

AUGUST



Fresh Mozzarella Watermelon Salad with Purple Basil



Ingredients

2 cups seeded small watermelon balls
2 cups fresh mozzarella pieces
1 cup chopped fresh basil (purple or green)
1 bunch scallions, trimmed and chopped
1/3 cup extra virgin olive oil
1 pinch salt and pepper to taste
1 dash balsamic vinegar as desired

Instructions

Toss together the watermelon, mozzarella, basil, scallions and oil. Season with salt and pepper to taste. Serve over a bed of baby greens with crostini on the sides. Drizzle a bit of balsamic vinegar over if desired.

Servings: Serves 6 to 8

Summer pool safety tips



School is nearly back in action! And that means children are getting as much pool time in as possible before they have to hit the books. While the sun is always fun for everyone, the U.S. Consumer Product Safety Commission (CPSC) estimates each year nearly 300 children younger than five drown in swimming pools and spas, and more than 3,000 of the same age group go to hospital emergency rooms due to non-fatal submersion injuries. As parents, preventing accidents in and around the pool is a priority. The summer may be coming to an end in some areas of the country, but practicing pool safety is a year-round event!



Find out how you size up against these important strategies for pool safety:

- **Stay close, be alert, and watch.** First and foremost, always watch your children and never leave them unattended. Make sure to keep children away from pool drains, pipes, and other openings. In case of an emergency, have a phone close by at all times. If a child is missing, check the pool first.
- **Learn and practice water safety skills.** Learn how to swim and know how to perform CPR on children and adults. Understand the basics of life saving so that you can assist in a pool emergency.
- **Have the appropriate equipment.** If you have a pool at home, install a fence of at least four feet high around the perimeter of the pool and spa. Use self-closing and self-latching gates to ensure children don't wander in unattended. Make sure all pools and spas have compliant drain covers and make sure all covers are in working order. Install a door alarm from the house to the pool area and always have life-saving equipment such as life rings or reaching poles available for use.

For more information on pooling safely visit poolsafely.gov.



Make moving fun for the whole family!

Are you getting ready for a big move? Are your kids taking the transition harder than you thought? Moving is already one of life's more stressful events – but believe it or not, it can be even harder on kids who may have only lived in one home before. Whether they're leaving neighborhood playmates or friends at school it can be intimidating, confusing, and even scary. If you're making the leap to a new city or are just moving across the street, help your kids (and you too!) make the most fun out of your move with a few ideas.

Out with the old – in with the new!

Let your kids get creative with their new rooms. Help them personalize theirs by adding a color accent to the wall. Or if you're willing to paint the room, let them have a say in what color scheme they might like (tip: you might need to resell later so think about a paint color that would appeal to buyers.) Once the moving van arrives, let them have a say in how they want their furniture arranged. Their involvement in the process takes their mind off the old room and allows them to pour their energy into the new!

Explore the Great Outdoors

Your new neighborhood will most likely have new parks, stores, restaurants, and popular hang-out spots. Walk around the block to get the kids familiar with the area (and set boundaries), then let them pick out a nearby restaurant and maybe you'll even find a new family favorite!

A New State of Mind

Change is always hard. And it's especially hard for kids who don't always understand why it must happen. Set the tone for a fantastic transition by leading with a great mindset. Talk about all the new, exciting, and fun activities that will be available to your kids when they get into the new home.

Communication is key

Some children are more vocal than others and will willingly display their feelings about the move – others are shy. Make sure you give your kids the opportunity to express their hesitations, frustrations, and general fears about moving. Opening the lines of communication will help you understand how the move is impacting them and how you can help them cope.

Travel Buddies

We all know how important it is to keep the kids busy during long road trips. The same is true when packing up for the long haul. Pack a "Moving Day" Travel Kit with lots of games, DVDs, music, and snacks! If you're traveling across state lines, try asking your kids if they can spot all 50 states' license plates!

Here are some other great ideas to make the big move a bit easier:

- Put together a playlist of songs to make the time go by faster
- Have your kids create a list of hopes and dreams for their new home
- Pack a fun box full of goodies that can be unpacked by the kids at your new home



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