

# April



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*"It takes broken soil to produce a crop, broken clouds to give rain,  
broken grain to give bread, broken bread to give strength."*

- Vance Havner

## 4 TIPS FOR CONDUCTING A SPRING CLEANING FOR YOUR SOUL

Spring is often considered a time for renewal, and as the flowers begin to bloom and the days grow longer, many people feel compelled to celebrate the season by giving their homes a thorough cleaning. While spring cleaning your living space is important, taking time to clean out any mental and emotional clutter that may be weighing you down can be beneficial as well.



Thinking it may be time for a spring cleaning for the soul? Here are 5 tips to help you start fresh this spring:

- Examine your beliefs and thought patterns. Do you harbor any limiting beliefs that may be holding you back from pursuing your dreams or living your most fulfilled life? Do you struggle with negative self-talk or other harmful behaviors? Identifying and addressing these patterns is essential for creating more space for happiness and growth, but doing so may require you to take proactive measures, such as working with a professional counselor or coach.
- Take stock of your relationships. From professional acquaintances to friends or romantic partners to family members, the people close to you can have a significant impact on your overall happiness. Therefore, as difficult as it may be, it's important to occasionally look at the relationships in your life and see if there are any that repeatedly bring you down or drain your energy. While it's not always necessary to end the relationship, you may need to find a way to set boundaries in order to protect your mental and emotional health.
- Make your physical health a priority. It's difficult to be happy when you're not feeling your best physically. While goals related to diet and exercise are more often associated with New Year's, spring can also be a great time to commit to your physical well-being. For instance, with the weather getting nicer, make time for regular walks or hikes, and try to incorporate as many in-season fruits and veggies into your diet as possible.
- Cut down on daily distractions. In our noisy world, it can be difficult to avoid letting various distractions drain our time and energy. Whether you find yourself distracted by social media, the news, binge watching your favorite TV shows, or anything else, now is a good time to become more aware of your "time-sucks" and try to cut down on them.

Source: [drchristinahibbert.com](http://drchristinahibbert.com)

## PASTA PRIMAVERA WITH PEAS, ASPARAGUS AND KALE



### Ingredients

- o Kosher salt
- o 8 ounces penne
- o 8 ounces snap peas, trimmed and halved crosswise
- o 1 bunch thin asparagus, trimmed and cut into 1 1/2-inch pieces
- o 1 small bunch kale (preferably Tuscan kale), stems removed and leaves roughly chopped
- o 1/3 cup extra-virgin olive oil, plus more for drizzling
- o 1 large bunch fresh chives, chopped
- o Grated zest of 1 lemon, plus 1 tablespoon lemon juice
- o Freshly ground pepper
- o 1 tablespoon chopped fresh tarragon
- o 1/4 cup coarsely grated pecorino romano or parmesan cheese

### Directions:

1. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs; add the peas, asparagus and kale to the pot during the last 3 minutes of cooking and stir occasionally. Reserve 1/2 cup cooking water, then drain the pasta and vegetables.
2. Meanwhile, combine the olive oil, all but 2 tablespoons chives, the lemon zest and juice, 1 teaspoon salt and a few grinds of pepper in a blender. Add 3 tablespoons cold water and pulse until smooth, scraping down the inside of the blender. Transfer to a large bowl. Stir in the tarragon and drizzle with olive oil.
3. Add the pasta and vegetables to the chive puree along with 1/4 cup of the reserved cooking water and half of the cheese; season with salt and pepper. Toss well to coat, adding more cooking water to loosen, if necessary. Serve topped with the remaining cheese and chives.

Source: foodnetwork.com

## WHICH HOME REMODELING PROJECTS DELIVER THE GREATEST RETURN ON INVESTMENT?

From quick upgrades to major renovations, home remodeling projects can be an effective way to enhance your enjoyment of your living space while (hopefully) boosting resale value. However, many home improvements carry significant costs and particularly if you're planning to move soon, you may be wondering which upgrades offer the strongest return on investment. While specific amounts will vary depending on the market in your area and your home's price range, the National Association of REALTORS® Research Group's 2022 Remodeling Impact Report offers some interesting insights into the most valuable home improvements. Here are a few key takeaways from the report:

- When it came to interior remodeling projects, hardwood floor refinishing carried the greatest cost recovery at 147% of the project cost; homeowners spent an average of \$3,400 to have their hardwood floors refinished and recovered an estimated \$5,000 in added value at resale. Installing new wood flooring was close behind at 118% cost recovery, followed by upgrading the home's insulation at 100%.
- While kitchen and bathroom remodels are often thought to have the greatest impact at resale, these projects fell lower on the list in terms of cost recovery, with complete kitchen renovations at 75% and bathroom renovations at 71%. Only 13% of realtors said they would recommend that their clients undertake a kitchen renovation before selling their home, and 26% would recommend a bathroom renovation.
- As far as exterior remodeling projects, adding new roofing and new garage doors delivered the highest ROI, both with 100% cost recovery. Surprisingly, new windows and doors yielded the least amount of value at resale. New vinyl windows had an average cost recovery of 67% and new wood windows 63%, with only 4% of realtors saying they'd recommend that their clients install either before putting their homes on the market. New steel front doors brought a cost recovery of 63% and fiberglass doors 60%, and just 3% of realtors would recommend these upgrades.



Source: cdn,nar.realtor

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