

Don's Senior's News

Brought to you by: Don Zahnle, SRES, ABR
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The Old-Fashioned Musical Is Back . . . with a Modern Edge

The good old-fashioned musical is back. An original American art form, those explosions of talent set to music have found their way back into our lives. And many wonder why.

Maybe it's because we long for the sweetness of a bygone era captured in *The Music Man*. Maybe we miss the poignancy of star-crossed lovers like Tony and Maria in *West Side Story*, or the exuberance of *42nd Street*, or possibly the timeless elegance of an ethereal Audrey Hepburn in *My Fair Lady*. Or all of the above. Enter the 2017 runaway hit, *La La Land*.

A major winner at the Golden Globe Awards earlier this year, *La La Land* represents a tremendous risk taken by the producers, who made an old-fashioned musical with a 21st-century edge that spoke to everyone from critics to the average moviegoer. From the opening moment when LA gridlock morphs into a musical freeway, the movie is a blast of something indefinable that everybody seems to need these days. With a soaring score and sizzling chemistry, it's a winner on every level.

Of the writer and director, Damien Chazelle, film critic Al Alexander writes, "*La La Land* is completely his own, a unique mashup of musicals past, present and—hopefully—future that shrewdly balances the surreal artifice of old with the hard realities of a modern world where dreams are easily crushed."

Critics suggest its ending could be interpreted as poignant or triumphant, depending on the audience. Whatever. *La La Land* has brought back the musical. And that's enough.

For timely information and helpful tips about home ownership, please check out my Facebook page at:
www.facebook.com/donzahnlerealtor

If you like what you see, please like my page while you are there.

Shopping for a Home This Spring? Get a Credit Checkup

Spring may bring thoughts of your dream home—and what better time for a home search than now?

By the time summer comes you could be happily ensconced in your new home. Think outdoor living and a relaxed intro to a new neighborhood.

But before the dream turns into a full-fledged home search, there are several things to consider. One of the most important is your credit score and what that score may mean as far as your mortgage options.

To advance to the search phase, you'll need to know what your credit score looks like now and where it ultimately needs to be for you to be in a position to purchase a home. So now is an ideal time to contact your mortgage professional to review your credit.

Indeed, you can pull your own credit, but what you need is a way to interpret what's on the report and how it will impact you throughout the lending process. Many things that you may see as minor on your report may actually make a significant difference in accessing the programs and interest rates you want.

For example, if you carry a lot of credit card debt or if one card has a higher balance than most lenders feel is appropriate, that's a negative. But if your mortgage advisor draws this to your attention, you'll have time to pay off or reduce your balance before you start to search.

And the sooner you start, the sooner you can be in your dream home.

How to Make Your Home Safe and Comfy for Your Furry Kids

You love coming home to your pets, but they may not be loving your home. It could be making them ill—or worse.

Here are some tips for pet-proofing your home: After you've cleaned up a pet mess, keep Fluffy or Fido away from the area until it's dry. Cleaning products, especially those with bleach, can result in vomiting, diarrhea, or burns.

Rat and mouse poison can cause life-threatening illnesses if your pets ingest it. Use poison in areas your pets can't access and store it in a locked cabinet.

In the bathroom, cold medications, antidepressants, and vitamins can be hazardous. Also put away sunscreen and toothpaste after using them, as they could cause harm.

The toilet bowl may be just another water dish to your dog, but in-bowl cleaners may make him sick.

Quick Quiz

Each month I'll give you a new question.

Just email me at donzahnle@gmail.com or call 404-939-1309 for the answer.

Which Shakespearean play inspired *West Side Story*?

Thanks for All Your Referrals!

I succeed when people like you refer me to your friends, neighbors and loved ones. It's the best kind of feedback I can receive.

So thanks for continuing to pass this newsletter on to people you care about.

Keep the toilet lid down.

Don't let your pets eat foods such as chocolate, avocados, garlic, onions, and salt, or drink alcohol, and keep cats and dogs out of the garbage; eating rotten food can cause harm.

Pick your plants carefully: rhubarb leaves could cause kidney failure and tulip bulbs may be responsible for heart problems. Around the house, keep electrical cords and outlets secure from teething pups. Some cats also love to chew on cords. Think cord keepers and outlet locks.

Vets suggest that poor indoor air quality—including exposure to mold or dust—doesn't hurt just humans, it also hurts pets. Service your HVAC system regularly and vacuum frequently.

Pets are your furry children. Protect them as you would your human kids.

Wondering How Much Your Home Is Worth?

How has the price of your home changed in today's market? How much are other homes in your neighborhood selling for?

If you're wondering what's happening to prices in your area, or you're thinking about selling your house, I'll be able to help. Just give my office a call for a no-fuss, professional evaluation.

I won't try to push you into listing with me or waste your time. I'll just give you the honest facts about your home and its value. And maybe I'll also give you the "inside scoop" on what's happening in the housing market near where you live!

Just give my office a call at 404-939-1309 to arrange an appointment.

Alternatively, stop by at the office. The address is on the back page of this newsletter.

Worth Reading

7 Memory Skills That Will Make You Smarter

By staff

Business Insider

Learning how to learn can be difficult at any life stage. Peter C. Brown, Henry L. Roediger III, and Mark A. McDaniel are the authors of *Make It Stick: The Science of Successful Learning*. *Business Insider* scoured their book for tips on how building memory skills enhances the ability to learn. Say the authors, "If you're good at learning, you have an advantage in life."

More: <http://tinyurl.com/All-about-you1>

How to Invest in Yourself

By Jon Westenberg

Medium

You're four steps away from completing your goals. Jon Westenberg challenges readers to list 100 things they are going to do no matter what. If you achieve four a year, you can complete the list in 25 years. A possible takeaway: accomplishing your goals is possible, but also time-consuming.

More: <http://tinyurl.com/March-Good-read>

The Running Conversation in Your Head

By Julie Beck

The Atlantic

Most conversations we have go unheard. That's because most of our conversations are internal. Here, Julie Beck, an editor at *The Atlantic*, talks to professor and author Charles Fernyhough about how our inner dialogue develops and impacts our lives. Just because these conversations are silent doesn't mean they're not important; ask any athlete who uses self-talk as motivation before a game. Read this interview to better understand the power of your inner voice. **More:** <http://tinyurl.com/All-about-you-3>

Try 'Home Refreshing' Rather Than Spring Cleaning

Too many people don't have the time or energy to do a full spring cleaning.

Thankfully, a quick and simple home refresh will go a long way toward making your home look new without breaking the bank or your back.

In a Houzz article, Laura Gaskill outlines several easy ways to refresh your home for spring. For example, freshen up your entry simply by sweeping and mopping the front porch and adding a new welcome mat.

If you're fortunate enough to have a back entrance or mudroom, it's time to clear out all the remnants of winter.

Consider adding extra storage with baskets, racks, or closet organizers to keep your newly tidied mudroom or

entrance clutter free. And while you're decluttering, why not tackle clutter catchalls like junk drawers and countertops? You'll be able to find things again, and your space will feel brand new.

Can't remember when you last cleaned your light fixtures? You're not alone; most of us miss this step during regular dusting.

By wiping down neglected lamps and sconces (and those ever-so-dusty light bulbs), you'll lose the grime that's accumulated over many months (years?). Your living space will suddenly feel so much brighter and lighter you may decide to tackle your mirrors and inside windows next.

It needn't cost the earth (or take forever) to change up your décor. New paint is great, but you can achieve a similar result with less work by applying one of today's trendy large-scale adhesive murals to a blank wall.

The result: an instant accent space that's easy to switch up when it's time for a change.

And don't forget greenery—add plants and flowers to your living space for that instant spring feeling.

As you can see, spring cleaning no longer has to be intimidating. With these simple tweaks, your home will feel like spring before you know it.

Exercise = Weight Loss: It's Not That Easy

For years we've been told that weight loss is a simple equation: the more you exercise, the more weight you lose.

Sadly, it's not that simple. Exercise improves physical and mental health, lowers blood pressure, and reduces the risk of acquiring Type 2 diabetes and Alzheimer's. It's a stress reliever. But according to an article on Vox.com, some 60 studies have found that exercise's impact on weight loss is not that significant.

It's explained this way: We gain all our energy from food. But thanks to our basal metabolic rate (over which we basically have no control), we use 60% to 80% of that energy just to function. We use 10% in digestion, leaving only 10% to 30% of energy available to be burned in physical activity (which includes exercise).

What works then? Interestingly, researchers have found that those who are successful in losing weight "weigh themselves at least once a week. They restrict their caloric intake, stay away from high-fat foods, and watch their portion sizes. They also exercise regularly."

Hey. We knew it all along.

Silly Putty Changes Shape of Heart Monitoring

Seventy years ago, scientists were searching for synthetic substitutes for rubber.

Their experimentation resulted in the classic "toy with one moving part." Since then, Silly Putty has been known for its bouncy and stretchy properties that make it fun to shape, mold, and throw.

Now, 21st-century scientists have discovered a potentially life-changing use for the toy. Physicist Jonathan Coleman at

Trinity College, Dublin, discovered that infusing Silly Putty with graphene, a form of carbon that is an excellent conductor of electricity, creates a material that maintains its bouncy nature but can conduct electricity.

The new graphene putty can monitor pulse rate and blood pressure. The "silly toy" just might be the next advancement in heart health.

Ask the Agent: This Month's Question

I'm listing this spring; how can I enhance my home's exterior?

You're smart to think of this. One way to make sure your "For Sale" sign doesn't stay up very long is to pay attention to the lawn around it and the overall appearance of the house as seen from the street.

Exterior spring cleaning can enhance your home's curb appeal: maintaining the roof, cleaning windows and siding, cutting the grass and sprucing up flowerbeds.

Declutter outside, certainly, but why not do more while you're at it? Freshen the paint and upgrade the hardware on your front door. Put urns of flowers on the porch and add plants to the street side of your fence. Make the front look cozy; consider adding a swing or rocking chair to the porch.

Invest in large house numbers that everyone can read from across the road. And don't forget good outdoor lighting. If the inside is as inviting as the outside, potential buyers may even want to stay past dark.

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Sudoku instructions: Complete the 9 × 9 grid so that each row, each column and each of the nine 3 × 3 boxes contains the digits 1 through 9. Contact me for the solution!

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Rosemary Balsamic Lamb Chops

A spring favorite, this dish goes well with mashed potatoes and fresh peas, and can be served with reduced balsamic for a touch of sweetness.

Serves 4

Ingredients

1/4 cup olive oil
2 tablespoons balsamic vinegar
3 garlic cloves, minced
1/2 tablespoon finely chopped fresh rosemary
8 1-inch-thick lamb chops

Directions

In a small bowl, whisk together oil, vinegar, garlic, and rosemary. Add salt and pepper to taste. Transfer to a plastic bag with the lamb chops. Refrigerate and marinate at least one hour, turning occasionally.

Turn on broiler. Remove chops from marinade and arrange on broiler pan. Broil for 5 minutes, then turn and broil for an additional 2-3 minutes for medium. Rest meat for 5 minutes and serve.