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Find the Strength in Your Weakness

A 10-year-old boy had lost his left arm in an accident. He wanted to grow stronger, so he began lessons with a wise judo master. In time the boy improved. But after months of training, he couldn't understand why the master had taught him only one move.

"Master," the boy said, "Shouldn't I learn more moves?"

"This is the only move you'll ever need," the master replied.

Not quite understanding, but believing in the wisdom of his teacher, the boy kept training.

More months later, the master took the boy to his first tournament. The boy surprised himself by easily winning all his initial matches. Then came the final match.



This time, his opponent was bigger, stronger, and more experienced. For a while, the boy with one arm appeared to be overmatched. Concerned for the boy's safety, the referee was about to stop the match. But the master intervened. "No," he said. "Let him continue."

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Soon, the boy's opponent made a critical mistake and dropped his guard. Instantly, the boy used his move to pin him. The boy won the match and the tournament.

On the way home, the boy summoned the courage to ask, "Master, how did I win the tournament with only one move?"

"You won for two reasons," the teacher answered. "First, you've mastered one of the most difficult throws in judo. Second, the only known defense for that move is for your opponent to grip your left arm."

The boy's biggest weakness had become his biggest strength.

~ Mark Dankman

February Q & A
Question: When is the next Leap Year?
Answer: 2020

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INSIDE THIS ISSUE
• Find the Strength in Your Weakness
• Kid-Friendly Exercises
• Does Raising Your Phone Improve Reception?
• Stop Your Phone from Draining Data
• March Quiz Question
• The History of Spring

Kid-Friendly Exercises

As worries about obesity fill the media, parents are taking more active steps to ensure that their children learn good exercise habits. Here are a few simple child exercise routines from Parenting.com:

- **Faux Pushups.** Have your child get into a raised pushup position. Then say the alphabet, high-fiving your child with each letter (alternating hands).
- **Sit-ups.** Take a ball and lie down facing each other, feet touching. Sit up together and pass the ball to your child at the top of the sit-up, then go back down. Repeat back and forth for as long as you can.



effective in helping younger kids head off tantrums.

- **Water balloon walk.** Fill a water balloon and have your child hold it between her knees. Then try walking without bursting it or dropping it.
- **Kid Lunging.** Have your child take the longest step he can with one foot, then pause all stretched out. Then stand up and take a step with the other foot. Have him lunge all the way to your car or the park.
- **Bicycle.** Your child lies on the floor, lifts her legs, and moves then in a circular motion like riding a bicycle. Ask her to say “ha-ha-ha” in time with the movements. This can be particularly

When given an opportunity, deliver excellence and never quit.—Robert Rodriguez

Does Raising Your Phone Improve Reception?

We've all done it. We're hiking in the woods, visiting a friend, or shopping in a big box store somewhere, and we can't get a signal. So, we instinctively raise our phones in the air, as if there were a hidden wave of receptivity floating overhead, if only we could reach it. Does it help?

According to experts, no. There is no connection between cell reception and raising your phone into the air just above your head. Reception is "mostly homogenous" around us, and lifting your arm won't change this. However, you may get more bars by walking around. Cell reception could be being affected by structures, such as glass doors and metal in walls, so moving away from these blockages can improve reception.

Raising your arm to get better reception can go into the same book as pushing the elevator button repeatedly, an act that doesn't change the elevator's programming one bit.



Stop Your Phone from Draining Data

Phones can chew through data without you realizing it. Here's how to reduce usage:

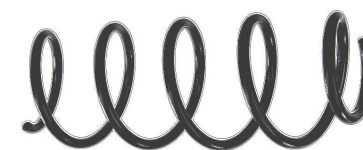
1. **Turn off “push notifications.”** Go to Settings > Apps > Open each app and check/uncheck the box that says Show (or Allow) Notifications.
2. **Change your Wi-Fi settings.** Make sure some services run only over Wi-Fi. Go to Settings > Data Usage > Open each app and check the box that restricts app background data to Wi-Fi only.
3. **Turn off video auto-play.** Change your settings in individual apps like Facebook and Instagram so videos do not automatically start playing.
4. **Data-based text services.** If you are not connected to Wi-Fi, try not to use apps like WhatsApp, as it uses data to send text messages.
5. **Beware of “free” apps.** Free apps can often use up more data than the premium (paid) version, as they generally have more advertisements.
6. **Manually close apps.** Pressing the Back or Home button to exit apps does not fully close them. Make sure apps that use GPS (maps) and streaming (YouTube, Apple Music, Spotify) are fully closed. Each phone has a different process for this.

March Quiz Question

Q: How many time zones are there in the world?

There is no greater agony than bearing an untold story inside you.—Maya Angelou

The History of Spring



Spring is as good a time as any to discuss springs. From ordinary screen door closers to cars' shock absorbers, we use them every day, but seldom think about what an innovation they were in human history. Did you know that even your tweezers are a form of spring? Anything that stores and then releases mechanical (vs. electrical or magnetic) energy is a spring. In 1676 British physicist Robert Hooke developed Hooke's law, which states that the force a spring exerts is proportional to its extension.

One of the first forms of spring was the bow (and arrow). In the Bronze Age, more sophisticated spring devices were developed, in particular tweezers. During the third century B.C., leaf springs were used to operate catapults. In the early 15th century, coiled springs were developed for use in door locks. By the 16th century, tiny coil springs were used in time-pieces, allowing clocks to become portable, eventually becoming watches. Prior to this innovation, weights were used to power time-telling machinery. Springs have been truly one of the engines of modern human progress.