



DOMINICK A. DINA, Broker

Tel: (210) 273-9082

Lic. #: 540730

Between FRIENDS

"Personal, professional service"

ChristianRealtySanAntonio.com

The days are getting shorter, the nights are growing longer, and autumn is in the air. Call me today for helpful tips on preparing your home for Old Man Winter.

Does the prospect of an expensive home repair keep you up at night? A Home Warranty Plan is a service contract that helps safeguard your budget against unexpected repair or replacement costs caused by the breakdown of covered heating, plumbing, electrical systems, and most built-in appliances. Home warranties offer peace of mind to home buyers and sellers alike—paving the way for a smooth, seamless, worry-free transaction.

OLD REPUBLIC HOME PROTECTION



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

People Helping People



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

I give my clients 100% because I want to make every transaction as smooth and stress-free as possible. If you have real estate needs, or know someone who does, call me today!



Health & Safety

Benefits of Pilates

Pilates is a set of core-strengthening exercises developed half a century ago by Joseph Hubertus Pilates, and today it's all the rage. What are some of the established benefits associated with this low-impact routine?

Relief from Back Pain: Half of all adults experience back pain at some point in their lives, and 25% of adults struggle with acute or chronic pain according to *WebMD.com*. Many back pain sufferers have found that the core-strengthening exercises associated with Pilates may offer some much-needed relief, but *WebMD.com* warns patients to identify the root cause of their pain and consult a qualified physician before beginning any exercise program.

Flexibility: The slow, low-impact stretches associated with Pilates can improve flexibility without pushing the body too hard or too far.



Greater Awareness of the Body: We put our bodies in some compromising positions throughout the day when we hunch over the computer or steering wheel. Pilates teaches greater body awareness through mindful attention to simple movements, which may lead to a healthier posture over time.

Real Estate Today

Why Do Home Appraisals Matter?

The appraisal may not be the most exciting element of buying or selling a home, but it's a vital one because no credible lender will offer a home loan without one. The reason for this is simple: if the bank has an educated estimate for how much a home is worth, they know how much to lend the buyer, and they'll have a rough idea of how much they can get for the house if the borrower defaults on the loan.

Appraisers factor quite a few items into their appraisal, including the number of bedrooms and bathrooms, square footage, condition of the home, comparable sales of nearby homes, the local crime rate, proximity to schools, the quality of the school district, etc. While you can get a rough idea of your home's worth by looking on *Zillow.com* or other home valuation sites, they're no substitute for a professional appraisal.

Appraisal—
condition, market value,
features



8 cups mixed salad greens

**1 lb. medium shrimp,
cleaned and cooked**

Flake coconut to taste

1 mango, cut into chunks

1 avocado, cut into chunks

French or Catalina salad dressing

Top greens with shrimp, coconut,
avocado, and mango.
Serve with dressing.



Christian Realty San Antonio
9050 Ryelle
San Antonio, TX 78250
ChristianRealtySanAntonio.com

Household Tips

When Good Food Goes Bad

Refrigeration is one of the marvels of modern technology, and without it, leftovers would become a thing of the past. According to the USDA, you can store frozen foods indefinitely—although they may not retain their quality over time. The following list offers simple guidelines for how long you can keep some common food items refrigerated at 40° F without seeing them spoil.

Food Item	Good for...
Fresh Poultry	1 to 2 days
Cooked Beef, Pork, or Poultry, Soups or Stews, Leftover Pizza	3 to 4 days
Salads, Lunch Meats, Fresh Beef, or Pork	3 to 5 days
Opened Package of Hotdogs, Bacon	1 week

Needless to say, use common sense and don't eat anything that looks or smells bad! Visit FoodSafety.gov to learn more about the federal government's guidelines for food safety.

