

# February Newsletter



*"Familiar acts are beautiful through love."*

*- Percy Bysshe Shelle*

## Surprising Facts about the Science of Love

Source: [lifehack.org](http://lifehack.org), [nytimes.com](http://nytimes.com), [time.com](http://time.com)

As Valentine's Day approaches, articles full of tips about love and relationships seem ubiquitous. While there are several steps that can be taken to enhance the health of a relationship—and numerous factors that influence how we fall in love and with whom—research indicates that science plays a major role throughout the lifecycle of a relationship, from initial attraction to either lasting love or a breakup.

Whether you're single and looking, sparking a new romance, or happily committed this Valentine's Day, here are a few interesting facts about the science of love:

- Falling in love can be addictive. During the initial attraction phase of a relationship, the brain releases dopamine, which creates feelings of pleasure and happiness. This same sense of euphoria is also experienced by cocaine or nicotine users—and the effects of dopamine are at least partially responsible for making those substances so addictive.
- The fact that love is "blind" allows relationships to progress past the initial stages. If you've ever fallen in love, you may have experienced the feeling of being "blind" to your partner's flaws. Aside from the surge of feel-good chemicals like dopamine, this blindness results from decreasing activity in the brain's prefrontal cortex, which is associated with negative judgments of others. However, the euphoric stage of a relationship only lasts an average of six months to two years, and scientists believe that idealizing our partners initially is essential for allowing relationships to progress to the more stable "attachment" phase.
- Scientists have made strangers fall in love in a lab. Is it possible to make someone fall in love with you? The answer would appear to be yes, according to a study conducted by a psychologist named Dr. Arthur Aron. In his experiment, two strangers stared into each other's eyes for several minutes and took turns answering 36 personal questions, such as "If you were to die tonight, what would you most regret not having told someone?" The strangers ended up falling in love—a result that was shared by a pair of friends who replicated the experiment and published their experience in *The New York Times*. The theory behind why this process works is that it creates intimacy, which causes a surge of dopamine.
- Love actually hurts. If you've ever felt like you were physically in pain after enduring a heartbreak, it wasn't just your imagination—the same neurons are fired in your brain when you're experiencing emotional pain as when you're experiencing physical pain. And speaking of heartbreak, a broken heart is a real medical condition. "Stress cardiomyopathy" involves a situation in which patients who have suffered emotional pain have 2-3 times more adrenaline in their systems as victims of a classic heart attack.

# Sweet and Smoky Cedar-Planked Salmon

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

## Ingredients:

- 2 tbsp. light brown sugar
- 2 tsp. smoked paprika
- 1 tsp. grated lemon zest
- 3 cloves garlic, minced
- Kosher salt
- Freshly ground black pepper
- 1 2 1/2-pound skin-on salmon fillet

## Directions:

- Soak a large cedar grilling plank (about 15 inches by 7 inches) in water, 1 to 2 hours.
- Heat grill to medium. Combine sugar, paprika, lemon zest, and 1/2 teaspoon each salt and pepper in a bowl. Season salmon with salt and rub spice mixture all over the flesh side.
- Place salmon on soaked plank, skin side down. Grill, covered, to desired doneness, 25 to 28 minutes for medium.

## 4 Tips to Help You Stay Organized When Planning a Move

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

From selling your current home to finding a new one to packing your belongings, the moving process can feel overwhelming. While staying organized may not be a top priority, taking the following easy steps can help simplify the packing and unpacking processes, while ensuring that your home looks as orderly as possible while it is on the market.

- Start the purging process early. No matter how long you've lived in your current home, you've most likely accumulated possessions that you no longer need. The more of these you can get rid of, the easier and less costly your move will be. As soon as you know that a move is on the horizon, start sifting through each room in your house, including every drawer, closet, and cabinet. Ask yourself whether you use or love an item, or whether it has sentimental value—and consider donating or throwing out anything that doesn't fall into these categories.
- Organize your current home. While organizing your belongings may seem like a waste of time when you're planning to move them soon anyway, there are many benefits to adopting an organization system before beginning the packing process. While it doesn't need to be elaborate, investing in some baskets, containers, and drawers to sort your belongings will help you identify items to toss, simplify packing and unpacking, and declutter your home—which will boost its appeal to buyers.
- Pack by room. Ensuring that each box you pack contains items from only one room is the easiest way to keep your belongings organized until they are set up in your new home. Resist the temptation to commingle items from different rooms just because you have extra space in a box.
- Set up a labeling system. As you pack by room, a consistent labeling system will help you stay organized and make unpacking a breeze. For example, assign each box a number, and keep a corresponding list with a brief description of what each box contains and in which room it belongs.



If you are currently working with another Broker please do not consider this a solicitation.

