1 million.

Adapted from *Mothers of Invention*

## A Lesson In Giving

While boarding a moving train one day, one of Mohandas Gandhi's shoes slipped off and fell on the track. As he was unable to retrieve it, Gandhi – to the astonishment of his fellow travelers – calmly removed his other shoe and threw it down the track to where the first had landed. “The poor man who finds the shoe lying on the track,” Gandhi explained, “will now have a pair he can use.”

## The Gift That Gives Back

*I want to thank those of you who have participated in the Client Referral program! If I have already helped you in the sale or purchase of real estate, you know how well I serve my clients. If you refer your friends and relatives to me, I assure you I will take the same high-quality care of them.*

As a way of saying “thanks,” **I will donate \$100 to your favorite charity** when the transaction closes. In this way, we complete an important cycle of giving. First, I help you meet your personal real estate goals. Then you help your loved ones with their buying and selling needs. You also assist me in building my business with preferred clients, like yourself. Finally, with a charitable donation, we all give back to the community in which we live. Everyone benefits!

**For more information about my Client Referral Donation Program, just give me a call at 408-979-5935.**

It’s a great program where, as my way of saying “thanks,” we can all feel good about our contribution to each other’s lives.

### Free Newsletter Offer

If you want any friends, coworkers, relatives, or business acquaintances to receive a **FREE** subscription to this newsletter, please fill out the information on the previous page and I’ll send them the latest issue. I’ll also send them a note with their first issue telling them that you suggested they receive this newsletter, and to contact me if they would like to stop at any time. **If you enjoy this newsletter, share it with people you know, with no hassle for you!**

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# Michael’s Home News

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## **CAMPBELL**

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**Lovely Home, Quiet Complex**

**Free Recorded Message,**

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This lovely 2-bedroom, 2.5 bath townhome is located at 3669 S. Bascom Avenue, in a quiet serene complex in Campbell. Private patio with 2 car attached garage, close to Los Gatos and the Pruneyard. **Location, Location, Location.** This beautiful home has too many extras to list. I have 3 different home loans available for this home, all with zero down payment. For more information, call 800-643-0421, ext. 140 for a free recorded message with all the details and showing times.

## **BLOSSOM HILL**

### **Wonderful Foothill Home**

**Lovely Home, Quiet Street**

**Free Recorded Message,**

**800-643-0421, ext. 141**



This beautiful 4-bedroom, 2.5 bath home is located at 392 Curie Avenue, a quiet tree-lined street in San Jose. This large and spacious home is perfect for a large family. New granite kitchen counters, pergo style floors, separate formal dining room, step-down living room and separate family room and master bedroom suite with retreat. All this plus a new redwood deck. For more information, call 800-643-0421, ext. 141 for a free recorded message with all the details and showing times.

### **FREE HOME FINDER SERVICE**

For a free recorded message with details on how you can buy almost any home with little or no down payment and get information about our free computerized no obligation home finder service, call 24 hours a day:

**1-800-643-0421, Ext. 102**

**Intero Real Estate Services**

See More Listings On My Website At:

**408-979-5935**

**[www.siliconvalleyMLSlistings.com!](http://www.siliconvalleyMLSlistings.com)**

# Michael's Home News

## Free Information Fax Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_ Fax: \_\_\_\_\_

Please  Mail  Fax  E-mail Me The Following Free Info:

- Special Report For Homeowners: **Seven Common Mistakes to Avoid**
- Special Report For Buyers: **How To Buy A House With (Little Or) No Money Down**
- Special Report For Sellers: **Nine Deadly Mistakes Home Sellers Make**
- Please send me information about your free, no-obligation "**HomeFinder**" service in which your computer automatically sends me listing information on homes for sale in any area that I select.
- Please send me the special computer report showing the features and sale prices of the (check one):

five  ten  fifteen most recent home sales on \_\_\_\_\_ street/avenue  
or in the \_\_\_\_\_ area.

**I can provide you with fast, no-obligation information on homes for sale and homes that have sold by any company:**

Please let me know what the home at \_\_\_\_\_ is listed for.

Please let me know what the home at \_\_\_\_\_ sold for.

Please call me to arrange a free, no-obligation market valuation on my house.

Please send me more  information about or  forms for your referral acknowledgement program.

Please recommend me to a great \_\_\_\_\_ in my area.

Please provide a FREE subscription of your monthly newsletter to the following person. I understand you will include a note explaining I suggested they receive this FREE subscription, and that they can simply call you if they wish to cancel. (If you have additional names please include them on a separate sheet of paper.)

**Please send a subscription of Michael's Home News to:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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1567 Meridian Avenue, San Jose, Ca. 95125 or just call me at 408-979-5935!  
**www.siliconvalleyMLSlistings.com e-mail: MPhillips@InteroRealEstate.com**