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Between FRIENDS

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The summer is hot... and the market is hotter! Call me right away if you're thinking about buying or selling a home.



Are you in the market for a new home? A Home Warranty Plan can help protect your budget from repair or replacement costs caused by the breakdown of heating, plumbing, electrical systems, and most built-in appliances. Optional coverage choices are available for home buyers to custom fit the Plan to the unique needs of their home. Plus, a home warranty offers access to qualified service providers, helping reduce the stress of homeownership.

Protect your budget against the high cost to repair or replace home systems and appliances.



Visit www.orhp.com or talk to your Real Estate Professional to learn more.

I provide my clients with accurate, timely information throughout every step of their real estate transaction. Send your family and friends my way, and I'll treat them right!



Health & Safety

Biofeedback for Mental and Physical Health

The mind and body are tightly bound. Psychological stress can lead to physical pain and other health problems, which produce more stress and feed the vicious cycle. The goal of biofeedback is to break this pattern, and many have found it to be a safe, effective, and non-invasive tool for improving overall health.

Sensors from a biofeedback device attach to various parts of the body to measure physiological processes, such as heart rate, muscle tension, brainwave frequencies, and body temperature. Patients learn techniques to relax their bodies and control their symptoms, witnessing evidence of their success on a computer screen right before their eyes. According to *WebMD*, biofeedback patients have achieved a significant reduction of symptoms in as little as 12 sessions.

You can work with a biofeedback professional, who will charge a fee for each session, or you can purchase a home biofeedback device that connects to your computer, tablet, or smartphone. For help choosing a practitioner or a quality medical device, consult your doctor or visit the Association for Applied Physiology & Biofeedback at www.AAPB.org.

Helpful Hints

Such a Chore!

Modern technology has brought us self-cleaning ovens and self-driving cars, but unfortunately for kids around the world, that bedroom still won't clean itself. If your kids are lagging on their household chores, try the following tips.

Make Chores a Little More Fun: Turning chores into a game may encourage kids to think differently about them. Cristine Carter, from *Parents Magazine*, suggests turning dinner preparations into "dance time," allowing one kid to play DJ. The others move to the grooves while performing a simple task, such as mixing the salad.

Up the Ante: If they're bored with their current household duties, try giving them more challenging chores. You may be surprised by how well they rise to the occasion.

Give Them a Degree of Autonomy: Obviously, you don't want to give your son free reign over the washing machine if he's too young to understand the concept of bleach. However, stepping aside and letting kids perform age-appropriate tasks will empower them and allow them to learn from their mistakes.



1/2 cup non-fat or low-fat milk
1/2 cup non-fat plain yogurt
1 cup frozen peaches
1 tablespoon honey
1/4 teaspoon vanilla extract
1/8 teaspoon ground cinnamon
Pinch ground nutmeg
Pinch ground ginger

Mix all ingredients in a blender, adding extra honey to taste.

Blend until smooth.

It's that simple—a healthy treat that tastes like peach pie!



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Household Tips **The Many Faces of WD-40**

The squeaky wheel gets the oil... and so do a ton of other things! A bus driver in Southeast Asia, for instance, recently used WD-40 to remove a python coiled around the underbelly of his bus. Of course, you probably don't encounter many pythons... but *WD40.com* lists over 2,000 uses for this versatile solution, and you just may find the following tips useful as a homeowner.

With a dab of WD-40, you can...

- ✓ Prevent wicker chairs from squeaking
- ✓ Prevent rust from forming on metal wind chimes
- ✓ Keep weather stripping soft, prevent drying and cracking
- ✓ Dissolve gum stuck in floor mats, key holes, etc.
- ✓ Drive moisture from home wiring
- ✓ Help break in baseball mitts
- ✓ Remove the gunk from grills
- ✓ Clean crayon marks off walls
- ✓ Remove glue from paneling
- ✓ Shine the leaves on artificial plants

