August Newsletter













"When defeat comes, accept it as a signal that your plans are not sound, rebuild those planes, and set sail once more toward your coveted goal." —Napolean Hill



With the lazy days of summer winding down, parents and kids alike often experience mixed emotions when facing the beginning of a new school year, ranging from excitement to nervousness or even dread. Regardless of where you and your kids fall on the spectrum, taking some simple steps to generate excitement about back-to-school season can help ease the transition. Here are a few ideas

- Involve your kids in creating a lunch schedule that includes their favorite snacks. Whether your kids will be heading back to the classroom full time or still using virtual learning, lunchtime is always a favorite part of the school day. Sit down with your kids and make a list of their favorite lunch items (as well as a grocery list of what you'll need to buy), and draft a schedule for the first couple weeks so they'll know which treats they can expect on which days. Not only will kids have a greater sense of ownership in their meal planning, but they may feel more excited about the school year starting if they know they can look forward to some delicious lunches!
- Build a back-to-school comfort kit. Having small comforts close at hand can help alleviate your child's stress on a challenging school day. For example, take a zippered makeup bag or pencil box and fill it with items like chapstick, a stress ball, an encouraging note from you or another family member, hand sanitizer, and a few dollars for lunch money.
- Plan a back-to-school shopping trip. Shopping for back-to-school essentials is an annual tradition that can be either exciting or treacherous. Try to keep things on the lighthearted side by planning a fun day out, including lunch at a favorite restaurant. Let your kids pick out a new backpack or outfit that will help them embark on the new year feeling like they look their best.
- Create a comforting spot for kids to unwind when they come home. After a long day of learning and socializing with friends, kids often need a quiet, private place where they can relax. Consider setting up a fort or cozy corner in your home and helping your child stock it with their favorite books, toys, and music so that they have a specific spot where they can regain a sense of peace after school.
- Personalize school supplies. Helping kids put their own unique stamp on their back-to-school essentials is a simple way to get them eager for the new year. For example, grab some stickers and art supplies for decorating notebooks and binders. If your kids will have lockers, help them make a collage of their favorite pictures to bring a smile to their face in the middle of the day.

Breakfast Sandwhich damndelicious.com

Ingredients:

- 6 large eggs
- Kosher salt and freshly ground black pepper, to taste
- 6 English muffins, split

- 12 slices deli-sliced ham
- 6 slices cheddar cheese

Directions:

- Preheat oven to 375 degrees. Lightly oil six 10-ounce ramekins or coat with nonstick spray and place onto a baking sheet.
- Add one egg to each ramekin, beating slightly; season with salt and pepper, to taste. Place into oven and bake until egg whites are cooked through, about 12-14 minutes.
- Place one egg over the muffin bottom. Top with 2 slices ham and 1 slice cheese, and then cover with another muffin top to create a sandwich. Repeat with remaining English muffins to make 6 sandwiches. Wrap tightly in plastic wrap and place in the freezer.
- To reheat, remove plastic wrap from the frozen sandwich and wrap in a paper towel. Place into microwave for 1-2 minutes, or until heated through completely.
- Serve immediately.

Which Home Improvements Add the Most Value? Source: hgtv.com

From upgrading your kitchen to developing your outdoor living space, home improvements offer a way to maximize your family's enjoyment of your home while (hopefully) boosting resale value. However, many home improvements carry significant costs—and particularly if you are planning to move soon, you may be wondering which upgrades offer the strongest ROI. While specific amounts will vary depending on the market in your area and your home's price range, here are the home improvements that generally add the most to your resale value:

- Minor bathroom remodels. According to HGTV, minor bathroom remodels deliver an average return at resale of 102 percent. This may entail replacing fixtures and flooring, re-caulking the tub, and repainting the walls.
- Upgraded landscaping. The front yard is one of the first things potential buyers will notice about your home, so sprucing up your landscaping is a powerful way to quickly boost resale value. By taking simple steps such as trimming overgrown shrubbery, planting some colorful flowers, and adding fresh sod, you may be able to recoup approximately 100% of your costs at resale.
- Minor kitchen remodels. Renovating a kitchen can get very expensive depending on the appliances, cabinets, and countertops you choose. However, making some simpler cosmetic upgrades may yield an average return at resale of 98 percent. This may include re-facing cabinets and drawers, replacing old appliances, and installing new lighting to make the space look bright and airy.
- Exterior improvements. As with landscaping, upgrading your home's exterior is a great way to boost curb appeal. For example, you may consider fresh paint, replacing siding, swapping out worn down railings, or adding columns to a porch to give it a more stately look. With improvements such as these, you might expect an average return of 95 percent.



