

Quote of the Month:

“To tell the truth is revolutionary.” ~ Antonio Gramsci

WELCOME, AMANDA!!

Hello! My name is Amanda Reed and I am extremely excited to be joining the Waldo Real Estate team! I have been a resident of Payette County for 22 years. I have spent 12 years as the owner and operator of two different day care centers in Fruitland. Though I loved being with the kids and getting to watch them grow I have decided that I want to dive into a new challenge. For the last year my family and I have lived in Clinton, CT and while there we realized that there is no place like Idahome!

I have been married for 25 years to my wonderful husband Dan, who works for Fruitland School District.



We have two amazing kids, my son Seth, who has been active duty Navy for the last seven years and will be moving back to Boise with his wife and my two beautiful grand babies (which I will be spoiling at every chance that I get!), and my daughter Amber who will be attending TVCC this fall with aspirations of becoming an art teacher.

Amanda is the newest member of Waldo Real Estate in New Plymouth. We are glad to have her aboard!

September EVENTS



- 9-2 HAPPY **LABOR DAY** Office closed
- 9-15 HAPPY BIRTHDAY Kim Speelman!
- 9-16 HAPPY BIRTHDAY Amy Wood!
- 9-21 HAPPY BIRTHDAY Kristie York!
- 9-22 HAPPY BIRTHDAY Brad Waldo!



Staying Sane Through Information Overload

Learn how to recalibrate when the volume of distractions in your business and daily life begins to eat away at your self-confidence.

...The volume of information competing for your attention on a daily basis can take a monumental toll on your own sense of adequacy. ...

It's Not a Self-Esteem Issue

If you experience a diminished sense of self-worth or self-esteem, ease up on yourself. This is a typical human response to overexposure of stimuli. Feeling time-pressed today isn't connected to how you were raised, where you went to school, where you reside, or who you married. Even people who exhibit high self-worth and high self-esteem often face too much competition for their time and attention, as do people who set goals well. Accept the idea that the dissipation of your career and personal time isn't necessarily your fault, and – bingo! – you're well on the road to winning back that lost time.

Drinking From a Rain Barrel

Suppose you are extremely parched, and the only way to quench your thirst is to lift a rain barrel and take a few sips at a time. This is a difficult way to drink. If you grab a small cup, put it in the rain barrel, and extract a couple of ounces at a time, you can easily quench your thirst. By contrast, when you take in the daily information deluge, the predictable result is drowning in the overwhelming feeling of never being able to process everything you're learning.

Grappling with new information, such as integrating another technology into your work routine or assimilating other changes, goes more smoothly when you employ the basics. What are the basics?

- > Follow directions.
- > Take one step at a time.
- > Assess where you are every couple of steps
- > Determine whether you are on the right path, and if so, continue.

Your goal at all times is to scoop out a digestible volume of information or tackle a doable number of tasks. Forsake seeking to stay on top of it all, which merely ensures you'll fall further behind. No one today can keep abreast of everything, nor is the attempt worthwhile. What you can do—and this is significant—is make choices about where you will offer your time and attention.

Slow Down and Reflect

The pace at which new information arrives will accelerate every day for the rest of your career. Too often, the reflex to take action only exacerbates your time-pressure problems. Do not bite off more than you can chew, and acknowledge that often, the wisest response to too much competition for your time and attention is to simply slow down to assess the best way to proceed.

Do you want it fast, or do you want it to last? Hereafter, begin practicing a new response when too much is thrown at you; momentarily pause. In essence, don't just do something—sit there.

Source: Excerpts from *Realtor Magazine*, August 7, 2019 by Jeff Davidson, <https://magazine.realtor/well-being/health/article/2019/08/staying-sane-through-information-overload#!/#.XVXLbzGUJfY.mailto>

BACK TO SCHOOL

New Listing!

Secluded Country Living! 9.31 acres, 4.3 acre water right, 1823 sq. ft. home, great room with vaulted ceilings, kitchen, breakfast bar, Jenn-Air range, dining room, new laminate flooring, recently painted. Orchard, garden, guest house, barn, fenced and cross-fenced. \$350,000. #188-19

Anthony Hackman
Broker, OR/ID

541-216-0101 cell

See this property at

<http://www.waldore.com/>

Waldo Real Estate

378 W Idaho Ave
Ontario, OR 97914
541-889-8160



What People Are Saying...



Trisha Seese
Benefits

"You won't be disappointed talking to Waldo Agencies. They are knowledgeable & efficient. Very nice people."

~ Duke Moroz



10 Things You Should Never Post on Social Networks

What you post could put your personal safety at risk

Full Birthdate

While you may love getting loads of birthday wishes posted by your friends on your Facebook Timeline, having your birthdate posted on your profile may provide scammers and identity thieves with one of the key pieces of information needed to steal your identity and open up accounts in your name.

Current Location

Many people don't realize that when they post a status update or a tweet, they may also be revealing their current location through geotagging. Giving out your location information can be risky because it tells potential thieves that you are not at home.

Picture of Children Tagged With Their Names

We all want to protect our kids, but many of us post hundreds of name-tagged pictures of our children online for the world to see. What if your friend has their phone stolen or logs into Facebook from the library and forgets to log out? You can't rely on the "Friends only" setting. Assume that everything posted is going to be public and don't post anything that you wouldn't want the world accessing.

Home Address

Don't post where you live as you are making things easy for the bad guys. There's a lot a criminal can do using just your address.

Personal Phone Number

It's possible that your location could be narrowed down by someone using a reverse phone number lookup tool, which is freely available on the internet.

An easy way to allow people to contact you by phone without giving them your phone number is by using a Google Voice phone number as a go-between.

Relationship Status

Posting your relationship status could present encouragement to a potential stalker, and even let them know that you are more likely to be home alone.

Pictures With Geotags

There's no better road map to your current location than a geotagged picture. Your phone might be recording the location of all pictures you take without you even knowing it.

Vacation Plans

When you post your detailed vacation plans, itinerary, geotagged vacation photos or live video, you're all but announcing to the world that no one is at your home and there won't be anyone there for a while. Even a "check-in" at a fancy restaurant reveals that your home is empty.

Embarrassing Things You Don't Want Your Employer or Family to See

Before you post anything online, think to yourself: Would you want your boss or family to see this? If not, don't post it.

Current Job or Work-Related Details

Talking about work-related tidbits on social networks is a bad idea. Sensitive details revealed seemingly innocently could be a violation of a nondisclosure agreement (NDA).

Source: Excerpts from https://www.lifewire.com/things-you-should-never-post-on-social-networks-2487415?utm_source=emailshare&utm_medium=social&utm_campaign=shareurlbuttons, by Andy O'Donnell, Updated August 19, 2019

Recession Fears Grow, But Economists Say Housing Is OK

Recession fears are growing, and that may prompt some Americans—who are still haunted by the last one—to get skittish about the housing market. Don't expect another "real estate fire sale" if the economy heads into another recession, economists say.

"This is going to be a much shorter recession than the last one," George Ratiu, senior economist with realtor.com®, notes in a recent article at the site. "I don't think the next recession will be a repeat of 2008. ... The housing market is in a better position."

Just 2% of economists, strategists, academics, and policymakers surveyed believe a recession will occur this year, based on a survey of more than 200 members of the National Association for Business Economics. Thirty-eight percent believe a recession will begin in 2020, while 25% say by 2021. Fourteen percent don't expect a recession until after 2021.

The market still has plenty of good signs for home shoppers. The Federal Reserve has strongly hinted that another interest rate cut is looming in September, which could help bring mortgage rates down even lower. Unemployment continues to hover around the lowest it's been in the past 50 years. Wages are also growing, and the country continues to be within its longest economic expansion in U.S. history.

If the country does enter into a recession, will home prices plunge like they did during the Great Recession? Many economists don't believe so.

Ratiu believes home prices could flatten in a recession, but they likely wouldn't drop. A shortage of homes for sale and a low amount being built should cushion any slowdown in the economy up against buyer demand, economists note. Also, lending laws have tightened since the housing crisis and borrowers are more qualified in securing a mortgage, notes Lawrence Yun, chief economist at the National Association of REALTORS®. Also, homeowners nowadays have a record amount of equity in their homes, so even if they lose their job they likely would be less inclined to head right into foreclosure and more likely to list their home for sale.

Still, the American psyche may play a bigger role if the country hits another recession. "With people having PTSD from the last time, they're still afraid of buying at the wrong time," Ali Wolf, director of economic research at Meyers Research, told realtor.com®. "But prices aren't likely to fall 50% like they did last time."

Source: <https://magazine.realtor/daily-news/2019/08/27/recession-fears-grow-but-economists-say-housing-is-ok!#.XXJzdVYX8is.email>

BACK TO SCHOOL

BACK TO SCHOOL

When I look around my classroom I couldn't tell you who crawled first, who walked before one or spoke in sentences by 15 months. I can't tell you if their parents breastfed or bottle fed. No clue if they still wear pull-ups at night, because I'm sure many do! I don't know if they potty trained at 18 months or 4 years old. I don't know if their mom ever left them to cry it out for a few minutes or if they strapped them to their bodies 24/7. You know what I can tell when I look at my kids? I can tell which families value kindness and manners in their homes. I can tell when a child feels loved and secure at home (and at school which sadly isn't always everyone's school experience!) I know who has pizza and movie Friday nights and which mom reads in different voices for bedtimes. I see how kids handle scary situations like thunderstorms. I can see who has a solid routine at home and who has chores and responsibilities. I can hear how you speak to your children by how they speak to others. When I look at my little friends I don't see their milestones, I see who they are: their heart their actions, their inner voice, their struggles and triumphs, and I see you; and all the love you pour into them. We are always supposed to talk about testing and benchmarks and data during parent teacher conferences and I had a mom last time look at me and say "I don't worry about all the reading and math, she will get there. I want to know... how is she, as a person? Is she kind? Does she include others?" That took my breath away and is something that will always stick with me!!!

Go easy on yourselves mamas, just love your little ones... it's all they need.

Source: Unknown

The rules of the road when you encounter a stopped school bus

- If it's a two-lane road, one lane in each direction, traffic on both sides must stop.
- If it's a three-lane road, taking into account the center turn lane, traffic on both sides must stop.
- If it's a four-lane road, two lanes in each direction, traffic behind the bus must stop. Vehicles approaching the bus from the other direction on the other side of the double yellow lines may proceed past the bus without stopping.
- If it's a five-lane road, four lanes of traffic with an added center turn lane, vehicles in both lanes behind the bus must stop. Approaching vehicles in the far two lanes may proceed past the bus. Vehicles behind the bus are not allowed to enter the center turn lane and pass the bus. However, approaching vehicles on the far side are allowed to access the center turn lane in order to make a left hand turn. Keep in mind cities have ordinances on how far you can travel in the center turn lane.

For safety purposes and to avoid breaking that law, it's a good idea to avoid accessing the center turn lane until you are beyond the bus.

Also keep in mind, if you're on a bicycle in a bike lane and you roll up on a stopped school bus from behind you are required to stop.

Source: Excerpts from <https://idahonews.com/news/local/the-rules-of-the-road-when-you-encounter-a-stopped-school-bus>

Health & Wellness tips

Start smart with this back-to-school guide

It's almost time to hit the books

After a summer filled with fun and sun, it can be stressful for kids to switch gears and get ready for the school year. Use this back-to-school guide to help prepare your kids for the exciting year ahead.

Ease into the school routine¹

Before school starts, you can gradually adjust your child's sleep and wake times. This will help set their biological clocks for the new schedule. Preschoolers need eleven to twelve hours of sleep a night, school-age children need at least ten hours, while teens need nine to ten hours.

Prepare brain-boosting foods²

- Eggs are a great protein source, but did you know that egg yolks are also packed with choline, which helps memory development?
- Oatmeal is packed with protein and fiber, which help keep heart and brain arteries clear.
- Kale is a super food, packed with antioxidants that help new brain cells grow. Blend kale into smoothies for snack time.
- Apples and plums contain quercetin, an antioxidant that may fight decline in mental skills.

Mindfulness techniques to manage stress

Ask your child to close their eyes and imagine the sounds, smells and sensations associated with an image (like the beach). Practicing deep breathing can also help reduce stress and anxiety.

Start the conversation

Reach out to your child's teachers to talk about their needs. Discuss their strengths and struggles, preferred learning styles and any other issues that may affect them.

¹10 Tips to Get You Ready for Back to School." kids.gov. March 8, 2017. kids.usa.gov/parents/health-and-safety/back-to-school/index.shtml. Accessed June 15, 2017.

²Krueger, Anne. "7 Brain Foods for Kids." [WebMD. webmd.com/add-adhd/childhood-adhd/features/brain-foods-kids#2](https://www.webmd.com/add-adhd/childhood-adhd/features/brain-foods-kids#2). Accessed June 15, 2017.

Source: aetna.com, Start smart, Get your kids ready to go to school

50 Questions To Ask Your Kids Instead Of Asking "How Was Your Day"

1. What made you smile today?
2. Can you tell me an example of kindness you saw/showed?
3. Was there an example of unkindness? How did you respond?
4. Does everyone have a friend at recess?
5. What was the book about that your teacher read?
6. What's the word of the week?
7. Did anyone do anything silly to make you laugh?
8. Did anyone cry?
9. What did you do that was creative?
10. What is the most popular game at recess?
11. What was the best thing that happened today?
12. Did you help anyone today?
13. Did you tell anyone "thank you?"
14. Who did you sit with at lunch?
15. What made you laugh?
16. Did you learn something you didn't understand?
17. Who inspired you today?
18. What was the peak and the pit?
19. What was your least favorite part of the day?
20. Was anyone in your class gone today?
21. Did you ever feel unsafe?
22. What is something you heard that surprised you?
23. What is something you saw that made you think?
24. Who did you play with today?
25. Tell me something you know today that you didn't know yesterday.
26. What is something that challenged you?
27. How did someone fill your bucket today? Whose bucket did you fill?
28. Did you like your lunch?
29. Rate your day on a scale from 1-10.
30. Did anyone get in trouble today?
31. How were you brave today?
32. What questions did you ask at school today?
33. Tell us your top two things from the day (before you can be excused from the dinner table!).
34. What are you looking forward to tomorrow?
35. What are you reading?
36. What was the hardest rule to follow today?
37. Teach me something I don't know.
38. If you could change one thing about your day, what would it be?
39. (For older kids): Do you feel prepared for your history test?" or, "Is there anything on your mind that you'd like to talk about?" (In my opinion, the key is not only the way a question is phrased, but responding in a supportive way.)
40. Who did you share your snacks with at lunch?
41. What made your teacher smile? What made her frown?
42. What kind of person were you today?
43. What made you feel happy?
44. What made you feel proud?
45. What made you feel loved?
46. Did you learn any new words today?
47. What do you hope to do before school is out for the year?
48. If you could switch seats with anyone in class, who would it be? And why?
49. What is your least favorite part of the school building? And favorite?
50. If you switched places with your teacher tomorrow, what would you teach the class?



Source: Excerpts from: <https://herviewfromhome.com/50-questions-to-ask-your-kids-instead-of-asking-how-was-your-day/>

BACK TO SCHOOL

Waldo Spotlights



Awesome seats!!! Thanks Liberty Mutual!!



In appreciation of their great work, Kristie and Brittany attended a Mariners game in Seattle courtesy of Liberty Mutual.

Debi, Mae, & Phaedra in the Waldo Agencies booth at the Oregon Association of School Business Officials.



For National Coloring Book Day, Waldo Agencies colored at lunch. Kristie's work was voted best Coloring Skill, Rebekah's was voted Best Overall, Riley's was voted most Creative in Colors Used, and Renna's was voted Most Eye-Catching. Each winner received a Sorbenots Coffee gift card.



John Faw at his post as chef for the Realtor® BBQ lunch in the park.



Ellen and scrapbooking friends display their scrapbooking bags that were custom-made by one of these very talented ladies.

Phaedra is the new Board Chair of the National Association of Health Underwriters. They made a great choice!

