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Between FRIENDS

"Personal, professional service"
ChristianRealtySanAntonio.com

Happy New Year! If purchasing a new home is one of your resolutions, I'm ready to help you find the home of your dreams.



Thinking of selling your home? Adding a Home Warranty Plan to your transaction may result in a faster sale at a more advantageous price. A home warranty provides budget protection from the high cost to repair or replace covered home systems and appliances—helping to reduce your risk of after-sale disputes and offering optimal peace of mind to buyers and sellers alike.

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.

When buying or selling a home, there are countless factors to consider. Refer your friends and family to me so they can breathe easy—with a true professional in their corner!



Health & Safety

Health Tips for Dogs and Cats

Cuddling a dog or a cat can soothe your mind after a long day, and healthy pets usually make for happy owners. Below are some general tips to help ensure a long life for your pet, but be sure to consult a veterinarian for guidance when it comes to your favorite furball.

Vaccinations: According to WebMD, most vaccinations take place early in life—every 3 to 4 weeks until your pet is 16 weeks old. Rabies and Distemper-parvo vaccines require booster shots throughout a dog's life. Beyond the common vaccinations for dogs and cats, ask if your vet recommends heartworm and flea/tick prevention medications.

Regular Checkups: When dogs and cats are in their prime, veterinarians usually recommend annual checkups, and they often prefer to see older dogs and cats (age 7-10 and older) every six months.

Nutrition: Tailor your pets' diets to their age, weight, and activity level. Rather than trusting random sources on the internet, consult your vet for nutritional guidance.

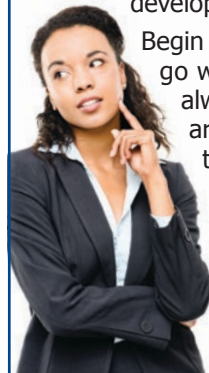
Consider Pet Insurance: Emergency vet bills are often pricey, and pet insurance can soften the blow. Visit the American Society for the Prevention of Cruelty to Animals (ASPCA) to receive a quote from a reputable company: www.ASPCAPetInsurance.com.



Helpful Hints

Positive Thinking for Better Health

Optimism provides distinct health benefits. According to the Mayo Clinic, positive thinkers tend to live longer, cope better in times of stress, and have a lower risk for heart disease. And with a little practice, you can develop a healthier mindset.



Begin by noticing the thoughts that pop into your head when things go wrong. Your first thought is usually an irrational one, such as "I always mess up," or "this is the worst thing ever." These thoughts are common, but they're fundamentally illogical, and it's important to challenge them. Ask yourself, "Do I really *always* mess up?" "Is this really the *worst* thing ever?"

Challenging our negative self-talk can interrupt the stress response and allow us to see solutions we'd otherwise overlook in an agitated state. Over time you can train your brain to react in a calm and rational way most of time, but don't be too hard on yourself if you slip up. After all, that would defeat the purpose!

Prepared Italian Dressing

4 boneless, skinless chicken breast halves, cut into cubes

1/2 cup dried cranberries

10 oz. salad greens

1/2 cup chopped toasted walnuts

1/2 cup blue cheese crumbles (optional)

In a large skillet over medium-high heat, cook chicken in 2 tablespoons of the Italian dressing until cooked through.

Stir in cranberries until heated.

Remove from heat and toss in a large bowl with remaining ingredients.

Add more dressing to your taste.

Serve immediately.



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Household Tips **Solar-Powered Outdoor Lighting**

Solar-powered outdoor lights come in many different styles, and they can be used to light a walkway, brighten a deck, or beautifully illuminate a garden at night. Here's a brief overview of today's technology.

Why go solar? Solar-powered lights can save money on your electrical bill, they're easy to maintain, their carbon footprint is minimal, and they'll stay bright during a power outage.

How bright are they? Solar power has come a long way due to recent advances in technology, and today's solar lights shine 6 to 12 times brighter than the original models. In other words, you won't have any trouble finding something perfect to fit your lighting needs.

How much sun do they need? Solar cells absorb the sun's energy, storing it in rechargeable batteries for nighttime use. Eight hours of sunlight allows most solar lights to last throughout the night, but the charge will vary depending on cloud cover. If your lights are located in a shaded area with no direct sunlight, you can purchase remote solar panels, place them in a sunny area, and run a wire to the lights to power up the batteries.

