

Millennials Leading In Home Purchases

Millennials are buying more homes than Gen Xers, baby boomers, and other age groups, according to the Builder Online website, citing a survey by the National Association of Realtors.

Thirty-four percent of all home purchases in the United States in 2017 were made by millennials, followed by Generation X (28 percent), baby boomers (30 percent), and people born from 1925-1945 (6 percent).

In 2018, the typical millennial home buyer has a higher household income than last year (\$88,200 vs. \$82,000). He or she bought the same size home, 1,800 square feet, for more money at a higher price—\$220,000 versus \$205,000 in 2017.

Millennials in 2018 have higher student debt balances than those in previous years, and more of them say that saving for a down payment is the most difficult task in buying a home.

How The Greats Got Their Start

Great writers have to start somewhere. Some of the most creative poets and novelists toiled in distinctly non-creative jobs before hitting it big. Here are a few of them:

- ❖ **Langston Hughes.** The famous poet worked as a busboy in Washington, D.C.'s Wardman Park hotel. When another poet, Vachel Lindsay, took a seat at a table, the young Hughes offered her some of his poems, and Lindsay was struck by his skill, leading to his eventual success.
- ❖ **J.D. Salinger.** The reclusive writer, best known for his novel *The Catcher in the Rye*, once served as entertainment director aboard a Swedish luxury cruise ship, the H.M.S. Kungsholm.
- ❖ **Mary Higgins Clark.** The award-winning mystery writer held a wide variety of jobs before turning to full-time writing at 47—secretary, business machines manager, catalog copywriter, model, and flight attendant for Pan American Airlines.

Here's To You, Dad: The Start Of Father's Day

Father's Day started with a dedicated woman: Sonora Smart Dodd, the daughter of a widowed Civil War veteran who had raised her on his own. Dodd came up with the idea for a special day celebrating fathers when listening to a Mother's Day sermon in 1909. She held her own special tribute for her father on June 19, 1910, in Spokane, Wash., and began a campaign for an official celebration thereafter.

The idea of Father's Day initially met with some skepticism, but in 1919, President Calvin Coolidge expressed support for the holiday, and in 1926 a National Father's Day Committee was formed in New York City. In 1966 President Lyndon B. Johnson signed a proclamation designating the third Sunday in June as Father's Day, but it wasn't until 1972 that President Richard Nixon officially recognized it as a national holiday.

June Events

June 2nd	National Doughnut Day
June 9th	Donald Duck Day
June 12th	Red Rose Day
June 14th	Flag Day
June 17th	Father's Day
June 21st	National Selfie Day
June 27th	Sun Glasses Day
June 29th	Hug Holiday



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Quotes

"Without hard work, nothing grows but weeds."

—Gordon B. Hinckley

"Great things are done by a series of small things brought together."

—Vincent van Gogh

"Champions keep playing until they get it right."

—Billie Jean King

A Once-In-A Billion-Year Spin

Galaxies rotate, just as Earth and other planets do. However, their spin is remarkably consistent, regardless of size. The Discover Magazine website reports that scientists have determined that all galaxies rotate approximately once every billion years, whether they're massive spiral galaxies or small irregular dwarfs.

Researchers measured the velocities of hydrogen in the outer discs of a variety of galaxies differing in size. The measurements allowed them to calculate the rotation period of each galaxy. "Discovering such regularity in galaxies really helps us to better understand the mechanics that make them tick," one scientist says.

Accentuate The Positive

The things we read, view, and listen to can influence our behavior. Make sure your children are exposed to material that offers positive life lessons that will help them develop a sense of responsibility, integrity, and honor. Here are a few tips to try:

- ★ **Share uplifting stories.** Spend quality time with your children reading stories that are age appropriate and have a moral. Apply this logic to movies and TV shows the entire family can watch.
- ★ **Create a forum for dialogue.** You want your children to ask you questions and come to you with their concerns, so be prepared to listen and respond without judgment or bias. Give them the opportunity to find solutions to their challenges, but let your wisdom be their guide.
- ★ **Be their best role model.** Your children see and hear more than you realize. Don't ask anything of your children that you aren't committed to doing yourself. Your behavior should be the benchmark of what is expected of family members.

Get Fit For Summer

The American Heart Association recommends getting 150 minutes of exercise each week. That might sound like a lot if you've been stuck in a sedentary rut lately, but it actually works out to 25 minutes of activity over the course of 6 days.

Here are a few simple ways to get active this summer and keep moving throughout the remainder of the year:

- **Find the time.** Not sure where to fit a new fitness practice into your daily schedule? Think small. Commit to doing 10-minute workouts two or maybe three times a day to get started.
- **Just get moving.** Walking is something most of us can do, so find ways to do more of it during your day! Park farther away when you go to the mall or grocery store. Take the stairs instead of the elevator or escalator when possible. Take a walk around the block after dinner simply to pass the time.
- **Try something new or different.** Consider joining a volleyball, softball, or other sort of league. Learn to line dance. Take a hula hoop class. Look for activities that meet weekly over the course of several weeks. You just might end up with a new pastime, but at the very least you will have dedicated a fixed amount of time to your fitness routine.
- **Be good to your body.** Take the time to warm up before starting any sort of moderate or vigorous physical activity, always work at a reasonable pace, and save a bit of time at the end of your workout for a cool down that will help return your heart rate and breathing to normal. This post-workout period is also a good time to stretch those muscles, but be gentle with yourself.
- **Don't do it alone.** Having a workout partner can help you stay motivated and accountable to your plan of doing something every day. Include your spouse and children so the whole family can share in the goal of being more active.
- **Find another reason.** Walk, bike, or run for a worthy cause. Participating in charity-sponsored fitness events allows you to establish a training routine and help others while helping yourself.
- **Be patient and realistic.** Improvements in strength, stamina, flexibility, and balance are goals you achieve gradually and over time. Trying to force results or doing more than you are capable of is a surefire way of developing an injury that will prevent you from maintaining an active lifestyle.

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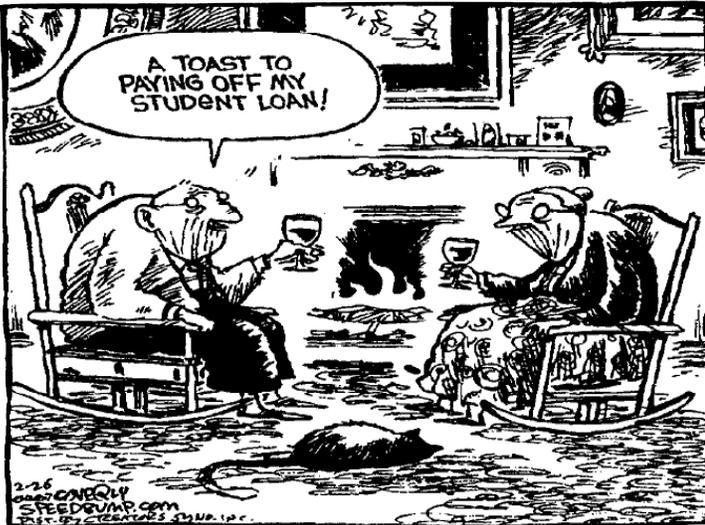


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Yoga Pants Are Stretching Sales

Yoga pants are in—whether you wear them for yoga or not. According to the Quartz website, imports of yoga pants have grown an average of 25.7 percent a year since 2010. At the same time, imports of jeans have declined by close to 4 percent a year!



Netflix Wherever You Are

Netflix is everywhere these days, and people are watching it everywhere. A Netflix survey conducted with Survey Monkey found that instead of streaming movies and TV shows at home, 67% of users watch Netflix in public—on the bus, in the restroom, and even at work:

- **In the restroom: 12 percent**
- **Waiting in line: 27 percent**
- **Traveling: 30 percent**
- **At work: 37 percent**

Men are more likely than women to watch in public. 29% say they pretend not to hear other people while glued to their screens, and 27% say they've cried in public while watching an emotional scene. 11% have experienced spoilers while watching someone else's screen, and 35% complain of being interrupted by someone who wanted to talk about the show they were watching.

The Little Thing Matter

Aside from being the senior vice president of the Orlando Magic basketball team and a sought-after motivational speaker, Pat Williams has written more than 100 books. Many years ago, when he was working on a book about John Wooden, Williams interviewed scores of the coach's former players.

A story shared by many of these players was about a longstanding tradition of the coach. At the start of each season, Wooden spent an hour instructing his players on the proper way to wear their socks and shoes. From the snug fit of the heel of the sock to the lacing of their shoes, the coach covered every detail with great importance.

When Williams asked the coach about why he devoted this kind of time and attention to such a seemingly insignificant subject, Wooden replied, "The little things matter."

He went on to explain how one wrinkle in a sock could contribute to a blister on a toe or foot. One blister could have a huge impact on the outcome of a game—or a season.

"I started teaching about shoes and socks early in my career," Wooden said. "I saw that it really did cut down on blisters during the season. That little detail gave us an edge."

Want To Win Movie Tickets For 2, Plus \$10 Concession Stand Card?

The first 10 people to call with the correct answer will be eligible to win. At the end of the month we'll draw one lucky name. That winner will receive a FREE movie tickets for 2, plus \$10 concession stand card from us! Here is this month's question... How often do galaxies rotate? (*Hint: the answer is somewhere in this newsletter*)

- | | |
|------------------------|------------------------|
| a) Every 2957 years | c) Every billion years |
| b) It varies by galaxy | d) Every 365 days |

Call right now with your answer!

Last month's trivia challenge was, *Stephen Ritz taught and mentored at a school located in what area?*

Answer: B) The Bronx. Congratulations to last month's lucky winner!

Lynne Burns

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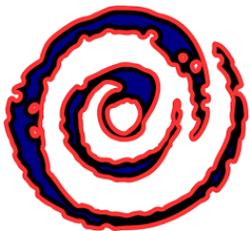


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- & Much More!



What's The Answer?



Are Galaxies Rotating?

How Did Fathers Day Get Its Start?

When Is National Doughnut Day This Year?

Why Do The Little Things Matter?

*The Answers To These And
Many More Questions Are Inside*

