

JANUARY NEWSLETTER



Don't watch the clock; do what it does. Keep going.

- Sam Levenson

5 HOME DESIGN TRENDS EXPECTED TO BE POPULAR IN 2019

At the beginning of each new year, interior designers and real estate professionals scramble to predict which trends will surge in popularity in the coming months. As a homeowner trying to sell your home, incorporating the new year's hottest styles is a great way to make your home appear fresher and more up to date than the competition. While now is probably not the time to embark on a renovation, you may be able to add some of the latest trends to your home with a fresh coat of paint or decorative accents.

- Bold backsplashes in the kitchen. Minimalist, monochromatic kitchens have enjoyed several years of popularity. While neutral tones will probably always be in style, homeowners are beginning to liven up their kitchens with backsplashes that feature bold colors and/or patterns. Not interested in replacing your backsplash? Add some decorative plates or artwork that feature eye-catching colors and patterns as an easy way to incorporate this trend!

- Floral fabrics and wallpapers. In keeping with the theme of bold patterns, designers are expecting that floral prints will return in 2019. If florals aren't your style, designers have also noted that geometric patterns and international or tribal-inspired prints are gaining popularity as a way to add a sense of warmth and intrigue to a room. It's easy to incorporate these patterns with decorative pillows, blankets, or even small, framed prints.

- Warm colors in the kitchen and elsewhere. The Pantone Color Institute, which predicts global color trends in fashion, home décor, and more, has announced that its chosen Color of the Year for 2019 is Living Coral, a warm, vibrant hue with golden undertones. The Institute noted that this shade reflects playfulness and the innate human desire to connect with nature. In addition, designers have pointed to other rich hues that they expect will be popular this year, including hunter green, bold indigo, and teal, which match beautifully with high-shine finishes. These warmer tones may not just be popular as paint colors: designers anticipate that homeowners will be swapping out their light, stark cabinets and countertopssuch as the quartz-countertop-and-white-cabinet duo that has dominated kitchens in the past few years for richly hued stones.

- Boho (short for bohemian) style. While boho never completely faded from popularity, designers predict that it will see a resurgence in 2019. In particular, style-conscious homeowners are favoring a blend of modern and vintage styles, curved furnishings reminiscent of the 1960s, and patterned fabrics with a cleaner, brighter style than the boho trends of decades past. Incorporating some of these styles adds an eye-catching, whimsical flair to any room.

Source: wellnessmama.com



SPICED CHICKPEA STEW WITH COCONUT AND TURMERIC

Ingredients:

¼ cup olive oil, plus more for serving
4 garlic cloves, chopped
1 yellow onion, chopped
1 (2-inch) piece ginger, finely chopped Kosher salt and black pepper
1 ½ teaspoons ground turmeric, plus more for serving
1 teaspoon red-pepper flakes, plus more for serving
2 (15-ounce) cans chickpeas, drained and rinsed
2 (15-ounce) cans full-fat coconut milk
2 cups vegetable or chicken stock
1 bunch Swiss chard, kale or collard greens, stems removed, torn into bite-size pieces
1 cup mint leaves, for serving
Yogurt, for serving (optional)
Toasted pita, lavash or other flatbread, for serving (optional)

Directions

1. Heat oil in a large pot over medium heat. Add garlic, onion and ginger. Season with salt and pepper and cook, stirring occasionally until onion is translucent and starts to brown a little around the edges, 3 to 5 minutes.
2. Add turmeric, red-pepper flakes and chickpeas, and season with salt and pepper. Cook, stirring frequently, so the chickpeas sizzle and fry a bit in the spices and oil, until they've started to break down and get a little browned and crisp, 5 to 8 minutes. Remove about a cup of chickpeas and set aside for garnish.
3. Add coconut milk and stock to the remaining chickpeas in the pot, and season with salt and pepper. Bring to a simmer, scraping up any bits that have formed on the bottom of the pot. Cook, stirring occasionally, until stew has thickened and flavors have started to come together, 30 to 35 minutes. (Taste a chickpea or two, not just the liquid, to make sure they have simmered long enough to taste as delicious as possible.)

Source: cooking.nytimes.com



CREATIVE NEW YEAR'S RESOLUTIONS THAT COULD ENHANCE YOUR LIFE IN 2019

Countless people use the beginning of a new year as an opportunity to set goals for their health, careers, and relationships—hence the age-old concept of New Year's Resolutions. As you think about what you want to achieve this year, consider the following unique resolutions that could potentially enrich your life:

Have lunch with someone with whom you disagree—and vow to keep an open mind. Whether you've sparred with a friend about politics, philosophical issues, or you've simply had a rift, the first step in healing the relationship is to have a truly open-minded conversation. If you know someone whom you used to value, but whose differences you have been unable to see past, consider inviting them to lunch. Agree that neither of you will attempt to persuade the other; instead, maintain a sense of curiosity and strive to simply have a conversation. Even if you both hold steady to your beliefs, you should be able to establish the mutual sense of respect that is essential to rekindling your relationship.

Schedule time to be bored each week. From smartphones to streaming television, many people never feel bored in today's hyperconnected world. But did you know that occasional boredom can benefit your brain? When your brain has off time

as it does when you are bored, it becomes better equipped to solve nagging problems, connect disparate ideas, and gain a sense of clarity about your personal journey and goals. While you may find it difficult to relax, resolve that you will schedule some electronics-free time each week to simply do nothing.

Seek out rejection. Most people are terrified of rejection—and this fear holds many of us back from achieving our dreams. To become more comfortable with the sting of rejection, resolve to do at least one thing that you know will lead to it. For example, ask for free refills at a restaurant that you know will not provide them, or ask a stranger for money. While this method may sound strange, desensitizing yourself to rejection could help you take the risks necessary for success.

Source: Ideas.com



If you are currently working with another Broker please do not consider this a solicitation.

