



Between Friends



Moore Homes, Moore Listings, Moore Results™

Topic of the month: Caffeine Content of Brewed Coffee.

An 8 ounce cup of Brewed Coffee contains **107.5 milligrams of caffeine**. Caffeine levels vary greatly due to variations in coffee blend, brewing technique, roasting time, extraction time and content concentration. There are various techniques in brewing coffee; concentrate brewing, vacuum brewing, percolating, Turkish or Greek, French press (also called press pot or plunger coffee). On the average, brewed coffee contains generally between 80 and 135 milligrams per cup. In brewed coffee the water is in contact with the grinds for a long time - leading to a higher caffeine concentration or sometimes an over extracted taste. Coffee blends used in brewed coffee tend to have more of the robusta bean which is more potent than the Arabica bean.

Coffea Canephora (Robusta) is a hardier plant and has greater resistance to climate and weather conditions, diseases and heat. It is renowned for higher caffeine content mostly used for espresso.

Coffea Arabica (Arabica) is grown at higher altitudes, demands greater care and can be likened to finest grapes. It is more expensive of the two coffees but it has a milder and more aromatic taste, less sharp and less bitter than Robusta. More sort after by those who cultivate specialty coffees, singles estates and varieties.

Did you know that a 1.5 ounce shot of Espresso contains **77 milligrams of caffeine**? Espresso coffee is made from 7 grams of finely ground coffee extracted to 1.5 fluid ounces (44 mls) over about 25 seconds. The USDA value for Espresso coffee is 64 mg caffeine per fluid ounce. Every barista and coffee shop has its own particular style of coffee blends, machines and filter basket sizes. On the average content and volume of the caffeine varies and ranged from 58mgs up to 185mgs for a double shot.

Ways to order an Espresso:

- ☉ A "shot" is a single serving of Espresso.
- ☉ A "Double shot" or Espresso Doppio is two servings of a shot.
- ☉ Ristretto is a very short or "restricted" shot.
- ☉ Espressocon panna - Espresso topped with whipped cream (sometimes called Café Vienne or Vienna).
- ☉ Espresso a Lungo - A "long" shot or pull. Instead of the traditional 1.5 fl. ounces, the shoty is poured for 2 or 3 ounces.
- ☉ Espresso Machiatto - The espresso is topped or "marked" with dash of foamed milk.

Other popular drinks such as a cappuccino, caffè latte (or lattè), caffè mocha (or mochaccino) are based on one or two shots of espresso. Some countries refer to a shot of espresso as a "Short Black", and a longer or double shot as a "Long Black". Australia and New Zealand typically serve an additional drink called a *Flat White* - similar to a cappuccino but using only steamed milk rather than any foamed milk.

In UK, there was a story of a girl who ended up in hospital after overdosing on coffee. She actually works in the café and made the coffee herself. The story goes that she had only 5 hours of sleep the night before and she foolishly downed a double espresso and again 6 double-shots in a short period of time. Her nerves were shot, her heart was beating so fast and she was hyperventilating. In all she downed around 1078mg of caffeine. Apparently, she wasn't aware that she had drunk double shots instead of single shots and she had not eaten much which accounts for the side effects she had. This is not to scare all you coffee lovers out there, but as the saying goes; Know what you drink and know your own tolerance to caffeine. And if you are a not a regular drinker - don't suddenly hit your system with caffeine over-dose. ❖

Clean Crystal so it Sparkles! ---Employees at Gumps, the exclusive crystal and glass retailer based in San Francisco, swear by the following cleaning solution. Fill a spray bottle with one part rubbing alcohol and three parts water. Spritz crystal and fine glass pieces, and wipe dry with a clean cotton cloth - no residue or streaks will remain! For corners and crevices, use a cotton ball or cotton swab dipped in the solution. ❖

Taking Responsible Risks for Success ---Taking risks is not second nature for most people because it requires them to move out of their "comfort zone". However, taking some calculated risks can produce great rewards - both personally and professionally. Here are some methods to help nudge you out of your comfort zone, and identify when taking a responsible risk could greatly improve your situation:

Discover and nurture your unique strengths, and capitalize on them. For example, find a creative solution to jump-start a project at work and propose the idea to your boss. Or even better, offer to lead the project team - especially if you have historically been a follower. Reach out to people you admire and ask them to mentor you. People you ask will feel flattered, and likely be happy to share their skills, knowledge, and experience. Take small steps - daily, weekly, or monthly - to consciously challenge your self to move beyond your comfort zone. Then congratulate yourself for your risk taking efforts, no matter how big or small, and no matter what the outcome - the important thing is that you had the courage to step out and do it! ❖

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For Sale



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The Don Moore Team
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©Nearly all men can stand adversity, but if you want to test a man's character, give him power.
Abraham Lincoln ❖

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THANK YOU for reading our *Between Friends* personal newsletter. We wanted to produce a newsletter that has fun content and is valuable and beneficial to you. Your constructive feedback is always welcome.

AND... whether you're thinking of buying, selling, or investing in real estate, or just want to call and say "Hi," We'd love to hear from you...

Don Moore ☞ Irene Chao

(281) 851-6310 ☎ (832) 630-1960
Homes@DDMoore.com
Homes@IreneChao.com
www.MooreHomesForYou.com

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Did You Know...

▶ Each year, more movies are produced in India, where the moving image industry is referred to as Bollywood, than in Hollywood. About 1000 movies are released annually in India, about twice the output of Hollywood. The "B" in Bollywood refers to Bombai (renamed Mumbai). ❖

▶ Although there are 4 billion phones on the planet, more than 50% of the people in the world have never made or received a telephone call. ❖

▶ In 1750 there were about 800 million people in the world. In 1850 there were a billion more, and by 1950, another billion. Then it took just 50 years to double to 6 billion. ❖
▶ Half the world's population is under 25 years of age. ❖

In the Believe it or Not category:

▶ According to the US Weather Service, their one day forecasts are accurate more than 75% of the time. They send out 2 million forecasts a year. They do not live in Houston! ❖

▶ New Zealand is home to 4 million people and 70 million sheep. Baaaaaaaa ❖

▶ The three most valuable brand names on earth are Marlboro, Coca Cola, and Budweiser, in that order. ❖

☺ *What kind of coffee was served on the Titanic? Sanka.* ❖

☺ *Many people quit looking for work when they find a job.* ❖

☺ *I bought a self learning record to learn Spanish, I turned it on and went to sleep, the record got stuck, the next day I could only stutter in Spanish.* ❖

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2,700 languages spoken in the world

The "invention" of language is not known but the first written reference to different languages is in the Bible in reference to the tower of Babel when different tongues were bestowed.

The invention of writing, however, is credited to the Sumerians of Mesopotamia in the 4th millennium BC. Their descendants, the Sumero-Babylonians, developed the time system that we use today.

There are more than 2,700 different languages spoken in the world, with more than 7,000 dialects. In Indonesia alone, 365 different languages are spoken. More than 1,000 different languages are spoken in Africa. The most difficult language to learn is Basque, which is spoken in north-western Spain and south-western France. It is not related to any other language in the world. Mandarin is the most spoken language in the world, followed by English. But as home language, Spanish is the second most spoken in the world.

700 different languages are spoken in London. In some suburbs of the London, English is now a second language. The same is happening - or has taken place - in cities such as New York, Los Angeles, Miami and Singapore. ❖

The Next Dilemma- Credit Cards

In years past mortgage companies wanted to get their customers into a home equity loan to pay off credit card debt. With Home Equity loans feeling pressure too, some say credit card companies will be clamping down next. Many cards have default contract language that lets them charge 25% or up to 29% interest with just one missed payment.

A credit card crunch could develop even faster if homeowners use cash-advance checks loosely attached to their monthly statement to catch up on delinquent mortgage payments. ↴

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SUBPRIME FACTS

These risky mortgages aren't really so complex or exotic —they're junk mortgages, plain and simple. Subprime loans are mortgages given to borrowers with credit scores of 620 or below.

Because subprime borrowers are seen as "higher risk," their loans carry interest rates that are at least 2 percentage points higher than those offered to borrowers with better credit. About 20 percent of U.S. consumers have credit scores of 620 or below, but of that group, only 13 percent have mortgages, according to Experian, a credit reporting bureau.

About 50 percent of the subprime mortgages were "stated income loans," with no verification of borrowers' incomes.

Consumers borrowed 100 percent of their home's value on about 18 percent of AIA (less than good credit and documentation) loans made last year. ❖

CALL TODAY for our article. The 8-Step Plan! 8 vital steps to presenting your house for a quick sale at minimum cost.

Those advances, which may carry 3 percent transaction fees as well as interest rates of 20 percent-plus, will quickly increase the homeowner's financial distress. More than \$900 billion in adjustable-rate mortgages are due to reset from next month through December 2008, which means lots of homeowners will be scrambling to come up with extra cash.

Remember, one late credit card payment can really put you in an interest rate bind. ❖

Your "Do Not Call" registration may need updating. First registrations expire this month

For those that signed up early, your registration may expire beginning this month. To see when your numbers expire, go to the verify page here.

<https://www.donotcall.gov/confirm/Conf.aspx>. ❖

☺ *I take my wife everywhere, but she keeps finding her way back.* ❖