

Mario's Home News

News To Help You Save Time and Money

Summer 2021

The Difference Between Traveling and Vacationing

Ramping up to summer, many of us plan on some sort of holiday. For some of us, it's travel. For others, it's vacation. Is there a distinction, and does it matter?

It can. According to studies, the best part of a holiday is planning for it. We are apparently happier as we anticipate our experience of a holiday than we are during the experience itself. However, having a clearer sense of what kind of experience we want can also help us get more enjoyment out of it. Using the distinction between traveling and vacationing is one way to imagine your holiday plans.



Traveling involves going somewhere unfamiliar, often a foreign country, to experience a cultural difference. Traveling provides an opportunity to experience the unknown, to enjoy the differences among people, foods, language, architecture, music and more. Travel also allows us to grow our awareness of our place in the world.

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To travel successfully, we have to want to experience *differentness*. We have to want to see new things in a new way. That is our goal in travelling.

Vacationing, by contrast, involves relaxing in a somewhat familiar environment. We typically vacation in places we know. We camp in a nearby wilderness. We visit a city at the other side of our own country, see heritage sites, or head for a resort. Our goal in a vacation is to relax, perhaps have a little physical adventure, like taking a rafting trip or doing a photo jeep tour in the desert.

Just thinking about the difference between travelling and vacationing is a useful way to get more from your summer holiday.

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Gone Fishing

A millionaire walked past an old man sitting on the curb outside a bar. The old man had a fishing rod, and he seemed to be trying to catch fish in the storm drain.



Taking pity, the millionaire took the old man to a nearby restaurant for a meal. As they ate, the rich man asked, "So how is fishing in that storm drain working out for

you?"

"Not bad," said the old man. "You're the third one I've caught today."

Perfectly Peelable Hard Boiled Eggs

Getting ready for summer picnics, you may be thinking of egg salad or just hard boiled eggs on the side. Here's how to get perfect eggs that peel easily.

1. Start with boiling water. Bring a pot of water to a rolling boil, lower the eggs gently and boil vigorously for 30 seconds. Reduce the heat to a gently simmer over low heat, cover with a lid and cook for another 10 minutes.

2. Shock in cold water and gently shake. Immediately pour off the hot water, leaving the eggs in the pot. Gently shake it back and forth to lightly crack the shells. Immediately add cold water and a few ice cubes and let sit until cool enough to handle; it will take about five minutes to serve warm or 15 minutes to serve cold. The idea here is that cracking while warm and then cooling rapidly allows the cold water to shrink the whites just enough to separate them from the shells a bit.

Two additional peeling tricks:

- **Use a spoon.** Crack the eggs at the fat end and peel a tiny bit with your fingers. Slip a spoon under the shell so that the curve of the spoon follows the curve of the egg. Rotate the egg and move the spoon to release the shell.
- If peeling a larger batch of eggs for egg salad or such, place the eggs in a **plastic storage container**. Add some cold water, put the lid on tightly, and then gently shake until the shells break and fall away.

Alzheimer's: Another Reason To Lose Weight & Exercise

According to a new study, healthy aging of the brain relies a great deal on the health of your heart and blood vessels during middle age.

Smoking, high blood pressure, obesity, diabetes, and high cholesterol all contribute to the health of a person's blood vessels and vascular system, leading to hardening of the arteries and other disorders. These same factors are present in the elderly with high levels of a protein called amyloid, which is known to clump together in the brains of people with Alzheimer's disease.

"So this suggests that vascular risk in middle age may play a direct role in the development of Alzheimer's disease," said lead researcher Dr. Rebecca Gottesman, assistant professor of neurology at the Johns Hopkins University School of Medicine.



Obesity in particular stood out as a strong risk factor. This, on its own will double a person's risk of elevated amyloid later in life, said Steven Austad, chair of biology of aging and the evolution of life histories at the University of Alabama, Birmingham.

Gottesman and her colleagues examined data from nearly 350 people whose heart health had been tracked since 1987 as part of the ongoing study. The average age of the participants was 52 at the start of the study. The average follow-up time was almost 24 years.

When the participants entered the study, none of them had dementia. About two decades later, they were asked to come back and undergo brain scans to check for signs of amyloid. The researchers discovered a link between heart risk factors and brain amyloid. The relationship did not vary based either on race or known genetic risk factors for Alzheimer's.

Heart risk factors that cropped up late in life were not associated with brain amyloid deposits. What a person does in their middle age is what apparently contributes to their later risk of elevated amyloid, not what happens later, Gottesman said.

You don't want to wait until your sixties to start taking care of yourself. It has to be a lifetime commitment.

~Findings published April 11 in the *Journal of the American Medical Association*.

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!

Camille Peled Tamarac
(referred by Gina Cuza)

Woody & Deborah
Woodham Homestead

Jose Galvez -Miami

Irene Torres Hallandale
(referred by Joanne Diaz)

Sieger Family Return Clients
Homestead FL

Hugo Cedeno Miami

Rafael & Diana Feo -Gables
returning clients

We love recognizing our wonderful new friends and existing clients who are kind enough to introduce their friends, family & neighbors.

The Nautical Origins Of Garage Sales

Whether you call it a garage sale, rummage sale, or yard sale, you are doing the same thing...selling your unwanted possessions for small change.

You may not know that yard and garage sales really got their start in shipyards in the early 1800's with "rummage" or "rommage" sales, where shipping companies would sell unclaimed cargo at a discount.

The word rummage comes from the Middle French word *arrumage*, which meant the "arrangement of cargo in a shop's hold." The associated verb was *arrumer* "to stow goods in the hold of a ship."

In the 1600's, the term came to mean "to closely search the hold of a ship, especially by moving things about."

Then in the 1800's, ships began to hold popular "rummage/rommage" sales, though by now the cargo was unloaded from the hold before the sale. (The words *rommage* and *rummage* are phonetic differences, like *po-tay-to/po-tah-to*.)

In the late 1800's, the sales moved to community centers like churches. Then in the 1950's and 1960's, they became what we call them today...rummage, yard, and garage sales.

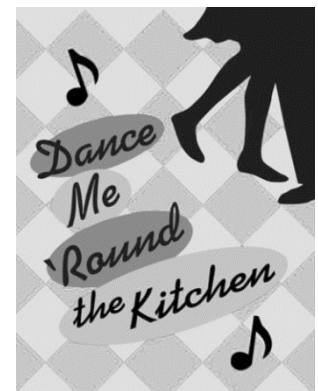
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Refreshing Kitchen Updates

You don't need to break down the walls or strip the cabinets to renew your kitchen. Here are 8 little approaches to sprucing up the kitchen without major remodeling.

1. Choose 3 complimentary colors and update everything you can to match, like paint, towels, rugs, small appliances, canisters, curtains.
2. Change your cabinet and drawer pulls. Buy a size that fits existing holes so you don't need to drill new holes.
3. Add rope lighting under or over your upper cabinets.
4. Paint your refrigerator or an unused wall with chalkboard paint. Use colorful chalk to write a quote each day or week.
5. Add a new backsplash using peel and stick tile.
6. Replace the faucet one that is ultra-modern.
7. Add some kitchen-relevant art, such as a café painting or kitschy spoon and fork mosaics.
8. Replace boring lighting with ones that are interesting or unusual.



Workplace Satisfaction

Some years ago, the following exchange was broadcast on an Open University sociology TV program in the UK. An interviewer was talking to a female production line worker in a biscuit factory. The dialogue went like this:

Interviewer: *How long have you worked here?*

Production Lady: *Since I left school (probably about 15 years).*

Interviewer: *What do you do?*

Production Lady: *I take packets of biscuits off the conveyor belt and put them into cardboard boxes.*

Interviewer: *Have you always done the same job?*

Production Lady: *Yes.*

Interviewer: *Do you enjoy it?*

Production Lady: *Oooh yes, it's great, everyone is so nice and friendly, we have a good laugh.*

Interviewer (with a hint of disbelief): *Really? Don't you find it a bit boring?*

Production Lady: *Oh no, sometimes they change the biscuits!*

Client of the Month

Congratulations to our Client of the Month:

Maria Martin, Miami FL

As always, the Client of the Month receives a free dinner for four at the El Rinconcito Latino Restaurant.

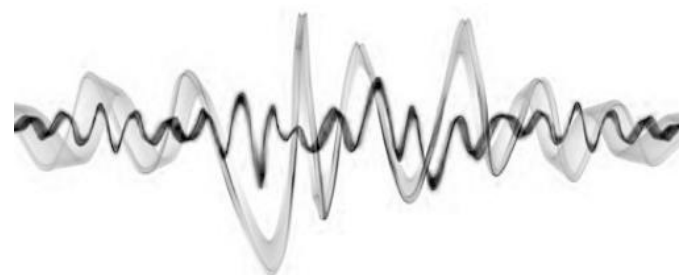
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Sound Waves Fight Water Waves

Tsunamis—massive waves caused by earthquakes, landslides, or other major geological phenomena—can be incredibly destructive. Scientists are now looking at a possible defense: acoustic-gravity waves (AGWs), which are essentially underwater sound cannons.

AGWs can travel for miles and stretch several thousand feet under the surface of the ocean. Scientists at Cardiff University (as reported on the UPI website) theorize that a single blast could shorten the length of a tsunami wave and spread its force over a wider area, dissipating its destructive power. Furthermore, they think a series of blasts could weaken the tsunami's momentum and power completely.



Like tsunamis, natural AGWs are triggered in the ocean by geological events. If the scientists find a way to create them on demand, they may be a viable defense against the next great catastrophe.

Assume The Opposite

Creativity expert Yoram Solomon conducts workshops that teach people to approach problems with an open mind. In one exercise, he asks participants to build a structure out of a sheet of paper. Some cut the paper into smaller pieces, although his instructions don't specifically say they can.

Once everyone is finished, Solomon asks, "Did the instructions allow you to cut the paper?" Most believe they've done something wrong. But one person usually pipes up with, "You didn't say we couldn't, either."

The notion that assumptions can stop our creativity is not new by any means. But within our assumptions lies the key to unleashing our creativity, too. Here's how:

When you feel faced with a problem, make a list of all your assumptions. For example: "I assume I can only use the paper. I assume I can't cut it. I assume I can't use tape." Keep listing assumptions well past the obvious. "I assume someone who knows origami could do this better."

Then examine those assumptions by stating the opposite. "I assume I can use other things besides the paper. I assume I can cut it. I assume I can use tape." And even, "I assume someone who doesn't know origami could do this, too." By actually stating the opposite assumption out loud, we allow ourselves to examine the validity of the assumptions.

Innovations We Couldn't Live Without

We take for granted certain "technologies" in our daily lives. Here are three of the more common innovations that permeate our existence today.

The sandwich. This innovation came about because the Earl of Sandwich disliked leaving the card table to eat supper. He requested his meat to be placed between bread to keep his hands clean.

Velcro. Swiss engineer George de Mestral was hunting with his dog, and noticed the tendency of burrs to stick to its fur. Later, looking under a microscope, Mestral observed the tiny "hooks" that stuck burrs to fabrics and fur. Mestral experimented for years with a variety of textiles before settling on the newly invented nylon.

The microwave oven. Percy Spencer, an engineer at Raytheon, was fiddling with a microwave-emitting magnetron — used in the guts of radar arrays — when he felt a strange sensation. Spencer found that a chocolate bar in his pocket had started to melt. Spencer immediately set out to realize the culinary potential of the device.

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