

MARCH NEWSLETTER



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"Good luck is when opportunity meets preparation, while bad luck is when lack of preparation meets reality."
- **Eliyahu Goldratt**

How to Alleviate Spring Allergies

healthtalk.com

In most places, spring is the season for mild weather, longer days, blossoming flowers—and pesky allergies. As the earth begins to bloom after a long winter, seasonal allergies can occur if your immune system mistakes pollen and other harmless substances for threats that must be fought. As a result, you may experience symptoms such as a runny nose, itchy, watery eyes, coughing, and sneezing.

While it can be difficult to avoid these symptoms entirely if you're prone to seasonal allergies, the following steps may help:

- Keep an eye on pollen counts. Various sources, including pollen.com and The Weather Channel, publish approximate pollen counts in your zip code on a given day. By checking these regularly, you can anticipate when your allergies may be worse and begin taking preemptive measures (including planning to stay indoors as much as possible on high pollen days).
- Start taking allergy medicines early. Allergy medicines work by suppressing your immune system's response to allergens. By starting to take them regularly at least a month before spring begins in your area, you can begin preparing your body to respond properly to the perceived threat. With many different over-the-counter brands to choose from, you may need to try a few different medications before finding one that works for you.
- Take a shower after being outside. While staying inside as much as possible is one of the best ways to avoid seasonal allergy symptoms, it can sometimes be difficult to avoid spending time outdoors. If you've been outside, taking a shower as soon as you get in can help reduce the amount of pollen you bring into your home. Additionally, consider washing down pets and kids after they've been outside, and keep your windows closed.
- Change your air filters. While it's important to change your home's air filters at regular intervals throughout the year, changing them more frequently during the spring can help remove allergens from the air you breathe. You may also consider investing in a HEPA (high-efficiency particulate air) air purifier, which pushes the air through a fine mesh that traps pollen and other irritating particles.
- Talk to your doctor. If you've tried all of these steps and still can't find relief, it may be time to visit a doctor. He or she will likely conduct skin and blood tests to determine which allergens are triggering your symptoms, and may recommend seasonal allergy shots that can retrain your immune system to ignore particular allergens.

Brussels Sprouts and Bacon Flatbread

gimmesomeoven.com

Ingredients:

- 2 slices thick-cut bacon, diced
- 8 ounces Brussels Sprouts, thinly-sliced (with ends trimmed and discarded)
- 1 small red onion, peeled and thinly sliced
- 4 cloves garlic, peeled and thinly-sliced
- 2 pieces flatbread
- 1 tablespoon olive oil
- 1 cup shredded Mozzarella cheese
- 2 ounces crumbled goat cheese, blue cheese or feta cheese
- balsamic glaze

Directions:

- Preheat oven to 400°F.
- Fry bacon in a large saute pan over medium-high heat until cooked. Transfer bacon to a separate plate with a slotted spoon, and set aside.
- Meanwhile, keep about 1 tablespoon of the remaining bacon grease in the saute pan (you can discard the extra if there's too much grease in there). Stir in the Brussels sprouts, red onion, and sliced garlic. Saute for 4-5 minutes, stirring frequently, until the mixture is softened and the garlic is fragrant. Remove from the heat and set aside.
- Place the two pieces of flatbread on a large baking sheet, and brush the tops of each with olive oil. Sprinkle each piece of flatbread evenly with about 1/3 cup Mozzarella cheese, leaving a 1/2-inch border around the edges of the flatbread. Then divide the Brussels mixture, bacon and crumbled cheese evenly between the two pieces of flatbread, and spread them out evenly. Sprinkle with the remaining Mozzarella cheese.
- Bake for 8-10 minutes, or until the Mozzarella has melted and the crusts are slightly golden.
- Remove from the oven and drizzle with the balsamic glaze. Serve immediately.

Top Moving and Packing Hacks to Make Your Move a Breeze

realsimple.com

Whether you're moving a few minutes or a few hundred miles away, the process of uprooting your life and all your possessions is rarely easy. Fortunately, a little planning can help you avoid common moving mistakes and ensure as smooth a transition as possible. Here are a few of the top moving and packing hacks to keep in mind:

- Do a purge of your possessions. The less items you have to pack, the easier your move will be. Moving is a great time to take a close look at everything you own—if something no longer brings you joy or you haven't used it in more than a year, consider selling it, donating it, or throwing it away.
- Make a moving file. During the chaos of a move, the last thing you want to be doing is searching for an important document. To avoid this, start keeping a moving file with any contracts, bills, or other key papers related to your move and the purchase or sale of your home.
- As soon as you can, pack anything you won't need until you're settled in your new home. For instance, packing off-season clothing and décor or any other items you're not likely to miss can help ease the workload as your move approaches.
- Book early. If you'll be hiring packers, movers, handymen, or other professionals to help with your move, schedule them as soon as possible. This is particularly crucial in the current environment, when many companies are facing labor shortages.
- Separate your essentials. When it comes time to move, you'll want to make sure that things you need on a daily basis—such as medications, eyeglasses, and other personal care items—are readily accessible. Therefore, designate a bag or box for these essential items and ensure that it stays with you wherever you go.



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