

## Quote of the Month:

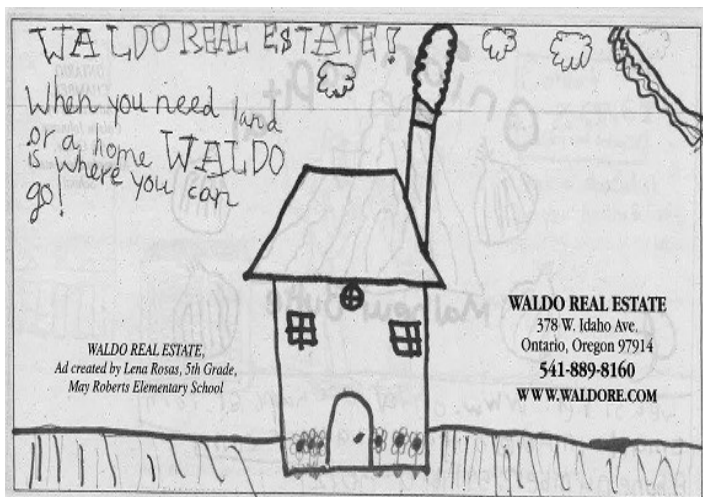
"How we spend our days is, of course, how we spend our lives."

~ Annie Dillard

## Waldo Real Estate ad in the Argus Observer


Stephanie Spiess, Argus Observer's new publisher, brought the Creative Kids product to the Western Treasure Valley in which the Argus Observer partnered with local schools, giving 10-15 minute presentations to 4th, 5th, and 6th grade classes about what makes a good ad. The students were provided templates and information about participating businesses and were assigned 2-3 businesses for which to create ads. After the allotted 2-3 weeks, the ads were gathered and delivered to the corresponding businesses. Each business was tasked with choosing one to be published in the Creative Kids publication. The Argus Observer staff then chooses the 2 top ads for a special prize.



*Thank you, Lena Rosas, for the ad you created!*



## 5 Tips for Preventing Digital Eye Strain

The smartphones, computers and TVs we use every day help us boost efficiency and enjoy modern conveniences. But looking at screens for even a short amount time can lead to digital eye strain, one of the biggest contributors to deteriorating vision.

Take a look at these five healthy vision tips that you can use to decrease the strain on your eyes: 

- 👁️ Make sure any computer screens and external monitors you use are at eye level. Also, try to keep them away from bright lights and windows to reduce glare on the screen. 
- 👁️ When using screens, follow the 20-20-20 rule—every 20 minutes, look at something that's 20 feet away for 20 seconds. This gives your eyes time to relax and readjust.
- 👁️ See if the devices you use have the option to shift to warmer or more natural color tones. The blue light normally emitted by screens can irritate your eyes over time and throw off your circadian rhythm.
- 👁️ Clean your screens regularly so your eyes don't have to subconsciously work harder to make out images.
- 👁️ Consider changing your schedule if you notice your vision is getting significantly worse by the end of the day. This can be a sign of computer vision syndrome, a condition caused by long periods of uninterrupted screen viewing. 

Source: ©Zywave, Inc. All rights reserved.

## Where does the time go?

According to Adrian Bejan, a professor of mechanical engineering at Duke University, our perception of time is rather fluid. Factors including age, activity, and whether we've had enough sleep can significantly skew our sense of time.

In an article published in the European Review, Bejan explains, "Time as we experience it represents perceived changes in mental stimuli." He came to this conclusion after analyzing research on cognition, vision, and time.

He first became interested in the topic many years ago when he was a member of a Romanian basketball team. He realized that when he was well-rested his level of play improved, as well as his awareness of time. The research Bejan has reviewed shows not only how our energy affects our sense of time, but also our vision.

Unconscious rapid eye movements known as saccades are just one of the ways our brains interpret stimuli that influence our sense of time.

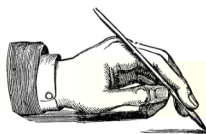
When we are young and experiencing many things for the first time, our brains process the images we see more rapidly, leading to our sensing a slower passage of time. As we age our vision isn't as sharp, so our brains don't process images as quickly, leading to a perception that time is passing more quickly. This can also occur when we are tired or experiencing symptoms from cognitive disorders.

These findings led Bejan to believe that everyone has his or her own sense of time—that has nothing to do with real physical time or another person's sense of time.

## MARCH Events

- 3-4 HAPPY BIRTHDAY Dellas Waldo!
- 3-11 HAPPY BIRTHDAY Kim Stipe!
- 3-12 HAPPY BIRTHDAY Ray Waldo!
- 3-17 HAPPY ST. PATRICK'S DAY!





# New Listing!

Beautiful home with great floor plan. Kitchen has new tile floors, breakfast bar and large pantry that opens to dining and living area. Master bath has over-sized tub and walk-in closet! Large yard is fully fenced, HOA includes pressurized irrigation, large covered patio, RV parking and no back neighbors! \$255,000.

#215-19  
Carla Bourque  
Sales Assoc., ID  
208-409-5317 cell  
See this property at  
<http://www.waldo.com/>



**Waldo Real Estate**  
129 N Plymouth Ave  
New Plymouth, ID  
208-278-5252



# What People Are Saying...



Dee Mosman  
&  
Scott Lamb  
Broker, GRI,  
OR/ID

"Dee & Scott were amazing! They were so positive throughout the whole process of selling our home and buying our new one! We would not hesitate to refer anyone to them.

~ Marina Leos & Tiffany Britton

Local  
Friendly  
Professional



## What You Should Really Know About Browsing for Homes Online

Browser beware: Those listings may be seductive, but they might not be giving you the complete picture. So let's practice some self-care, shall we, and set our expectations appropriately.

### You keep current. Your property site should, too

Get the latest listings from [realtor.com](http://realtor.com)®, which pulls its information every 15 minutes from the Multiple Listing Service (MLS), regional databases where real estate agents post listings for sale. That means that [realtor.com](http://realtor.com)®'s listings are more accurate than some others, like Zillow and Trulia, which may update less often. You wouldn't want to get your heart a flutter for a house that's already off the market.

BTW, there are other property listing sites as well, including Redfin, which is a brokerage and therefore also relies on relationships with brokers and MLSs for listings.

### The best properties aren't always the best looking

A picture, they say, is worth a thousand words. But what they don't say is a picture can also hide a thousand cracked floorboards, busted boilers, and leaky pipes. So while it's natural to focus on photos while browsing, make sure to also consider the property description and other key features.

Ultimately though, ask your real estate agent to help you interpret what you find. The best agents have hyper-local knowledge of the market and may even know details and histories of some properties. If a listing seems too good to be true, your agent will likely know why.

### Treat your agent like your bestie

To assess all of this information — and gather facts about any home you're eyeing, like how far the local elementary school is from the house or where the closest Soul Cycle is — talk to your real estate agent. An agent who can paint a picture of the neighborhood is an asset.

Just remember: You're probably not going to find that "perfect home" while browsing listings on your smartphone. Instead, consider the online shopping experience to be an amuse bouche to the home-buying entree — a good way for you to get a taste of the different types of homes that are available and a general idea of what else is out there.

Once you've spent that time online, you'll be ready to share what you've learned with an agent.

Source: Excerpts from [houselogic](http://houselogic.com), [https://www.houselogic.com/buy/how-to-buy-step-by-step/house-shopping-sites/?site\\_ref=mosaic](https://www.houselogic.com/buy/how-to-buy-step-by-step/house-shopping-sites/?site_ref=mosaic)

I just saw this idiot at the gym put a water bottle into the Pringles holder on the treadmill...

## The Reason Potato Chip Bags Are Never Filled to the Top

If you're a junk food lover, you'll know this: No matter where you shop or what brand you buy, when you tear open a bag of potato chips, it's almost always half filled. This can be quite disappointing. I'd always hope for those crispy, crinkle-cut potato chip bags to be filled to the brim. But there's actually a good reason for this—and no, the food company isn't pulling a fast one on you.

### The reason you're looking at a bag half-full

In the manufacturing industry, 'slack fill' is empty space that's intentionally placed around a product. The idea is that the extra room can act as a buffer to protect your Lays, Ruffles or Tostitos from damage. The trip from the production facility to your office's vending machine can be quite bumpy! If it weren't for slack fill, your chips would probably look more like breadcrumbs.



### But wait, there's more

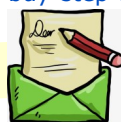
Thought that your potato chip bag was puffed up with air? The cushion actually is nitrogen gas. Chip manufacturers fill bags with this preservative gas to help keep chips fresh. If it were filled with regular air, the chips would likely turn soggy and spoil. In 1994, scientists found that exposing chips to nitrogen not only helped to extend the shelf life, but also made them taste better! I'll take a tasty, fresh snack over spoiled any day.

Psst! Nitrogen is a natural gas and completely harmless.

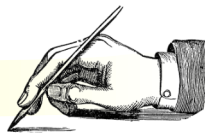
### Still feel deceived by the empty bag?

There's a way to tell how much is in your snack bag before you break it open. In 1966, Congress passed the Fair Packaging and Labeling Act, which requires manufacturers to disclose the net weight of their product's contents to prevent fraud or deceit. When shopping for your next bag of cheese puffs, pay attention to the net weight that's printed on the bag. This way you'll be able to discern if you're getting the most bang for your buck.

Source: Excerpts from <https://www.msn.com/en-us/foodanddrink/foodnews/the-real-reason-potato-chip-bags-are-never-filled-to-the-top/ar-BBTjphg>







## March 1-7 is National Write a Letter of Appreciation Week

When was the last time you wrote a letter to let someone know just how much they mean to you? Now is the time to do just that. You don't have to limit yourself to writing only one.

### March: It used to be the first month of the year

Before the ancient Roman calendar was updated to include the winter months of January and February, the year started with March. Named for Mars, the Roman god of war, March was the time of year in ancient Rome when military campaigns could begin anew as the inclement days of winter were past. Here are a few other tidbits about March you might find interesting:

- **It's all about the weather.** The phrase, "in like a lion and out like a lamb," is often used to refer to this month. The snow and bone-chilling cold weather at the beginning of March will often give way to warmer temperatures that allow for the first buds of the year to come forth by the time April rolls around.

- However, there are times when the weather at the end of March makes one doubt that warmer days are ahead. According to folklore, "borrowing days" occur when it rains during the last three days of the month because March has borrowed the weather from April. By comparison, the first three days of month are referred to as "blind days" during which time farmers should avoid sowing their crops. Rainfall during blind days is considered an omen for a poor harvest later in the year.

- **You must believe in spring, at some point.** Regardless of the weather, a change is on the horizon, and it has a lot to do with the sun. The hours of day and night are nearly the same when the vernal equinox arrives, heralding the first day of spring for those of us living in the Northern Hemisphere. In places such as Australia, New Zealand, most of South America, a portion of Africa, and a bunch of tiny island nations in the South Pacific, this is the beginning of autumn.

- **In bloom.** The daffodil is considered the flower of March, and if you planted bulbs last fall you should enjoy blooms this month. The daffodil is believed to symbolize deep love or regard. To give a gift of daffodils shows your unequivocal regard for the recipient.

- **In stone.** The modern birthstone for March is aquamarine, but ancient Arabic, Hebrew, and Hindu practices associate the bloodstone with this month. Tibetan mystics consider jade to be March's birthstone.

- **A month of madness.** The overwhelming insanity that rules this time of year has little to do with brackets and college basketball. The phrase "mad as a March hare" references the aggressive behaviors the male of this species exhibits during mating season.



One day my mother was out and my dad was in charge of me.

I was maybe 2 1/2 years old and had just recovered from an accident.

Someone had given me a little 'tea set' as a get-well gift and it was one of my favorite toys. Daddy was in the living room engrossed in the evening news when I brought Daddy a little cup of 'tea', which was just water.

After several cups of tea and lots of praise for such yummy tea, my mom came home.

My dad made her wait in the living room to watch me bring him a cup of tea, because it was 'just the cutest thing!'

My mom waited, and sure enough, I walked down the hall with a cup of tea for Daddy and she watched him drink it up.

Then she says, (as only a mother would know) "Did it ever occur to you that the only place that your daughter can reach to get water is the toilet?"

Source: Unknown

## 10 questions to ask your children

Most parents swear that their children ask them what seems like a thousand questions a day—though research puts the number somewhere around 300. This is a good thing, because it's indicative of an active imagination. Of course, having answers for all of these questions can be a test of your own imagination, especially at the end of a long day.

No matter how tired they are, parents should encourage children to ask more questions. Doing so creates a positive reinforcement for their desire to learn and understand new things. It's also a good idea to ask your children a few questions in an effort to encourage them to consider multiple possibilities and feel comfortable sharing their thoughts with you.

One thing you can try is asking your child a question each morning that they could consider over the course of the day and then share their answer with you at dinnertime. Here are 10 questions that can get these conversations and your little ones' imaginations ignited:

1. Who is your favorite superhero?
2. If you had a superpower, what would it be?
3. What animal do you think is cool?
4. What makes you happy?
5. What makes you sad?
6. Who is your best friend in the whole world, and why?
7. If you could do anything today, what would it be?
8. If you could talk to animals, what would you say?
9. If you could travel to anywhere in the world, where would you go?
10. What's one thing you wish you could do all by yourself?





# Waldo Spotlights



John Faw, Barbara Waldo, Slade Waldo, Brad Verigan, Anthony Hackman (instructor), Dee Anne Mosman, & Melissa Wall at the CPR/First Aid training hosted by Waldo Agencies.



Dave made a friend while refreshing his CPR skills.



The Waldo Agencies table centerpiece for the Nyssa Chamber banquet featured water and crops.



Oregon Idaho Electric (Ramey & Dee Mosman) chose an outdoor theme for its table centerpiece at the Nyssa Chamber banquet.



Waldo staff enjoying each other's company and treats while celebrating January birthdays.



Barbara, Amy, Lori, Billie, Kristie, Rebekah, Dee Anne, and Dawna wore red February first in support of Heart Health month.



Christy Waldo's table centerpiece for the Nyssa Chamber banquet included a fairy house complete with a real light.



Rebekah & Mike show their yummy birthday cake.

