

SEPTEMBER NEWSLETTER



The starting point of all achievement is desire.

- Napoleon Hill



4 TIME MANAGEMENT TIPS FOR BACK-TO-SCHOOL SEASON

For parents and kids alike, the start of a new school year can be chaotic as the whole family adjusts to a busier schedule. This is particularly true if you are in the process of selling your home and planning a move, which may include transferring to a new school district.

Feeling overwhelmed as the new year begins? Curb stress with these time management tips:

1. Start following the new schedule before school starts. Prior to the first day of school, transition your kids to their new routines. For example, help them lay their clothing out the night before, perform any bedtime rituals that they normally do during the school year, and start getting to bed and waking up earlier. Conduct a "test run" in which you have the kids get ready in the morning, and then drive them to school at the exact time you will be making the daily commute. This will give you an accurate idea of traffic and other delays you may encounter, while preparing your kids for earlier mornings and a more structured schedule. Clean out the closets. Particularly for younger kids, deciding what

to wear each day can quickly become tiresome. Before the first day of school, help them clean out their closets and donate items they no longer wear. Take inventory of what they have, guide them in planning 5-10 outfits that they can wear on a regular basis, and make a comprehensive shopping list of items they need. Don't forget the details, like socks, jackets, and shoes!

2. Make a family calendar with everyone's upcoming appointments, extracurricular activities, and school start and end times. Involve the kids in making this calendar so they have a stake in keeping track of their activities, and place it in a visible location in your home.

3. Designate a space for homework. Having a quiet, dedicated space in which your kids can complete their homework will help them improve focus and efficiency. Additionally, keeping this area stocked with supplies that they are likely to need will save time and avoid scrambling to find things at the last minute.

Source: theworkathomewoman.com

LEMON ZUCCHINI PASTA



Ingredients:

1 pound linguine
1/2 cup olive oil
2 shallots, finely chopped
2 small, or 1 large zucchini, halved and thinly sliced into half moons
Zest of 1 lemon
3 ounces plain goat cheese
4 basil leaves, coarsely chopped
salt and pepper for seasoning
finely grated Parmesan cheese for dusting

Source: thenaptimechef.com

Directions:

1. Cook the pasta to al dente and reserve. Reserve 1 cup of the cooking water.
2. In a large skillet add the shallots and olive oil. Bring to medium heat and cook until the shallots are softened and slightly browned, about 3 to 4 minutes. Then, add the zucchini and cook until softened and browned, about 5 to 8 minutes.
3. Add the cooked pasta to the zucchini and add the lemon zest, goat cheese, and basil, stir to help everything melt, then slowly add in enough pasta water to melt most of the cheese and make a sauce. Dust with Parmesan and serve.

DON'T MISS THESE COMMONLY OVERLOOKED HOME MAINTENANCE TASKS

As with your personal health, prevention is key when it comes to maintaining your home. Preventative maintenance saves money in the long run by extending the life of your home's systems and appliances and reducing the risk of costly damage. Unfortunately, many homeowners are unaware of important maintenance tasks that they should be performing potentially putting their families health and safety at risk. Are you taking care of the following commonly overlooked home maintenance tasks?

- **Cleaning the exterior dryer vent.** Most people know that cleaning the lint trap in your dryer after each load of laundry is essential for preventing fires and helping the dryer function optimally. However, lint also collects in the exterior vent and can create a fire hazard over time. This vent should be cleaned approximately once per year. If you notice that your laundry is not drying properly, it may be time to have the exterior vent cleaned.

- **Checking for damaged or missing roof shingles.** As the shingles on your roof sustain wear and tear from sunshine, rain, and other elements, they may become damaged which can lead to leaks and costly water damage in your home when the next big storm hits. Twice a year, inspect your roof for curled, missing, or damaged shingles and repair any that are in subpar condition.

- **Maintaining the hot water heater.** There are several steps that you should be taking in order to keep your hot water heater functioning properly and safely. For example, draining the water and flushing out the tank on an annual basis will remove the minerals and other debris that collect at the bottom of the tank and impair its ability to heat water efficiently. In addition, the anode rod should be replaced every few years. The anode rod is designed to collect various minerals that would corrode the water heater. In effect, the anode rod sacrifices itself by rusting and eventually disintegrating which means that it should be

checked and replaced when needed. Another crucial step to take in maintaining your hot water heater is opening and closing the pressure relief valve every few months to dislodge any dirt that has accumulated. This valve is an essential component of the water heater because it will alleviate pressure inside the tank if it ever builds up to dangerous levels. If the valve becomes encrusted and therefore unable to open properly when it needs to, the tank could potentially explode.

- **Cleaning the refrigerator coils.** Many people give little thought to maintaining their refrigerators until they stop functioning properly. Like any other appliance, your fridge needs care in order to do its job. Specifically, the coils on the back of the fridge should be cleaned twice a year, as dust collects on them and may impair the fridge's ability to cool.

- **Replacing air filters.** This is a quick and easy but often forgotten task that can boost the performance of your HVAC system and yield cleaner, healthier air inside your home. The filter keeps debris out of your HVAC unit so that it can operate efficiently, and also helps to reduce dust and allergens in the air. This filter should be changed at least every few months, or more frequently depending on the air quality in your home.

Sources: americanclassichomes.com & howtogeek.com



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