

Don's Senior's News

Brought to you by: Don Zahnle
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Spoiler Alert: We're Not REALLY Sharing Anymore

Ironically, the latest Facebook trend is a development no one – not even Facebook – expected when it was launched: Seems people aren't sharing their personal information as before, thus rendering the social network a lot less social.

Facebook's not alone: There's been an undeniable drop in "original sharing" across social platforms. According to a recent Slate article, original sharing includes "posts by people about themselves and their personal lives, as opposed to articles they're sharing from elsewhere on the web." Since with every post we invite the world to look into our lives, this drop may be rooted in safety concerns, which grow as our burgeoning friends' lists grow – often to include "friends" we've never even met.

Another reason for this dip in original sharing may be a result of social pressure. Many individuals are getting big likes for their original content, such that average Facebook users may feel added pressure to "perform" with their posts. For some, it's discouraging when a post or picture doesn't receive enough likes or comments; according to Mahita Gajanan writing in The Guardian, users may even delete their "underperforming" posts. Or stop posting altogether. Then, too, maybe people are getting lazy (or tired of trying to keep up); life gets busy, and, perhaps the initial novelty has worn off.

Regardless of the reasons, Facebook, at least, is adjusting. A recent article in Ars Technica notes that Facebook is shifting focus to "friends and family content" from "content (that) is posted by establishments with (their) own 'page' presence(s) on Facebook."

For timely information and helpful tips about home ownership, please check out my [Facebook Page: Don Zahnle, Realtor](#)

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

Noisy Neighbors Bug Us More Now Than 10 Years Ago

Here's something to consider when planning end-of-summer backyard gatherings: an increasing number of Canadians don't like noisy parties.

While this may seem, well, not particularly newsworthy, a recent Statistic Canada survey on victimization reports that more people found noise to be a problem in their neighbourhoods in 2014 than in 2004. The survey didn't address the issue of whether parties were noisier than they were 10 years before, or whether there were more noisy parties. Or even whether people are getting more sensitive to noise disruptions that impinge on their peace and quiet.

The Statistics Canada survey, released in spring 2016, measured how Canadians perceived overall disorder in their neighbourhoods. It compared perceptions in 2014 against the results of a similar survey in 2004. For survey purposes, disorder included mess, litter, graffiti and property damage as well as public drunkenness and drug issues.

One in four perceived some kind of disruption in their neighbourhoods, but fewer than one in 10 felt it was a big problem. Overall, 23 percent of respondents in 2014 described their neighbourhoods as orderly, compared with 25 percent in 2004. Other facts:

- People in urban centres are also more likely to describe their neighbourhoods as disorderly than those who live in more suburban or rural locales.
- In most provinces, perceptions of orderliness and disorderliness remained stable. Only two reported a significant decrease in perceptions of disorderly neighbourhoods: New Brunswick and British Columbia.

Borrrrring ... ! Why We Have the Attention Span of a Goldfish

Why are we so bored? It's a question scientists are asking as they research boredom in the 21st century. With so much to occupy our time (work, friends, devices) you'd think we'd be too busy being busy to be bored.

But according to a recent article in the *Guardian*, "Despite the plethora of high-intensity entertainment constantly at our disposal, we are still bored." In fact, reports the UK newspaper, we now have an attention span of 8 seconds, that of a goldfish.

Online site Live Science highlights the work of York University researcher John Eastwood, who defines boredom as "an aversive state of wanting, but being unable, to engage in satisfying activity." Apparently, our brains are now so accustomed to constant stimulation that anything less is unpleasant.

Quick Quiz

Each month I'll give you a new question. Just email me at donzahnle@gmail.com for the answer.

What was the leaning tower of Pisa built as?

Thanks for All Your Referrals!

I succeed when people like you refer me to your friends, neighbours 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.

Quoting Eastwood's findings, Live Science notes, "And while seemingly benign, though little understood, boredom can be a chronic condition that may lead to issues like binge eating, drug and alcohol abuse, and gambling problems."

In *Psychology Today*, Temma Ehrenfeld explains that it seems our brains are hardwired to seek pleasure and fast-paced activities that stimulate the body's release of endorphins, the opioid peptides that our brains love.

Ehrenfeld quotes Dr. Irving Biederman, a neuroscientist at the University of Southern California: "To stoke your inner opioids, keep trying new things, or delve deeper into an area you already know and love, triggering fresh insights." Says Biederman, "The best way not to be bored is to do what you like doing. ..."

Are You Wondering How Much Your Home Is Worth?

Do you want to know how the price of your home has changed in today's market? Do you want to know for how much other homes in your neighborhood are selling?

If you're wondering what's happening to prices in your area, or you're thinking about selling your house, I can help.

Either call 404-939-1309 or [email](mailto:donzahnle@gmail.com) me for a no-obligation, professional evaluation.

I won't pressure you into listing with me or waste your time. [Read about how I feel about pressure!](#) I'll just give you the honest facts about your home and its value.

I'll also give you the "inside scoop" on what's happening in the housing market near where you live!

Call me at 404-939-1309 or email me at donzahnle@gmail.com and we will arrange a time to get together.

Worth Reading

How to Make Quantum Leaps Personally and Professionally

By Benjamin P. Hardy
Medium.com

People perform to the expectations placed upon them. Author Benjamin P. Hardy explores this, using illustrations, and points out that we can become the people we want to be. Not thrilled with yourself? You can change. Pick the role you want to play and live it until you become it. **More:** <http://tinyurl.com/Who-R-we1>

The Wisdom of the Aging Brain

By Anil Ananthaswamy
Nautilus

Aging may increase wisdom. Journalist and author Anil Ananthaswamy believes old age is when we become "compassionate and wise." Scientific evidence suggests that while some abilities decrease with age, there are compensations. We may experience a shift toward becoming wiser and developing social consciousness. Even better, we may be able to work toward becoming wiser. **More:** <http://tinyurl.com/Who-R-we2>

The Complex Psychology of Why People Like Things

By Julie Beck
The Atlantic

Culture, personality, geography, and technology provide clues about how and why we like things. In an interview with Beck, Tom Vanderbilt, who has written a book on the subject, argues that taste is a way of categorizing the world and filtering through our options. Developing a true liking for something requires spending time with it, even if we don't actually get [why](#) we like it. **More:** <http://tinyurl.com/Who-R-we3>

These Hacks Cut Noise in Open Concept Spaces

There's no question that open concept living is still the way to go for designers and their decorista clients. And why not? It can make a space feel large and airy, provide the room-to-room flow that supports today's relaxed lifestyles, plus it's so in now that alternatives look dated.

But with the open concept lifestyle comes a problem: no walls means no sound barriers, which can raise noise issues for families with competing priorities. Fortunately, there are hacks to deal with all that racket:

Pad it, literally

If your open living area is a hardscape, without soft materials to absorb sound, fabric can help. Thick, high-quality floor coverings are a great first step.

You don't have to install wall-to-wall carpeting (although that would work wonders); instead, consider adding an area rug to anchor your living room furniture.

If well chosen for their sound-absorbing properties, fabric window coverings also make sense. Eschew sheers or other similar-weight fabrics, as they haven't the chops to do the job.

Allow for options

Create ways to divide your space at will, including popular reclaimed wood sliding doors; pocket doors that disappear when not in use, and even movable sound-absorbing panels like those dividing office cubicles. There are also elegant screens on the market today

that demarcate and reduce sound while keeping that open feeling.

Switch up your flooring

Hardwood, stone, and tile floors may look lovely, but they're part of the problem, not the solution. Cork is a wonderful option, and it comes in all sorts of styles and colours these days. And like wood, cork is soft and comfortable to walk on. While concrete may also absorb sound (and look great), don't install it in locations where you'll be standing for any period of time, like the kitchen. Your legs and feet will notice.

With these and other hacks, decoristas can have it all.

Science Explains the Flab on Your Lab

You really can't blame your pet Lab for begging for scraps. Recent research indicates nearly a quarter of the breed lacks a gene that helps control hunger.

Veterinarians estimate that more than 50 percent of pet dogs in North America are obese. However, as some animal health professionals are quick to point out, there's no standard definition for obesity in animals. And these troubling numbers skyrocket among Labrador Retrievers as 60 percent of this breed is considered obese.

With a biological reason behind it, it's easy to understand why your pup is so likely to beg for food. To prevent obesity in your dog, consider more active ways of engaging with your canine. Throw a toy bone instead of an edible one. Spend more summer evenings walking or playing in dog parks. Find something that can energize both of you.

That said, there may be some benefits to your dog's cravings, so don't feel too badly if Fido insists on scraps; your dog probably responds well to food rewards. Using a food reward system often makes breeds such as Labs easy to train, plus it explains why they make good service dogs. A breed's trainability, not just its potential for obesity, is important to remember when choosing and caring for a family pet.

A Cosmic Connection We Can Drink To

"The water in your glass might be older than the sun," writes Nicholas St. Fleur of the *New York Times*.

How this came to be is still uncertain, but according to St. Fleur, "One prevailing theory says that water originated on our planet from ice specks floating in a cosmic cloud before our sun was set ablaze, more than 4.6 billion years ago." Astrophysicists say that possibly half of our planet's water originates from this

interstellar gas.

"That means ... the liquid we drink ... may be millions of years older than the solar system itself," St. Fleur suggests.

Scientists have discovered that some water molecules contain deuterium. Now they believe this deuterium-rich water can be found all over the solar system, and even in the water flowing from your tap.

Ask the Agent: This Month's Question

What is a reverse mortgage?

Many older people want to tap into the equity in their homes, and some opt for a reverse mortgage. There are pros and cons to reverse mortgages, so if you're considering one, explore all your options. It may not be the best way for you to go.

A reverse mortgage allows a qualified homeowner to convert part of the home's equity into cash, basically borrow money against the value of their property.

Unlike a second mortgage or credit line, there are no interest or principal payments to make on a reverse mortgage, and you needn't sell to use the equity you've built up.

However, reverse mortgages generally come with higher interest rates, and the equity in the home may decrease as the interest on the loan compounds. And while a reverse mortgage can be paid back at any time (typically when the homeowner wants to sell), there likely will be significant penalties.

To search for listings online click [here](#)

DonZahnle.com

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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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Mexican-style Grilled Corn

This also works well when you cut the cobs in half.

Serves 4

¼ cup mayonnaise

¼ cup sour cream

¼ teaspoon cayenne pepper, or more to taste

Zest of one lime

¼ cup chopped cilantro

4 ears shucked corn

Salt to taste

½ cup crumbled Cotija or feta cheese

1 lime cut into wedges

Directions

Turn grill on high and preheat for 15 minutes.

In a small bowl combine mayonnaise, sour cream, cayenne pepper, lime zest, and cilantro.

Oil grate and place corn on grill, turning occasionally until all sides are a little charred, about 8-12 minutes.

Place corn in a dish and season all sides with a sprinkling of salt. Add half the mayonnaise mixture and toss to coat.

Serve with remaining sauce, cheese crumbles, and lime wedges.

