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analysis!



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# Health & Safety **Need a Nap?**

he U.S. Centers for Disease Control and Prevention reports that 30 percent of American adults suffer from insufficient sleep. Although a power nap during the day won't completely make up for the sleep we lose at night, a brief doze might improve our overall daily functioning.



A short nap can be beneficial to adults who already sleep well at night. Studies show that snoozing for 10-30 minutes may increase alertness and reduce the likelihood of making mistakes. Power naps taken before 2 p.m. won't interfere as much with nighttime sleep. Just remember, the earlier in the day you schedule a nap, the better!

On the other hand, napping for longer than 30 minutes can lead to restless nights. Naps can also increase grogginess because you risk falling into a deeper stage of the sleep cycle. If you have trouble sleeping at night, avoid daytime napping.

For some healthy adults, catching forty winks during the day can improve overall functioning, but napping's not for everybody. Whether you're a napper or not, don't let your busy lifestyle get in the way of sleep. Even if you can't fit a nap into your day, make getting a good night's rest a priority. Your body and brain will thank you!

# Real Estate Today

### Maximum Curb Appeal = Maximum Value

ny REALTOR® will tell you that when it comes to selling your home, first impressions matter. In fact, renovation expert Bob Vila estimates that first impression could add as much as 20 percent to your home's value.

Here are a few clever ideas that will impress the neighbors today and entice more buyers when you're ready to sell.

Let there be light: Illuminating a pathway with decorative, low-voltage exterior lighting adds a healthy dose of charm and makes your walkway a little safer at night.

A splash of color: Painting the front door a different, complementary color can add a little flavor to spice things up.

Balance is key: Renaissance artists were enamored with it, and the human brain craves it. Arrange everything with symmetry in mind.

Install window boxes: Add a burst of color and life by installing window boxes filled with flowers and plants. Pick a window box that matches your home's architecture for a seamless addition to your home's façade.



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re you in the market for a new home? The time is right to make the move, as prices and interest rates are attractive. Of course, investing in a home is more than a financial decision-the pride that comes with homeownership is truly invaluable.

I recommend that my clients include an Old Republic Home Warranty Plan with their home purchase or sale. A home warranty helps protect your budget from unexpected repair or replacement costs caused by the breakdown of your home's heating, plumbing, electrical systems, and most built-in appliances. Optional coverage choices are available for buyers to custom-fit the warranty to the unique needs of their home.



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

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o you know anyone looking to buy or sell a home? Send them my way! I'll put my expertise to work to guide your family and friends through their next real estate transaction.



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## Savor the Flavor

#### **No-Bake Cheesecake**

16 oz. cream cheese, softened at room temperature

1/2 cup granulated sugar

1 1/2 cups heavy whipping cream

2 tsp. vanilla extract

1 graham cracker pie crust, homemade or store-bought In an electric mixer, whisk heavy whipping cream until it forms stiff peaks. Transfer to a different bowl and set aside.

Beat cream cheese using the electric mixer on low speed until smooth. Gradually add in the sugar. Combine the sugar and cream cheese on medium speed, about two minutes.

Scrape the batter off the sides of the mixing bowl and add the vanilla extract. Beat for an additional 15 seconds.

Using a rubber spatula, gently fold the heavy whipping cream into the cream cheese batter until combined.

Pour cheesecake batter into the pie crust and cover.

Refrigerate for at least 8 hours before serving.



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# Household Tips 6 Easy Ways to Save Water at Home

he average American household uses more than 300 gallons of water a day, and the Environmental Protection Agency (EPA) reports that 40 out of 50 states will experience some form of water shortage over the next 10 years. Reduce your family's water use by following these simple water-smart practices in your home:

- Invest in water-efficient household products, such as shower heads, faucets, toilets, lawn irrigation controllers, and appliances. Look for the EPA's WaterSense label before you buy!
- Avoid flushing the toilet unnecessarily. Dispose of tissues, insects, and other such waste in the trash can.
- Fix all dripping faucets; replacing the worn washers is often the quickest and cheapest remedy.
- Use a timer to avoid watering your lawn and plants longer than necessary. Check your sprinklers for leaks, and redirect the spray so you're not watering the house, driveway, or sidewalks.
- Defrost food in the refrigerator overnight or in the microwave instead of running cold water over the frozen food.
- Operate washing machines and dishwashers only when fully loaded.



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