

# May



## Mother's Day Morning: Whole Grain Waffles

Keep Mom healthy and happy with an early morning treat!

### Ingredients

- 2 eggs, beaten
- 1 3/4 cups skim milk
- 1/4 cup canola oil
- 1/4 cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 1 cup whole wheat pastry flour
- 1/2 cup flaxseed meal
- 1/4 cup wheat germ
- 1/4 cup all-purpose flour
- 4 teaspoons baking powder
- 1 tablespoon sugar
- 1/4 teaspoon salt



### Directions

In a large bowl, whisk together the eggs, milk, oil, applesauce, and vanilla. Beat in whole wheat pastry flour, flaxseed meal, wheat germ, all-purpose flour, baking powder, sugar, and salt until batter is smooth.

Preheat a waffle iron, and coat with cooking spray. Pour batter into waffle iron in batches, and cook until crisp and golden brown.

<http://allrecipes.com/recipe/whole-grain-waffles/detail.aspx>

## How to create a happy, healthy life in a crazy, hectic world



Life. It's fast-paced, unpredictable, and ridden with change at every corner. There are new challenges, new opportunities, and new distractions which have complicated our lives

in both good ways and bad. We're highly connected, information-seeking individuals who also can't quite find the time to get everything done. So how do you successfully maneuver through life as it jolts forward faster than ever? Here are five things you can do every day to reduce the noise and focus on enjoying the moment.

**Think Positively.** What you focus on expands. And when you focus on the negative often you attract the negative. The power of positive thought is innate in some and a habit that has to be taught for others. Nevertheless, approaching a challenging situation with the right mindset can change the entire outcome for you and for someone else. Remember the power of positive thought when you're at work, frustrated with your spouse, or fed up with the kids' bad behavior.

**Single-Task.** Multitasking has long been promoted as a positive skill. Researchers say, though, that humans aren't actually multitasking, instead they're moving from one task to another very, very quickly and it's diluting our ability to truly give our attention to an important goal. To combat this focused-on-everything-at-once mentality, time-block to accomplish one problem, activity, or task at a time. Or, try making a "Don't-Do" list.

**Take a Nap.** The Mayo Clinic says naps promote relaxation, reduce fatigue, encourage better mood and alertness, as well as a sharper-working mind (better memory, less confusion, fewer mistakes). A 20-minute power nap between 1 and 3 p.m. can boost alertness and mental awareness for several hours and shouldn't keep you up at night. ... (continued)

## How to create a happy, healthy life... (continued)



Walk or exercise for 30 minutes or more a day. Exercise is an essential part of the health equation, and 30 minutes a day is where it begins. Take a walk with a friend after work, leave the office and head right to the gym, or download yoga or pilates on your mobile phone or tablet. Maintaining a healthy diet with half an hour or more of exercise will keep your stress at bay, energy levels higher, mental health in check, and your systems running smoothly.

Remember your “Why”. Keep a picture of your pet, family, significant other, or a dream vacation destination on your desk. At home, create a list of reasons why you get up for work every day that’s beyond simply making money. Why do you make money? Is it to send your child to college? Buy your dream vacation home? Recalling your “why” on a regular basis will keep your perspective in check during even the craziest weeks.

## Profile of a Seller’s Market



When it comes to real estate markets, the pendulum swings between two extremes: either a buyer’s market, a seller’s market, or somewhere in between.

A typical market is defined by real estate practitioners as one in which a home sells within six months of being put on the market. That number is tracked by watching the Days on Market (DOM) of every home listed or sold within the local Multiple Listing Service (MLS). A typical market has six months of inventory on hand for the number of buyers in the market.

When the pendulum swings below six months of inventory, you know you are in a seller’s market. It is characterized by fewer homes on the market for the number of buyers. Prices tend to tick upwards and buyers are urgent to purchase the good ones before they get snatched up.

Homes that would have normally taken three months to sell are now sold in three weeks. A well-priced home in a great neighborhood could be bought in two days. And in some cases, homes are sold before they even hit the MLS.

During more market-neutral times, cities have seen a seller’s market pop up in particular neighborhoods. It’s also been known to blanket an entire city while the rest of the country experiences a more stable buying and selling environment.

So how do you know you’re headed into a seller’s market? Look for homes to sell quicker - even the slightest - over the course of a year. Monitor trend lines for an indication that prices will continue to rise. On a national level, watch for economic trends, such as job stability, increased salaries, and consumer confidence, to go up. On a local level, a seller’s market can be accompanied by new companies, a trendy neighborhood, or a reinvigorated group of buyers who have money to purchase homes.

Wondering if we’re headed into a seller’s market? Call me for a free consultation on the value of your home in this market. We are dedicated to getting your home sold quickly and for the most amount of money.



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

