

August



Cool Down with Sangria!

It's HOT. Around the country, temperatures have been soaring higher and higher. Thankfully, Sangria is a cool, fruity, drink that's sure to simmer you down during this sizzling summer.

Ingredients

- 1/2 cup brandy 1/4 cup [lemon juice](#) 1/3 cup frozen lemonade concentrate 1/3 cup orange juice 1 (750 milliliter) bottle dry red wine 1/2 cup triple sec 1 lemon, sliced into rounds 1 orange, sliced into rounds 1 lime, sliced into rounds 1/4 cup white [sugar](#) (optional) 8 maraschino cherries
- 2 cups carbonated water (optional)

Directions

In a large pitcher or bowl, mix together the brandy, lemon juice, lemonade concentrate, orange juice, red wine, triple sec, and sugar. Float slices of lemon, orange and lime, and maraschino cherries in the mixture. Refrigerate overnight for best flavor. For a fizzy sangria, add club soda just before serving.

Source: <http://allrecipes.com/>

Have a Great "Back-to-School" Transition



It's August, and that means the kids will soon be heading back to school soon. Of course, the transition from summer to school time can be difficult for both children and their parents. Even children who are eager to return to class must adjust to the greater levels of activity, structure, and, for some, pressures associated with school life. Here are some suggestions to make the switch successful.

Check in on their health. It's a good idea to take your child in

for a physical and eye exam before school starts. If your child will be participating in a sports activity, your family doctor may have to sign a release form to permit your child to participate. Immunizations are also important to have up-to-date before the school year begins. Stock up on supplies for less. During the month of August, some states offer a "sales tax holiday," which means that certain products won't be taxed during a set period of time. This is a great opportunity to save money on back-to-school items including clothes, shoes, and supplies. Check to see if your state participates in sales tax holidays. Reestablish the bedtime and mealtime routines (especially breakfast) at least one week before school starts. Prepare your child for this change by discussing with them about the benefits of school routines in terms of not becoming over tired or overwhelmed by school work and activities. Include pre-bedtime reading and household chores if these were suspended during the summer. Turn off the TV. A couple of weeks (or the over the course of an entire summer) encourage your child to play quiet games, do puzzles, use flash cards, color, or read instead of watching television in the morning. This will help ease your child into the learning process and school routine. If possible, maintain this practice throughout the school year.

2. Pack a smart lunch. Studies have shown that children who eat healthful, balanced breakfasts and lunches are more alert throughout the school day and earn higher grades than those who have an unhealthy diet. Pack an easy lunch by piecing together things that don't need a lot of preparation. A piece of fruit, a low fat yogurt, individual packs of baby carrots, and sliced turkey wrapped in a tortilla would be a great, balanced, lunch.

How much home is right for you?



There are a lot of factors that go into choosing the right home. First is usually location – for many buyers, the wrong neighborhood is often a deal-breaker. Second to that is price – the ability to afford the home is fundamental for financial security reasons. But there's another question that often comes up during the initial home search process: "just how much home is right for me?"

On the surface this question is fairly straightforward, but dig a little deeper and you'll find more questions. What is your current living situation? How long do you plan on staying in the house? Are you moving in by yourself or with someone else? If you are getting married, how long until you might need an extra room (or two)? As you consider the answers to these questions, take a look at this quick overview of the different types of homes on the market today.

Condo: Usually smaller and within a community, a condo gives owners an apartment-like living situation with many of the perks. The buyer owns only their unit and typically belongs to a condo association which is in charge of enforcing bylaws, maintenance, and taking care of any other problems. **Townhome:** A townhome is bigger than a condo, and typically comes with a small yard and garage. Usually more expensive than a condo, the buyer owns the unit, the surrounding front and/or backyard, and garage (if applicable). Like a condo, a homeowners association is in charge of enforcing bylaws, maintenance, and any other problems. **Duplex, Triplex, Quadraplex:** These multi-family housing terms simply define the number of units contained in one multi-family building. A duplex consists of two units per building; a triplex, three units per building; and a quadraplex, four units per building. While the duplex and triplex are generally built side-by-side in a row, the units in a quadraplex are generally constructed back-to-back or stacked in a two-story configuration. **Single Family Home:** A single family home is defined as an individual, freestanding, unattached dwelling unit. Most single family homes are built on lots larger than the home itself to allow for front yard and/or backyard areas.

Finding the right home for you and your family is a process. Whether you're a first-time buyer or looking to move-up, knowing how much home you can afford is a great place to start. If you or someone you know have questions about how much home you can buy, give me a call!

10 ways to keep cool during the summer heat wave

It's getting hot in here! As the temperatures rise, make sure you and your family take necessary precautions to keep cool.

1. Never leave children or pets alone in closed vehicles.
2. Stay indoors as much as possible and limit exposure to the sun.
3. Stay on the lowest floor, out of the sunshine, if air conditioning is not available.
4. Schedule outdoor games and activities early in the day, before the asphalt and atmosphere heat up in the mid-to-late afternoon hours.
5. Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the evaporation rate of perspiration.
6. Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
7. Drink plenty of water, even if you do not feel thirsty. Avoid drinks with caffeine. Persons with epilepsy; heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
8. Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
9. Check on family, friends, and neighbors that do not have air conditioning or that spend much of their time alone.
10. Check on your animals frequently to ensure that they are not suffering from the heat. Go to a designated public shelter if your home loses power during periods of extreme heat.



If you are currently working with another Broker please do not consider this a solicitation.

