

# HOMEWISE NEWSLETTER



## QUOTE OF THE MONTH

“September days have the warmth of summer in their briefer hours, but in their lengthening evenings a prophetic breath of autumn.”  
— Rowland E. Robinson

## LOCAL EVENTS

- September 10th- Classic Movies Series: Tooties
  - Time: 6:00 pm -9:00 pm
  - Location: 4th Street Theatre, 112 N 4th St Moberly
  - Price: \$10
- September 15th- Columbia Fun Fest
  - Time: 5:00 pm - 8:00 pm
  - Location: Cosmo-Bethel Park, 4500 Bethel St, Columbia MO
  - Free
- September 23rd- Columbia Farmers Market
  - Time: 3:00 pm - 6:00 pm
  - Location: 1769 W Ash St, Columbia MO
- September 25th- Junk Junktion
  - Time: 9:00 am -5:00 pm
  - Location: The Parlor, 424 W Reed St, Moberly MO
  - Price: Free

More information on Facebook



# Getting Ready for the Holidays

Getting ready for the holidays, already? That might sound a little odd to some people. However, now is the perfect time to get started! This will help lessen the stress of the holiday and allow you to enjoy spending more time with your family and friends. Down below are some tips on how to get started and why you should start planning early.

Tip 1. Purge Unused Items. This is a great time to get rid of any items that you don't use that are taking up valuable space. Also, this will make room for any new items.

Tip 2. Budget and Savings. We all love showing our family/friends how much we care and thoughtful gifts can be one way to do so. That's why it's a good idea to start saving and come up with a holiday budget. Pick a goal that is achievable and create a savings account for your holiday funds.

Tip 3. Decide what type of holiday you want. The holidays can be a little crazy. Many events and activities are fighting for our attention that time of year. It's easy to get overwhelmed. Some people love the holiday "madness" and if you do that's great. However, deciding beforehand what is really important to you, can help you later pick what events you should say yes to, instead of saying yes to everything.

## Eggplants

Eggplants are delicious and easy to cook. It is also a key ingredient in many Fall recipes. The good news is that this vegetable has many health benefits.

- It is low-calorie and full of nutrients.
- It is high in antioxidants which can help your heart.
- Some studies have shown that it may help with blood sugar control.
- The polyphenols in eggplant may help protect your body from cancer.
- Some studies have found that the anthocyanin in the eggplant's skin may help with cognitive function

Ware, M. (n.d.). Eggplant: Health benefits and nutritional information. Medical News Today. <https://www.medicalnewstoday.com/articles/279359#benefits>.

## Contact Information

Please call these numbers with general questions/concerns regarding rent, your lease, or maintenance requests:

**573-355-2529** or **660-620-2295**

Call this number if you can not reach us at the numbers above and you have an urgent need:

**660-651-7435**

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