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Happy New Year!!

Ok, who's the genius who thought that turning our clocks back an hour, prolonging winter's darkness even more, was such a swell idea?

Turns out, it was Benjamin Franklin, in 1784, when he proposed it in a satirical essay. According to scholars at [The Franklin Institute](http://TheFranklinInstitute.org) "He merely suggested Parisians change their sleep schedules to save money on candles and lamp oil."

Regardless of the tongue-in-cheek nature of the suggestion, the idea of "daylight-saving" was kicked around for more than a century until New Zealander George Hudson took it and ran with it.

Fitting more daylight into our days is typically welcome, but the sudden switch to darkness when we "fall back" in autumn causes trouble for some folks. Fortunately, there are some simple tricks to help us get through it.



Let Lighting Do the Heavy Lifting

Seasonal affective disorder, or SAD for short, "...is a type of depression that's related to changes in the

season" according to professionals at Mayo-Clinic.org. "Symptoms start in the fall and continue into the winter months..."

One of the treatments for SAD is a bright, light-emitting box. But you don't have to suffer from seasonal affective disorder to benefit from increased lighting in your home this winter. Open heavy drapes when you're home during the daytime. Ensure windows and screens are clean to allow maximum levels of natural light to flood the home. You can also add more lamps and other lighting to the home to banish the darkness and gloom. For an added punch, increase the number of mirrors on the walls. They'll help reflect existing light.

Bring the Outdoors in

The houseplant trend has been going on for years, and the pandemic put it on steroids. If you haven't already joined the plant party, this winter might be a great time to give it a try. "Indoor plants have drawn the attention of the scientific community because of their various benefits," according to Min-sun Lee, Juyoung Lee, Bum-Jin Park, and Yoshifumi Miyazaki, authors of a study published in the [Journal of Physiological Anthropology](http://JournalofPhysiologicalAnthropology.org). These benefits include stress reduction and improved mood. Interaction with your plants is key to receiving these benefits, so go plant shopping, then vow to transplant, water, and generally hover over your leaf babies all winter.

Real Estate News

2021 was a record breaking year for home sales in New Hampshire. The median housing price in August hit an all time single month high for the state of \$410,000, while 2021 monthly Lakes Region prices outpaced every month over 2020. November and December have proved less frenetic than previous months, however, buyer demand remains high and mortgage rates relatively

low. These factors, combined with reduced inventory, continue to fuel demand.

Our New Year's resolution is to continue to provide professional, responsive, and caring real estate services to buyers and sellers in New Hampshire. We thank all of our clients for their continued trust and business.

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REAL ESTATE TIP OF THE MONTH!!

Happy New Year! Time for those New Year's Resolutions, so how about some ideas for resolutions for your home. Tackle the "stuff", make those annual safety checks, lower your carbon footprint AND your bills. Go to our latest blog post for how to details and check off those resolutions on your list as done!

Follow the link to read our January blog post:

<https://www.nhfineproperties.com/blog/>

And while on the website, check out our home valuation tool, information on the towns we serve, and other fun and useful information.



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Whether buying or selling, we'll be with you every step of the way.



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