

# Waldo Connection

The deep roots never doubt spring will come. ~ Marty Rubin

Volume 16 Issue 3

March / April 2022



## HAPPY HEALING!

On March 1, Dee Anne underwent Pectus Excavatum surgery at the Mayo Clinic in Phoenix, AZ with hubby, Ramey, by her side. (below)

She had (and still has) a wealth of support from family and friends.

The magnificent Maloney's (above) gave her a place to stay before and after her surgery. Love the t-shirts, Dee Anne!



Her friend, Erica and sister-in-law, Dawn (both nurses) went to AZ to help with her recovery. Another sister-in-law, Malia, flew down to escort Dee Anne back home.



The team at Waldo Agencies rose to the occasion as well and put together a meal train, so Ramey didn't have to learn how to cook!

“Thank you, everyone, for your support and words of encouragement! I am so happy that I have such a caring family, group of friends and coworkers! It kinda feels like I got hit by a truck but having all of you in my life makes it easier to get back up again!! Cheers! ~ Dee Anne”



**FOR APRIL, our focus shifts to NUTRITION!  
EAT YOUR COLORFUL VEGGIES**

### HOW IT WORKS

- 1 point each day for eating the color of the veggie of the week (Mon-Fri)
- 2 points if you post to the Waldo Connection Facebook page: 1 of your veggies in a recipe for all to share

**WEEK 1:** Orange or yellow veggies

**WEEK 2:** Green veggies

**WEEK 3:** Red veggies

**WEEK 4:** A rainbow of veggies

### BONUS POINTS (no limit!)

Make a recipe using one of the veggies listed below and you get **5 extra points** for each one you eat. Must post to our Waldo Connection Facebook page to receive pts.

Eggplant, okra, collard greens, brussels sprouts, turnips, parsnips, rutabaga.



**Who's  
New at  
Waldo  
Agencies?**

## Meet Lori Hernandez!

“Hello! I am so excited to be a part of the Waldo team. I look forward to learning all I can about the insurance industry from all the wonderful people here. I was born and raised in Nyssa, OR where I met and married my husband of 26 years, Alfredo. We live in Meridian, ID and are the proud parents of three amazing kids ages 28, 23 and 20. After enjoying many years on a baseball or softball field, being our children's biggest fans, we are now enjoying being each other's biggest fans in our empty nest. I enjoy crafting, baking, reading and spending time in the mountains.”

## NATIONAL GARDEN MONTH

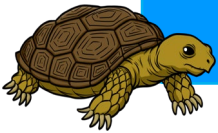
Take some time this month to engage your family, friends and neighbors in gardening.

Get outside and garden with your family. Grow herbs indoors and share with others. Make a window box salad garden, find new ways to be green, create space to garden in the city or small apartment, build a garden bed, buy a plant, fertilize your indoor plants, grow basil in a windowsill . . .



What did the turtle tell the insurance agent?

"No, I don't want to buy life insurance. I'm already covered."



### 3 TIPS FOR PREVENTING A HOME BURGLARY

No matter how secure your insurance policy is, a home burglary is something we all hope we never have to go through. Even the idea of strangers rummaging through priceless possessions is enough to send a shiver down the spine. Here are a few tips you can use to prevent a break-in.

#### #1 Hide your trash



Especially after birthdays or the holidays, don't leave your expensive boxes, bags or even receipts out in plain sight. That's basically an advertisement for would-be opportunists to pinpoint your home as a place with items of value. Keep your trash in a secure place until pickup day.

#### #2 Get steel exterior doors



While wooden doors are much more charming, steel doors are much harder to kick in, especially if the owner isn't in. Add deadbolts, too, for extra security. The perfect investment for peace of mind.

#### #3 Don't post on social media when on vacation



Sometimes we forget that our social media isn't just visible to our friends or family. Some burglars are trained to scour the web for homeowners on trips who may have just left all their stuff completely unguarded. Set your profile to private or limit the amount you post. You never know who could be watching.

Even with all the precautions, you can't always stop the worst from happening. Make sure your contents insurance policy is up to date and covers a break-in. If you're not sure, contact us!

Our policy advisors can help you make the right decision for you!

Scan this code or contact us at Field-Waldo Insurance at 541-889-9181.

You can also email us at: [contact@waldoagencies.com](mailto:contact@waldoagencies.com)



NEED INSURANCE?

## Inspiration

Spring is just around the corner, and I bet you're feeling the itch to do some spring cleaning. NOT!

If you're lacking motivation to freshen up space in your home, go to [houzz.com](http://houzz.com) and get inspired!



Houzz has been around for over a decade, and the website provides home décor and decorating ideas to its users by browsing over 20 million interior design photos. Simply type in key words like "Dark blue kitchen" or "yellow bookcase" – whatever you're struggling with, the search engine will return all sorts of ideas you can use for your own home.

People say that lettuce has no flavor. I tell them, "It's an issue that needs a-dressing."



### BASIL PESTO VEGGIE SALAD

Yields 6-10 servings

- 1 lb. pound cherry tomatoes, halved
- 1 avocado, diced
- 1 cucumber, sliced
- ¼ cup red onion, diced
- 1 head of chopped romaine lettuce
- ¼ cup basil pesto (can buy in a jar)
- 3 tablespoons lemon juice
- Salt and pepper to taste

#### Directions

In a large bowl, combine the tomatoes, avocado, cucumber, red onion and lettuce. Add the basil pesto and lemon juice to the salad and toss to combine. Season with salt and pepper. Use more basil pesto and lemon juice, if desired.

Eat your GREENS!



## WHAT PEOPLE ARE SAYING!

"Anthony always had the objective clearly in mind. I live 600 miles away, so I had to rely on Anthony for everything! He came through in spades."

~ Jocelyn Thompson, Customer



Waldo Real Estate's  
Anthony Hackman, Principal Broker, OR

### EARTH DAY, APRIL 22.

The 2022 theme, "Invest in Our Planet," centers on finding solutions to climate change and encouraging governments, citizens and businesses to do their part.



### Take Precaution Driving in Rainy Weather

April showers may bring May flowers, but they also make driving difficult. 75% of all weather-related car accidents happen on wet pavement, and 47% of them occur when it's raining (yearly). Here are some reminders from the Bankrate website:

- Keep your distance
- Don't use cruise control
- Slow down slowly
- Keep steering if you skid
- Avoid buses & trucks



Waldo Real Estate • 378 W Idaho • Ontario, OR • 541-889-8160

Spectacular views from this MESA, ID home. 3 bedroom, 2 bath on 12.45 acres with a shop with electricity. \$429,000.

Click [here](https://www.waldore.com/properties/1211mesardmesaidaho) to see the property profile on Waldo Real Estate. MLS # 98837179

<https://www.waldore.com/properties/1211mesardmesaidaho>

For more information, please contact:  
**Anthony Hackman, Principal Broker, OR**  
CELL: 541-216-0101





## RISKY RENTERS

As the coronavirus pandemic forced people to spend significantly more time at home, renters have risk on their minds, according to a survey by [Expertise.com](https://www.expertise.com).

Nearly 1 in 2 respondents with renters insurance took out a policy during the COVID-19 pandemic due to being home more often. Seven in 10 of insured respondents believe it's worth it for the peace of mind it provides.

For those who don't have renters insurance, the number one reason for foregoing coverage was that it is too expensive. However, nearly 8 in 10 respondents without renters insurance overestimate the cost of coverage, with 2 in 3 mistakenly thinking renters insurance costs over \$1,000 a year. **The average monthly cost of renters insurance for the respondents was \$33.**

Alarming, 11% of uninsured respondents incorrectly believe they don't need renters insurance because their landlord has insurance. And 17% of respondents whose landlords require renters insurance still don't have it.

More than two-thirds of uninsured renters do not have enough savings to replace their possessions if they are damaged.

**Source:** Independent Agents Magazine Dec. 2021 issue

## Talk Your Way Into Confidence

Self-confidence is crucial to achieving your goals, but many people struggle with it. Sometimes you're your own worst enemy, running yourself down in your thoughts. NPR offers these insights into being nicer to yourself so you can succeed on the job and in your life.

**Talk to yourself like a friend.** You wouldn't call your best friend stupid, would you? Don't do it to yourself either. Learn to be kind to yourself; never put yourself down. Be constructive when you make a mistake - not "I am such an idiot!" but "How could I have handled that better?"

**Keep a log of your thoughts.** Pay attention to how often you criticize yourself throughout the day. You may find that you're pretty harsh, which can help you realize that you can be more gentle with your thoughts.



## POP CULTURE CHALLENGE

What is round, colorful, squishy and bursting with personality? **SQUISHMALLOWS!**

Squishmallows are plush stuffed animals that both kids and adults have come to love. They are famous for being ultra soft, absolutely adorable, super huggable and often used as pillows. Squishmallows come in a variety of named characters in various shapes, sizes and colors.

What's cool is you can find Squishmallows all over the place: Fred Meyer, Walmart, Amazon, Walgreens and Target (just to name a few). Next time you're out shopping, track one down and see for yourself why these "squishes" are such a hit!

Click [here](https://www.toynk.com/blogs/news/what-is-a-squishmallow) for more information on the squishy collection.

<https://www.toynk.com/blogs/news/what-is-a-squishmallow>

**OOPS! We made a mistake.** Last month's Pop Culture Challenge featured the Paprika app. Unfortunately, the link was partially cut off. If your interest is piqued, you can check it out here: <https://www.paprikaapp.com>

**Find authentic affirmations.** Let's face it, lots of "positive thinking" affirmations can sound cheap and cheesy. Train yourself to respond to negative thoughts with something you can believe in—"I learn from my mistakes," or "I don't have to worry about things I can't control."

**Redirect your thoughts.** Try not to think about yourself so much. Find an activity that demands your full concentration. Volunteer for a cause you believe in. Getting out of your head can help more positive thoughts seep in.

## HEALTH WATCH

Enjoy better health with avocados!



Avocados are an essential ingredient in tacos, guacamole, salads and more. They're also a part of a healthy diet. The Healthline website lists these benefits of eating more avocados . . .

**IMPORTANT NUTRIENTS.** Avocados are high in fiber, healthy fats, vitamin C, vitamin E, vitamin B6, potassium, magnesium and folate. Many of these nutrients support the immune system and suppress inflammation.

**GUT HEALTH.** The fiber in avocados supports a healthy digestive system by promoting the growth of healthy bacteria in your gut. Some evidence suggests that consuming avocados (along with other fiber-rich foods like fruits, vegetables, nuts and seeds) may increase bacterial diversity and reduce fecal bile acid concentration.

**HEART DISEASE RISK.** Avocados have lots of potassium and magnesium, which are beneficial for controlling blood pressure. They may also help increase levels of HDL ("good") cholesterol and decrease levels of oxidized LDL cholesterol, which is associated with atherosclerosis - the accumulation of plaque along artery walls.

**ANTIOXIDANTS.** Avocados are filled with carotenoids and other nutrients that possess significant antioxidant, neuroprotective and cardioprotective properties. Carotenoids have been shown to protect against oxidative damage, which is associated with many chronic diseases.

**PREGNANCY AND BREASTFEEDING.** The body's need for certain nutrients, like folate, potassium, vitamin C and vitamin B6 jumps during pregnancy and breastfeeding. A single avocado can provide 27% of a woman's daily folate requirements during pregnancy.

When I was asked if I preferred burritos or tacos, I didn't know how to answer. I was stuck between a guac and a hard place.

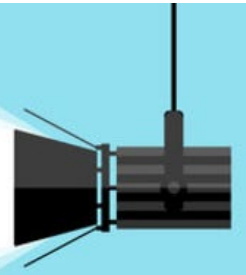
**HAHA!**



"We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes - understanding that failure is not the opposite of success, it's part of success." ~ Arianna Huffington



# IN THE SPOTLIGHT



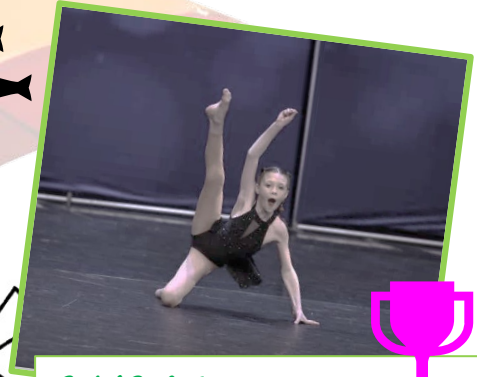
## Leprechaun Sighting!

Kim dons her St. Pat's outfit and I'm sure there were some office shenanigans.



## Wowza!

Jeremy caught a 13 lb. Bull Trout at Lake Billy Chinook.



## Goin' Solo!

Kelly's daughter, Lilah, competed and placed in the top ten with her dance solo with only three weeks of practice.



## How High Can He Go?

Dawson Mosman starts off his Junior year track season with a personal record of 5'10" on the high jump!



## City Trip!

Brad and family enjoying a little vacation in Walla Walla, WA.



## Fifty Fine!

The staff decorated Dallas' office in celebration of completing 50 successful years of life on this planet.



## Staying Fit!

Dave out enjoying his daily walks in McCall, ID.



## You Can Run But ...

Well Waldo, you can run and hide but the service team will find you! Dawna found Waldo outside, and Kristie just saved him from jumping out the window in Lee's office. Great job ladies!!



## The Caribbean

Dallas & Patty take a trip to the British Virgin Islands to escape the cold and rain.