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Celia Manley
Realtor® Broker Associate
Turn Key Properties
601-214-3307 / 601-427-5088
celia@celiamanley.com
www.celiamanley.com



*"Things may come to those who wait, but only the things left
by those who hustle."*

- Abraham Lincoln

Fun Indoor Activities to Warm Up Late Winter

everydaythrifty.com | rediscoveredfamilies.com

With the hustle and bustle of the holiday season behind us, winter can be a much-needed season of rest and restoration. But as the days get longer, some of us start to feel a little stir-crazy wishing for warm spring days. If you're getting tired of cozy slippers and evening cocoa, let this list inspire you to pick up something you forgot you love and make the most of this winter.

Make Something

There's an endless list of hobbies and crafts to choose from. Warm up the kitchen with fresh bread or cookies, make-your-own pizza night, or an online cooking class. Join a book club, knit a hat, build a bookshelf, put together an old-school photo album, or make your own candles and soaps. Make unexpected gifts like friendship bracelets, bookmarks, or painted rocks to send to your favorite people.

Make It an Event

Even everyday things can be special with a tiny bit of effort. Instead of lunch, have an indoor picnic! Have a movie or video game marathon day, complete with your favorite snacks. Host a home spa day, paint night, afternoon tea party, or a summer-themed dinner. Have a living room campout – complete with a tent or blanket fort, smores, and ghost stories!

Play Games

Playing is serious business. Not only is it essential for both children and adults, but it's the best way to have fun. From board games, cards, and puzzles to scavenger hunts, whole-house toy race tracks, and living room obstacle courses, there's so much to play! Put together a garage band, learn to dance in the living room, or make a mini movie with toy action figures – or act it out yourself.

Get Together

If you find yourself spending too much time with, well, yourself, it might be time for a gathering. Free from the traditions and expectations of the holidays, late winter get-togethers are a low-stress way to lift your spirits and have fun. Plan a get-together, anything on this list will be twice as fun with friends and family!

Garlic Parmesan Wings

insanelygoodrecipes.com

Ingredients

Seasonings

- 12 pieces of chicken wings
- 1/4 teaspoon cayenne powder
- 1/2 teaspoon paprika
- 1 tablespoon garlic powder
- 1/2 teaspoon black pepper
- Salt to taste

Breading

- 1 cup all-purpose flour
- 1 teaspoon black pepper
- 1 tablespoon garlic powder
- 1 tablespoon creole seasoning
- A pinch of salt

For Frying

- Canola oil

Garlic Parmesan Sauce

- 3 tablespoons unsalted butter
- 1 tablespoon garlic powder
- 1 teaspoon finely chopped garlic
- 1/2 cup parmesan cheese

Directions

1. Place chicken wings in a bowl. Sprinkle salt, cayenne powder, paprika, black pepper, and garlic powder over the chicken. Toss until evenly coated.
2. In a separate container, mix flour, black pepper, garlic powder, creole seasoning, and salt.
3. Lightly coat the wings in the breading mixture. Shake it off to get rid of excess breading.
4. In a large pot, pour 1.5 inches of canola oil and heat over medium heat until the temperature reaches 350 degrees Fahrenheit.
5. Fry the wings for 7 minutes. Place cooked wings on a plate lined with paper towels. The paper towels will absorb the excess oil from the chicken.
6. Bake the wings at 350 degrees Fahrenheit for 15 minutes.
7. While baking, make the garlic parmesan sauce. Melt butter in a saucepan over medium heat. Stir in the garlic powder and minced garlic.
8. Add the parmesan cheese and mix. Turn off the heat as soon as the cheese is incorporated with the mixture.
9. Place the baked wings in a bowl. Pour the garlic parmesan sauce over the wings and toss to coat evenly.
10. Garnish the wings with fresh parsley and enjoy!

A Quick Look at Indoor Air Quality

petro.com | realsimple.com

Indoor air pollutants in your home can have an impact on your health, with symptoms ranging from eye, ear and nose irritation to headaches and dizziness. If you spend more time indoors over the winter, now might be a good time to have a quick look at the air quality in your home.

Potential Air Quality Issues

You can look around yourself and identify many of the potential sources of air pollution. If you're concerned that you may have an air quality issue, both at home and professional testing are available. Sources that release gasses or particles into the air cause most home air quality issues.

- Paints, thinners, glues, cleaning products, newly installed flooring, and some pressed wood products can release VOCs (volatile organic compounds - gasses) into the air that can be harmful over time.
- Excess moisture - leaks, wet spots, and high humidity - can cause mold and bacteria to grow.
- Pets, dust, tobacco products, deteriorated asbestos insulation, and your ventilation system can release irritating particles into the air.
- Combustion of oil, gas, kerosene, coal, wood, or tobacco releases gasses and particles.
- Outdoor sources like outdoor air pollution, pesticides, and radon can infiltrate your home as well.

Simple Ways to Improve the Air Quality in Your Home

There's a lot you can do to improve the air quality in your home with just a little thought and care.

- Move VOC- containing items like paints, thinners, and glues from the house to the garage or an area with good ventilation.
- Consider safer, non toxic cleaning products, paints, and glues. Limit the scented items in your home.
- DIY outdoors if you can. Always ensure you're in a well ventilated area when using products with warning labels that indicate ventilation is needed.
- Use exhaust fans for bathrooms, kitchens, and any other highmoisture areas.
- Eliminate leaking pipes or roofs and areas with pooling water.
- Inspect air ducts for proper installation and to keep them clean.
- Change air conditioning and furnace filters regularly, as well as vacuum filters and air cleaner filters. Keep vents for clothes dryers and kitchen fans clean.
- Clean moldy surfaces with a bleach cleaner and remove moldy carpeting, drywall, and items that can't be cleaned. Get professional help if needed.
- If fighting allergies, vacuum and dust regularly, use HEPA filters and replace those regularly, choose hypoallergenic pillows and impermeable mattress covers, and brush and bathe your pet regularly.



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