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Nancy's Network

News for Your Life and Home



March 2013

A Letter From My Heart

We've been having lots of snow for great skiing in Steamboat Springs and are about to have more crowds for the beginning of Spring Break for Texans and other states. I've been enjoying my classes with cautious adults in levels from Never-Evers to Level Four which are my specialty. There are days when I've been off the teaching schedule which gives me time to work on my taxes and other personal paperwork and activities.

There continue to be a lot of special programs, races, music bands, and activities for the celebration of the 100 years for the Steamboat Ski School. The Events on February 9th at Howelson Hill with the children of all ages from the Steamboat Winter Club featured the Lighted man, ski jumpers, racers, and fireworks. The skies were lit up with the most spectacular and longest display of fireworks of all types and sizes I've ever seen. This, of course attracted thousands of locals and tourists who stood and sat in falling snow during the entire display for several hours.

Lane and I had an invitation for one of the special openings of the newly finished three story addition which housed the collections and storage of the Thread of Pioneers Museum. She had done some Grant Writing to raise extensive funds for the Museum and knows a lot of people and Board members. The special features on display were the history of the early days of the town and ranches surrounding Steamboat, as well as the 100 year history of Steamboat skiing, and lots of special photos, paintings, furniture, old skis, boots, saddles, farm equipment, and several Victorian decorated rooms.

I already told you about my granddaughter, Sydney Middleton's engagement to Andy Gerten. They have set the wedding date for August 10th and have asked 7 year old Sal Malone to be the ring bearer, so he, Lane, and Michael will be coming to Deephaven in August for the wedding and a long overdue visit.

Lane worked at home the last week in February and early March, and then will have a five day work week in Denver at the MS National Society office the following week. The current plan is for one week in Denver and the alternate week at her home office in our house in Steamboat.

I will be flying back home on March 25th and contacting my clients who will be moving. Hopefully, the cold and snowy weather in Minneapolis has helped them with their indoor de-cluttering projects and getting ready for a very active Spring Market where the balance of business has changed from it being a Buyers' market to a Sellers' market.

I hope you all have special plans for however you celebrate Easter, whether at church and/or collecting Easter eggs with your families and friends inside or out, depending on the weather March 31st. Nancy

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P.S. I rely on great people like you to spread the word about my business. If you hear of anyone who may need real estate help, be sure to give me a call to discuss how we can let them know about my services, or have them call me directly. Thanks.

Everyone has heard of Murphy's Law: "If anything can go wrong, invariably it will." But hardly anybody knows who Murphy was.

MURPHY'S LAWS

phy's first law: "If anything can go wrong, invariably it will." But hardly anybody knows who

The search for Murphy's notebooks over the years has led to a garage in Toledo, Ohio; an inventor's junk loft in Aliquippa, Pennsylvania; and the home of a retired female blackmailer in Sarasota, Florida. It was learned that Murphy had no first name, that he never could hold a job, and that his writings were returned by the post office for insufficient postage.

Everything Murphy wrote was an explanation for why things go wrong. Here are a few more Murphy classics:

- Nothing is ever as simple as it first seems.
- Every activity takes more time than you have.
- Everything you decide to do costs more than first estimated.
- Whatever you set out to do, something else must be done first.
- If you improve or tinker with something long enough, eventually it will break.
- By making something absolutely clear, somebody will be confused.
- You can fool some of the people all of the time and all of the people some of the time, and that's sufficient.

A LITTLE SALT GOES A LONG WAY

Salt has been used as a food preservative and flavor enhancer for thousands of years. The ancient Egyptians, for example, left salted fish and birds as funeral offerings as far back as 3,000 B.C. The word "salary" comes from the Latin word "salarium", which referred to wages paid to Roman soldiers to purchase salt.

Today, salt is everywhere, which has doctors worried. The average North American consumes about 3,400 mg of salt each day, far more than the American Heart Association's suggested 1,500 mg (about a teaspoon).

The problem? Salt in the bloodstream tends to attract water; too much salt increases blood volume; and that creates pressure on blood vessels and the heart. The long-term effects of excessive salt consumption have been linked to heart disease, stroke, high blood pressure, kidney disease, and other illnesses.

Talk with your doctor about how much salt in your diet is good for your health. By the way, don't substitute sea salt for regular table salt in hopes of eating healthier; scientists say that both have equal chemical makeup and nutritional value.

*"Those who mind
don't matter,
and those who
matter
don't mind."*

- Bernard M. Baruch

5x5 EXERCISE

Too tired to work out? Too busy? Too...whatever? Here's a way to slip exercise into your day without heading to the gym or breaking for a long period.

minutes each time.

5x5 exercise means to exercise vigorously five times per day for five

When you get up in the morning, do morning calisthenics. Take five to do jumping jacks, run in place, do burpees, or put on the music and dance. Five minutes goes by quickly.

On morning and afternoon breaks at work, instead of lounging in the smoking area, take a brisk five minute power walk, run up and down the stairs, or do stomach crunches in the lounge.

Before going to lunch, do more of the same for five minutes.

And when you get home in the evening, before you eat or sit down to watch TV, slip in some hula hooping, dancing, a brisk walk, burpees, etc.

Before you know it, you've slipped 25 minutes of exercise into your day. Mix up your exercise types to include both aerobic and strength exercises. Aerobic exercises are those that keep you moving—running, walking, swimming, dancing. Strength exercises involve resistance—push ups, weights, sit-ups, yoga.

*"Be
yourself:
everyone else
is already
taken."*

~ Oscar Wilde

Steamboat Snapshots





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"People rarely succeed unless they have fun in what they are doing."

~Dale Carnegie

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