



Real Estate News You Can Use

Brought to you by Brett Roderman

404-229-7600 • br@brettroderman.com

Because we all need to be uplifted and enjoy a good laugh...

This old girl's the catch of the century. Virginia Oliver, from Rockland, Maine, is still working as a lobster fisher at the age of 101. Oliver began harvesting lobster off the coasts of Maine at the age of eight, more than a decade before World War II, and has never stopped. Believed to be the world's oldest lobster fisher in the world, the centenarian has no plans to give up the job she loves, continuing to tend to her traps daily alongside her 78-year-old son. More: <https://tinyurl.com/uplift1221a>

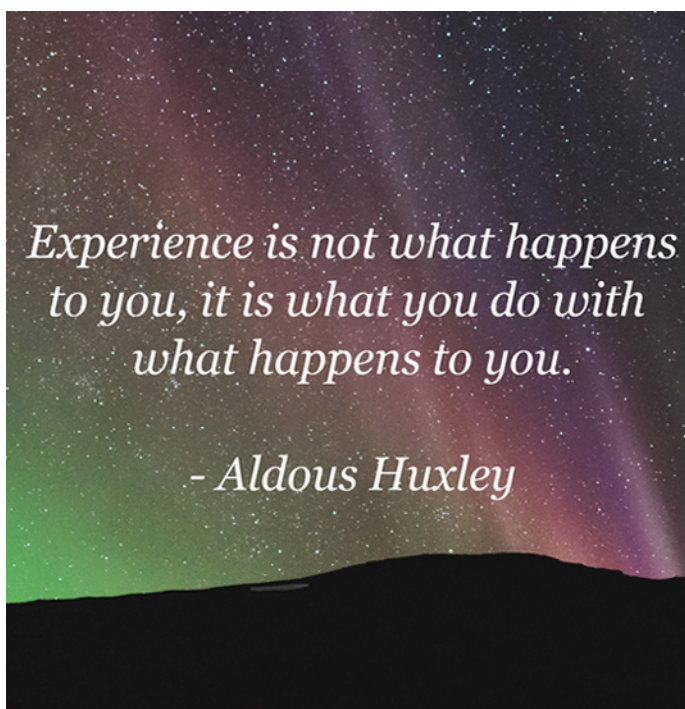
School lends a heartwarming helping hand. Teachers and faculty members at Unity Grove Elementary School in Henry County, Georgia, came together to surprise struggling school custodian Chris Jackson with a new car. Jackson had been facing financial difficulties and previously had to walk for more than an hour to work at the school every day. After a number of colleagues noticed the hardship he was going through, they pitched together to raise funds for a vehicle for him. More: <https://tinyurl.com/uplift1221b>



Making kings and queens out of kids through chess.

Compton-born Damen Fletcher is helping to empower children from deprived areas through chess. Fletcher's company, Train of Thought, uses chess as a vehicle to help young people learn problem-solving, in the process setting them up for a chance to make a brighter future for themselves. The company has received widespread support, and plans are in place to take the project to Uganda. More: <https://tinyurl.com/uplift1221c>

Brought to you by Brett Roderman
br@brettroderman.com | 404-229-7600



Links You Can Use Now

All about food

Always wanted to be a whiz in the kitchen but never had the chef's kiss of knowledge? Don't worry: we can help you change that! Here's a selection of links you can use right now to make your cooking the crème de la crème.

Are school lunches getting repetitive? Want to experiment but have a fussy child? Try these recipes from Food52 that kids will actually want to eat: <https://tinyurl.com/uplift12211>

Is there a better recipe than a one-pot stop? If you're new to the Dutch pot and not sure what to make, try these recipes that will work for a fancy party or family game night: <https://tinyurl.com/uplift12212>

Maybe you're an auditory learner. That's fine. Here are 10 podcasts about food we promise you'll love to listen to just as much as you'll love eating from: <https://tinyurl.com/uplift12213>

New to the air fryer movement? Not sure what to make? This mitú article includes a few Mexican-inspired dishes to get you going: <https://tinyurl.com/uplift12214>



How to Read the Label When It Comes to Eating Well

These days, the back of the box is full of information: ingredients, quantities, recommended allowances. But reading and understanding the box can be two different tasks. The wealth of information can be hard to take in. Here's a guide to what is good to put in your body.

How often should you eat

This actually depends. What you eat depends on your body type, your blood type and what works best with your metabolism. But you should definitely eat. Fasting seems to be the new go-to diet, but according to theSkimm, eating three meals a day (that includes breakfast) is actually better for your heart.

Know your terms

Calories: These are literally units of energy, and don't count them because that could lead to an unhealthy relationship with food.

Fat: Don't be scared of fat, but don't ignore it, either. Watch out for the prefix "saturated," and you should be okay.

Cholesterol: It's what your liver produces. Sure, we don't want too much of it, but a little isn't bad for us.

Sodium: You need this more in the summer, as it helps to replace what you're losing through sweat. Too much can cause high blood pressure, so keep it under 2,300 mg.

Carbs: We need carbs just to switch our brains on, so make sure you're not omitting these.

Protein: This is what helps our bodies heal themselves. It helps repair tissue and muscles, and it's good for your brain, too.

Sugar: It may help the medicine go down, but in all its forms, it still needs to be kept an eye on.

Listen to your body

If you're unsure if certain foods are working for you, you should visit your doctor. Some foods can be one man's treasure and another man's IBS. The most important part of finding a healthy balance in your diet is figuring out what works for you.

If you know of any local families or organizations that are especially in need at this time, please give me a call at 404-229-7600 or email br@brettroderman.com. I will do my best to spread the word. If there is anything I can do to support you at this time, please let me know.

2897 North Druid Hills Road Suite 400
Atlanta Georgia 30329

www.BrettRoderman.com

Farm Sends the Best Produce to Those in Need

A farm in Buck's County, Pennsylvania, is making a name for itself nationally for its consistently fine produce, the quality of which would have the best chefs in the country fighting for a piece of the action. What makes it so noteworthy, though, is not the high-quality food itself but what happens to it after leaving the farm. They give it away free to those most in need.

Husband and wife Tony and Amy D'Orazio started the nonprofit Carversville Farm with the belief that those left behind by society don't deserve to miss out on good nutrition. With genuinely high-quality food becoming prohibitively expensive, Carversville is working to undo the link between the underprivileged and malnourishment. The farm plays host to herds of Angus cattle, poultry raised in state-of-the-art barns that ensure the perfect amount of food, light and circulation, and vegetable patches lovingly tended by hand, producing bolero carrots, Lehigh potatoes and much more.

Once ready, the foodstuffs produced at Carversville are given to chefs at soup kitchens, food pantries, homeless shelters and other emergency food suppliers across Philadelphia, ensuring that no one has to miss out on eating well. Not only that, but the chefs also collaborate directly with the farm rather than having to go through middlemen. Staff at the various organizations working with the farm are able to put in direct orders with them and hold ongoing discussions on what type of crops to grow or what may be required in future orders.

Having borne direct witness to the poverty in South Philadelphia when they lived there during college, the D'Orazios funded Carversville almost completely alone using the wealth they've accumulated from their other business venture, a Bucks County company named Vertical Screen, which screens job applications for prospective employers.