

# SEPTEMBER NEWSLETTER



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"Change Your Latitude"  
"Change Your Attitude"

*"A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action makes your dreams come true"*

**-Greg Reid**

## GLUED TO YOUR SMARTPHONE? HERE ARE SOME STEPS FOR BREAKING THE ADDICTION

Have you experienced some of the negative effects of smartphone addiction? Here are some strategies for setting healthy limits on your usage.

Keep your phone on silent by visiting Settings and unchecking the vibrate on silent option. This will mute the endless chorus of notifications that keep you distracted and constantly picking up your phone. Then, only check your phone and respond to calls and messages at designated intervals. This will help ensure that you are using the phone on your terms rather than allowing it to interfere with your non-phone time.

Practice intentionality every time you go to pick up your phone. Ask yourself, what is the purpose for using my phone right now? If you don't have a specific goal in mind, put it back down.

Delete social media apps. Regardless of your preferred platform, social media is a major time-waster for many people. By deleting social media apps from your phone, thereby requiring you to use the more cumbersome web browser when you want to access them, you

will introduce an extra step that may make you think twice before succumbing to a social media binge.

Delete all other apps that aren't adding value to your life. Of the apps that remain, move all of them off your home screen so that you have to scroll to a different page rather than automatically accessing them.

Physically distance yourself from your phone, particularly at times when you are usually tempted to use it. For example, place it on the other side of the room when you are working, enjoying a meal, or getting into bed.

Make a list of activities you love that don't involve the phone, and focus on those when you are feeling tempted. Many people find that all or most of their free time each day gets consumed by smartphone addiction. When you find yourself wasting time on your phone, remember other activities that you enjoy and think about how much more time you'd have to spend on those if you could bring yourself to put the phone down.

Source: [fastcompany.com](http://fastcompany.com)



# HONEY-MUSTARD CHICKEN AND APPLES

## Ingredients:

- ° 8 skin-on, bone-in chicken thighs (2 to 2 1/2 pounds)
- ° Kosher salt and freshly ground pepper
- ° 2 tablespoons extra-virgin olive oil
- ° 1 large onion, cut into large chunks
- ° 2 cooking apples (such as Cortland), cut into chunks
- ° 1 cup low-sodium chicken broth
- ° 2 to 3 tablespoons honey mustard
- ° 1 1/2 teaspoons unsalted butter, softened
- ° 1 tablespoon all-purpose flour
- ° 1 to 2 tablespoons roughly chopped fresh parsley

## Directions:

• Preheat the oven to 450 degrees F. Season the chicken with salt and pepper. Heat the olive oil in a large ovenproof skillet over medium-high heat. Working in batches if necessary, add the chicken, skin-side down, and cook until golden, about 6 minutes. Flip and cook 2 to 3 more minutes, then transfer to a plate.

Pour off all but 2 tablespoons of the drippings.

• Add the onion and apples to the skillet and season with salt and pepper. Cook until slightly softened, about 4 minutes. Mix the broth with the mustard, then add to the skillet and bring to a boil. Arrange the chicken, skin-side up, in the skillet. Transfer to the oven and roast until the chicken is cooked through, 15 to 20 minutes.

• Mix the butter and flour to form a paste. Use a slotted spoon to transfer the chicken, apples and onion to plates. Bring the pan juices to a simmer, whisk in about half of the butter-flour mixture and boil to thicken, 2 minutes. Continue to cook, adding more of the butter-flour mixture as needed to make a slightly thick gravy. Season with salt and pepper. Pour over the chicken and sprinkle with parsley. Cut kernels from cobs and add to reserved salad; add hazelnuts, Pecorino, mint, tarragon, and Aleppo-style pepper and toss to combine. Season with salt.

Source: foodnetwork.com



# EASY LANDSCAPING HACKS TO BOOST YOUR HOME'S CURB APPEAL TO BUYERS

As a general rule, first impressions can significantly impact the decisions we make and potential buyers first impressions of your home are no exception. As a result, when selling your home, it is crucial to ensure that your yard is well maintained and visually appealing. After all, the exterior of your home is typically the first thing that buyers notice. It is even estimated that an attractive landscape may increase your home's value by up to 10 percent!

How can you enhance your yard in order to entice buyers to see more of what your home has to offer? These easy hacks will help

- Add a fresh layer of mulch to garden beds. In addition to being relatively inexpensive and easy to apply, mulch creates contrast, which helps the color of the surrounding plants appear more vibrant.

- Prune overgrown trees and shrubs. Simple

maintenance is one of the easiest ways to improve your home's curb appeal. Trim and shape any foliage that has become overgrown and remove dead branches to quickly give your home a neater, more polished appearance.

- Place a large container plant near the front door. These plants are easily found at most garden or home improvement stores, and will create an enticing, stately aesthetic as buyers enter your home.

- Clean water features. If you have ponds, fountains, or bird baths on your property, be sure that they are free of debris and algae. In addition, clean filters to help keep the water crystal clear while your home is on the market.

- Power wash surfaces. If your property's paved surfaces, fences, and brick or vinyl siding are looking grimy, consider renting or buying a power washer to quickly restore them to a like-new condition.

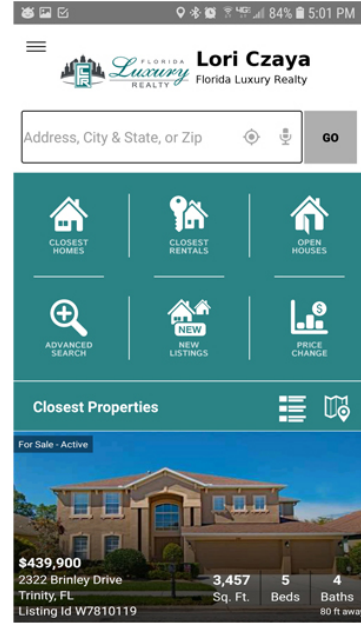
Source: HGTV.com

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