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# Between FRIENDS

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**T**hose lazy days of summer are busy days in the real estate industry. The market is hot! Call me right away if you're considering buying or selling 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 provides budget protection from the high cost of home repairs and peace of mind for both the home seller and buyer.

## OLD REPUBLIC HOME PROTECTION



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## Health & Safety

### The Water-Wise Body

**H**ydration is essential to overall health, and water is the most important nutrient for growth and development. But why is drinking water so vital and how much is enough?

Water acts as the body's transportation system, circulating fluids, nutrients, and electrolytes to feed our cells and tissue. Proper fluid balance can improve joint pain, increase energy and mood, and brighten skin.

Drinking water can also help with weight management. According to a National Center for Biotechnology study, drinking water increases the calories you burn. A related study found that participants who drank over 34 ounces a day lost an extra 4.4 pounds over a one-year period. And replacing sugary drinks with water lowers your calorie intake.

The human body is about 60% water, and it needs replenishing daily for good health. The amount needed for fluid balance will vary from person to person. Keep it simple by following these steps for a water-wise body: 1) Drink when you feel thirsty. 2) Stop drinking when you no longer feel thirsty. 3) Drink more water in warm climates, at high altitudes, or during exercise.

The Centers for Disease Control recommends carrying a water bottle and keeping it filled when you're on the go. Adding sugar-free, zero calorie flavoring to plain water can help you stay hydrated all day.



## Helpful Hints

### Kitchen Hacks

**C**ooking doesn't have to be complicated and time-consuming. Save time in the kitchen with these food prep shortcuts.

**The Freezer is Your Friend:** Buy meat in bulk and portion it into single servings in resealable freezer bags with marinade or sauce. The meat will marinate as it thaws, so it's ready to go by dinner time. If you don't want to store your meat in the same bag with sauces or marinades, put the liquid ingredients in an ice cube tray. That way you can just pop out a cube whenever you need it! Ice cube trays are also great for storing leftover stock and soup since the smaller surface area makes for quick and easy reheating.

**Batch Cook and Plan Ahead:** Cooking large batches of key ingredients over the weekend will set you up for speedy meal prep during the week. Chef Chad Sarno recommends planning your weekly meals around a few items like grains, beans, vegetables, and sauces that you can batch cook in large quantities and store.



**3 Tbsp. light mayonnaise**  
**1 Tbsp. milk (or more for desired consistency)**  
**2 Tbsp. fresh chives, minced**  
**1 tsp. white vinegar**  
**1 tsp. garlic powder or**  
**1 fresh garlic clove, minced**  
**1/8 tsp. ground pepper**  
**1/4 tsp. salt (or to taste)**  
**3 medium tomatoes**  
**5 cups hearts of romaine lettuce, chopped**  
**1 cup seasoned croutons**  
**3-5 slices bacon, cooked and chopped or crumbled**

Whisk together mayonnaise, milk, chives, white vinegar, garlic powder or fresh garlic, salt, and ground pepper in a large mixing bowl.

Chop tomatoes and put them in the bowl with the dressing.

Add romaine lettuce and croutons to the bowl; toss to coat.

Sprinkle bacon on top and serve.



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## Household Tips

### Fire Safety for Pet Owners

**A**ccording to the National Fire Protection Association (NFPA), Fluffy and Fido are responsible for starting nearly 1,000 house fires annually. Pets may unintentionally turn on cooktop burners, knock over lit candles, overturn space heaters and lamps, or even spread hot ashes from fireplaces. The following precautions can help protect your home and your pets from accidental fire.

**Remove stove knobs:** The NFPA says stove and countertop fires are the most common fires caused by pets. If Fido can counter-surf around the kitchen on his hind legs, or if Fluffy likes to jump up on the countertops, remove cooktop knobs when you leave the house.

**Don't use glass pet bowls on wooden decks:** Water in a glass bowl can act like a magnifying glass, amplifying the sun's rays and igniting your deck or porch beneath the bowl. Hydrate your pets using ceramic or stainless steel bowls on outdoor wooden surfaces.

**Extinguish all open flames:** Animals are curious creatures and may explore fireplaces, appliances, and surfaces with candles. Never leave your pets unattended around an open flame, and always thoroughly quench all flames before leaving home.

