

# August



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*"If you believe it'll work out, you'll see opportunities. If you don't believe it'll work out, you'll see obstacles."*

- Wayne Dyer

## 5 Tips to Master Back-to-School

CDC | Psychology Today | pearsonaccelerated.com

Just as the last day of school marked the beginning of summer, the first day of school marks the close. Whether you're excited to start the next school year or sad to say goodbye to the carefree days of summer, here are five tips to master back-to-school.

### **End of summer celebration**

Take time to notice the good stuff in life. It can be anything that feels like a celebration to you - one last trip to your favorite beach or hiking trail, a pool party, an afternoon ice cream cone at the local shop, a road trip, or stargazing on a balmy night. Make time for everyone to share their favorite memories from summer.

### **Kick-off meeting**

Get the whole family involved with a kickoff meeting. It will give you and your kids a chance to set expectations, define responsibilities, address worries and challenges, go over what to expect, and work out a schedule and a system. Give your kids a chance to shine too, get their ideas for chores, lunches, and routines, this could be the best school year yet!

### **Back to bedtimes**

Two weeks before school starts, start getting back to bedtime. It's much easier to get to sleep a little earlier each night, easing back into the normal routine, than to try to change it overnight. And this isn't just for the little ones - teenagers and grown-ups need sleep too.

### **Set up study areas**

It could be a desk, a nook, a quiet chair, or the kitchen table. Make a dedicated spot with easy access to supplies, limited distractions, and always ready to sit down and study. Having this space defined helps kids establish the routine, "when I sit here, I study," which helps them focus, and helps you keep everyone on track.

### **School administrative setup**

Save yourself a ton of stress by taking an hour or so to collect all the information you have for the upcoming year. Print a copy of their schedule, add their teachers' email addresses and phone numbers to your address book, add the school calendar to your calendar, and gather information about sports, clubs, or organizations you or your child might be interested in. A little time up front will have you feeling on top of things all year.

# Zucchini Lasagna Rolls with Smoked Mozzarella

eatingwell.com

## Ingredients

- 2 large zucchini, trimmed
- 2 teaspoons extra-virgin olive oil
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt, divided
- 8 tablespoons shredded smoked mozzarella cheese, divided
- 3 tablespoons grated Parmesan cheese, divided
- 1 large egg, lightly beaten
- 1 ½ cups part-skim ricotta
- 1 (10 oz) package frozen spinach, thawed and squeezed dry
- 1 clove garlic, minced
- ¾ cup low-sodium marinara sauce, divided
- 2 tablespoons chopped fresh basil

## Directions

1. Position racks in upper and lower thirds of oven; preheat to 425 degrees F. Coat 2 rimmed baking sheets with cooking spray.
2. Slice zucchini lengthwise to get 24 total strips, about 1/8 inch thick each.
3. Toss zucchini, oil, 1/4 teaspoon pepper and 1/8 teaspoon salt in a large bowl. Arrange the zucchini in single layers on the prepared pans.
4. Bake the zucchini, turning once, until tender, about 10 minutes total.
5. Meanwhile, combine 2 tablespoons mozzarella and 1 tablespoon Parmesan in a small bowl. Set aside. Mix egg, ricotta, spinach, garlic and the remaining 6 tablespoons mozzarella, 2 tablespoons Parmesan, 1/4 teaspoon pepper and 1/8 teaspoon salt in a medium bowl.
6. Spread 1/4 cup marinara in an 8-inch-square baking dish. Place 1 tablespoon of the ricotta mixture near the bottom of a strip of zucchini. Roll it up and place, seam-side down, in the baking dish. Repeat with the remaining zucchini and filling. Top the rolls with the remaining 1/2 cup marinara sauce and sprinkle with the reserved cheese mixture.
7. Bake the zucchini rolls until bubbly and lightly browned on top, about 20 minutes. Let stand for 5 minutes. Sprinkle with basil before serving

## End of Summer Home Maintenance Checklist

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Ahhh summertime. Cookouts, nature hikes, pool games, outdoor markets, parades, concerts... and home maintenance. If you've been filling up your schedule with summertime fun, don't sweat, there's still time to make sure your house stays in tip-top shape. Use this simple checklist to round out your summer to-do list and ensure your home is running smoothly year-round.

### Appliances

- Service the washer and dryer. Check supply hoses, clean the appliances, remove lint from the dryer and the dryer vents.
- Check water softener. Refill salt if necessary and check for leaks.
- Flush the water heater and ensure it's in good condition.
- Schedule your furnace tune-up and inspection, and change HVAC air filters.
- Clean the kitchen exhaust fan and filter.
- Clean refrigerator and freezer coils, empty and clean drip trays, and ensure they are in good working order.
- Clean the oven and any other appliances

### Outside

- Look for cracks and openings around the house, foundation, windows, and doors. Seal up any openings with outdoor caulk.
- Check that gutters are in good repair and clean out if necessary.
- Clean outdoor lights and replace any burned-out bulbs.
- Scrub decks or patios, repair and reseal if needed.
- Inspect fences and gates, make any necessary repairs.

### Inside

- Inspect all doors, locks, and hinges. Oil hinges, service locks, check weather stripping and threshold plates.
- Inspect windows and screens. Make sure everything is working properly, mend holes in screens, and wash the windows inside and out.
- Check the plumbing. Look around sinks, dishwasher, washing machine, shower, and toilets for signs of water leaks. Look in and around cabinets too. Replace washers in faucets and showerheads if they drip or leak.



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