

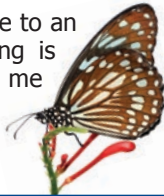


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# Between FRIENDS

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**W**inter has come to an end and spring is in the air. Call me today and find out why NOW is a perfect time to buy or sell a home!



**T**hinking of selling your home? As an experienced real estate professional, I would like to point out the benefits of adding an Old Republic Home Warranty to your transaction. While your home is on the market, Seller's Coverage provides repair and replacement of your home's major systems and appliances. It keeps the home showing well during the listing period, which may result in a faster sale at a higher price. At close, the Buyer's Plan seamlessly takes effect, protecting the home buyer against potential, unknown after-sale problems. Last but not least, the home warranty offers budget protection from the high cost of home repairs and peace of mind for both the home seller and buyer.

## Health & Safety

### Get the Most from Your Fitness Tracker

**S**pring has sprung, and that means it's time to get outside and put that fitness tracker to good use! Wearables that track your activity can be effective motivators to get up and move, but simply putting one on doesn't guarantee you'll become a triathlete overnight. And that's okay! Fitness trackers are a great way to monitor your habits, gradually make adjustments, and stay accountable.



Most activity trackers come preset with goals for steps taken or calories burned per day. Depending on your current activity level and routine, these goals may be too high or too low. Wear your tracker for a week to determine your habits, and then tweak your goals to fit your lifestyle. After a month or so, slowly start to increase your daily average steps walked or calories burned.

Fitness trackers work best when they're calibrated to you. Don't forget to program your personal information, such as height, weight, gender, and stride length.

Syncing your activity tracker with a food diary app can provide a clearer picture of your habits. According to dietician Beth Reardon, keeping a food log can improve your nutrition. Your daily logs, together with the stats from your tracker, may encourage you to stay committed to a healthy lifestyle.

## Helpful Hints

### Maximize Your Closet Space

**N**o matter the size of your home, there just never seems to be enough closet space. Make the most out of the space you have with these tips.

**Downsize your inventory:** Get rid of items you don't need. Haven't worn it recently? Not sure why you bought it in the first place? Damaged? Out of style? Toss it. Store out-of-season clothing in boxes under the bed or in a guest room closet.

**Match your hangers:** Slim, matching hangers take up a lot less space. Plus, they look nice! Remove empty hangers, or rehang them on either end of the closet rod.

**Go vertical:** Make use of awkward spaces by attaching hooks to walls and adding extra shelves or rods to corners. Hanging and stacking your clothes, shoes, and accessories will open up floor space and make things easier to find.

**One in, one out:** Before you buy a new item, consider where it will go. If your closet is at capacity after decluttering, consider letting something go when you buy a new item.



### 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](http://www.orhp.com) or talk to your real estate professional to learn more.

**A**re you curious about current real estate trends? I've got my finger on the pulse of the local market. Call me today for a free, insightful analysis!



## Savor the Flavor

## Cauliflower Tabbouleh

- 1 lb. raw cauliflower florets, riced or grated**
- 1 cup flat leaf parsley, finely chopped**
- 5 green onions, finely chopped**
- 2 cups grape tomatoes, diced**
- 1 cucumber, peeled and seeded, sliced**
- 1 clove garlic, minced**
- 1/3 cup extra virgin olive oil**
- 3 Tbsp. lemon juice**
- 1/2 tsp. sea salt**
- 1/4 tsp. freshly ground pepper**

Place cauliflower in a microwave safe bowl, cover with plastic wrap, and microwave for three minutes.

Spread cauliflower on a flat baking sheet to cool for five minutes.

Combine all ingredients in a large mixing bowl.

Add extra olive oil, lemon juice, salt, and pepper to taste.



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## Household Tips

### Time to De-grime! Cleaning Your Overlooked Appliances

**W**hen spring cleaning, it's hard to forget most household appliances like refrigerators and stoves. But how do you clean the machines that do the cleaning? Here's how to...

**Sanitize the washing machine.** Add a small amount of baking soda and water to the detergent holder and pour two cups of white vinegar into the empty drum. Run a hot wash cycle. Use a sponge to clean around the door.

**Freshen up the garbage disposal.** Pour two cups of ice and one cup of rock salt into the disposal. Turn the disposal on and run some cold water. Add a little white vinegar to remove unwanted odors.

**Scrub the dishwasher.** Locate and remove the filter. Soak it in soapy water until clean and replace. Pour a cup of white vinegar into the bottom of the dishwasher and run a clean cycle. Sprinkle a cup of baking soda inside and leave overnight. Run another empty cycle the next morning. Scrub rack wheels with a toothbrush.

**Banish leftover lint from the vacuum.** Empty the canister or replace the bag. Clean or replace the filter. Use a wire hanger to unclog any hoses and attachments. Clean the brush roll and lubricate the bearings.

