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July 20th, 1969 - 10:56pm EDT, American astronaut Neil Armstrong, 240,000 miles from Earth, speaks these words to more than a billion people listening at home: "That's one small step for man, one giant leap for mankind." Stepping off the lunar landing module Eagle, Armstrong became the first human to walk on the surface of the moon.

Cuban Grilled Corn

Ingredients

- 4 ears corn, husks peeled back
- 2 tablespoons melted butter
- 1/4 cup grated cotija or asiago cheese
- 1 teaspoon paprika
- Salt and Lime wedges



Directions

Char-grill corn over medium heat, about 12 minutes. Brush with melted butter; sprinkle with cheese, paprika and salt to taste. Serve with lime.

Habits of People with Remarkable Willpower

We have many common names for willpower: *determination, drive, resolve, self-discipline, self-control.*

A large body of research has been developed in recent years to explain many facets of willpower. Most of the researchers exploring self-control do so with an obvious goal in mind: How can willpower be strengthened? If willpower is truly a limited resource, as the research suggests, what can be done to conserve it?

Reduce Your Choices.

We really do have a finite amount of mental energy we can exert in a day. Imagine you have a \$100 when you wake up. That \$100 represents your mental energy at 100 percent. Now consider if every decision you make cost you 50 cents. By the time you made it to breakfast, you'd be down to \$75. And lunch, \$50! Maybe even \$30, depending on the day. The lesson here is that the fewer choices you have, the easier it is to conserve your energy when you're trying to decide whether or not to eat that piece of chocolate cake at 3:00pm when your mental energy is spent.

Make Choices to Set Yourself Up for Tomorrow.

There are a few decisions that can be made when you're mentally drained, that can actually even give you a running start the next day. For instance, you could choose your outfit for the next day before you go to bed. Make and pack breakfast and lunch the night before. You could even set a breakfast routine: Monday, Wednesday, and Friday are eggs; Tuesday and Thursday are banana and yogurt. Now you've created a waterfall effect because when you visit the grocery store, you know what to get, instead of having to make more choices on the spot.

Tackle the Hardest Thing First.

Most people like to create task lists, and we feel a sense of reward when we check something off. The trouble is, we're checking things off in the wrong order. Remember, your willpower is slowly depleted every time you make choices. The best thing to do is to tackle the hardest thing first ... and even first thing in the morning.

Source: <https://www.apa.org>



Preparing Your Home For Showings

Homes that are properly staged almost always sell faster regardless of market conditions. If your home is on the market, be sure you follow these guidelines to keep your humble abode looking showroom perfect. Remember, beauty is in the eye of the buyer!



Cut the clutter. This is one of the easiest ways to give your home a "ready to buy" feel. Start by removing anything that is wasting space: old magazines, random objects that don't have a purpose, even your favorite family photographs should be kept to a minimum. Then, clean out closets, pick up anything on the floor, put away anything that isn't immediately being used and if you have kids, organize their toys neatly in one spot; preferably in a closet. Your REALTOR® might even suggest removing bulky furniture to give rooms a larger appearance.



Spic and span. Now that you've removed any unnecessary objects, clean your home from top to bottom. Hire a maid if this task becomes too involved. Your home should sparkle like new after you're done. By removing the clutter and cleaning your home, you show the buyer that you are a serious seller who is willing to put time and energy into a home they might buy.



Curb appeal. You know the drill; first impressions are the most important. So when buyers first pull up to your home with their REALTOR®, they should see an inviting home with a great looking yard. Remove any random objects from your yard, mow the lawn on a regular basis, plant colorful flowers, and paint your garage door if over the years it's lost its luster. Be sure to keep the backyard looking nice as well. You want the potential buyer to picture themselves living in this house. They can't do that if your stuff is lingering and looking cluttered.



Touch-ups. Over the years, your home may have received a little wear and tear. It's the mark of a lived-in home. Touch up molding and seams around the house with a fresh coat of paint. Reapply wallpaper if it looks like it's starting to peel away from the walls (this happens in bathrooms frequently from the steam of the shower). Your REALTOR® may suggest you repaint a room to give it a fresh feel or they might suggest a bigger project like replacing light fixtures throughout your home.



Ready and waiting. Often, buyers will show up with a REALTOR® at a moment's notice. This means your home should appear showroom perfect as often as possible. Explain to your kids why they need to make an effort to keep the home as clean as possible. Avoid cooking harsh-smelling foods if you think buyers might take a tour. Also, keep animals at bay so they don't annoy visitors to the home, put them in the garage or take them to a neighbor's or family member's home if necessary.

These five strategies are a great start to stellar staging. Always talk with your REALTOR® if you should have any questions or concerns when prepping your home for potential buyers. And keep in mind, do not get insulted or angry by criticism. Advice your REALTOR® gives you is helpful not hurtful. They know what buyers like to see, and are simply offering suggestions to improve the salability of your home.

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



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Clara Grace
22 months