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# Between FRIENDS

## Health & Safety

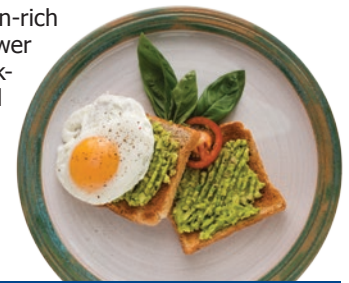
### Boost Energy without Caffeine

**S**ome days it feels like getting out of bed is an impossible task, but you shouldn't rely solely on caffeine to get through your day. A caffeine boost is a short-term solution to fatigue. So, put down the coffee and try changing your lifestyle to help increase your energy naturally.

Taking a brisk walk outside in the sunshine is one of the best natural ways to recharge your energy meter. Getting a burst of exercise is refreshing for your body because it stimulates circulation, and sunlight has proven effects on increasing your energy level. Exposure to sunlight raises vitamin D and serotonin, which enhance mood and help us feel more focused. A University of Georgia study showed people who exercised for just a few minutes each day experienced a 20% increase in energy.

Another great way to boost energy is by eating a protein-rich breakfast. Think of your first meal as the fuel needed to power your body through the day. Eat a full, nutrient-packed breakfast each day to keep your metabolism, blood sugar, and energy at an optimal level.

Short on time? Get a quick energy boost by gently rubbing your ears, chewing a piece of gum, laughing, singing, or smelling essential oils including rosemary, peppermint, or cinnamon.



**E**ver wonder what your home is worth in today's market? Call me for an estimate of your home's present value—I'll explain the latest market forecast!



**D**on't let a home system or appliance breakdown get you down! Eliminate stress before, during, and after the sale with a Home Warranty Plan that provides coverage for both the home seller and home buyer.

A Home Warranty Plan is a service contract that protects your major home systems and appliances for a specified period of time. Should a failure occur during the term of the Plan, a qualified contractor is dispatched to repair or replace the covered item for a reasonable service call fee. Help is only a phone call away, 24/7, 365 days a year!

### OLD REPUBLIC HOME PROTECTION



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

People Helping People™



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**D**o any of your family, friends, or colleagues need assistance with a real estate transaction? Refer them to me and I'll put my skills and expertise to work on their behalf.



## Real Estate Today

### Preparing Your Home for Inspection

**A** home inspection is one of the most important steps in selling your home. The following tips can help you prepare for the home inspector's visit.

**Be ready.** Plan to leave your home at least an hour prior to the inspection—and take your pets with you. Your home should be clean and systems and appliances should be accessible. Remove laundry from the washer and dryer and ensure the stovetop and oven are clutter free so the inspector can perform tests.

**Create a maintenance file.** Gather documentation on all repairs, remodels, or maintenance that you've done on your home to give to the inspector. If your real estate agent is present during the inspection, they can provide this information for the inspector.

**Don't try to hide problems.** Inspectors have a lengthy checklist and they will find any issues—hide problems and you risk losing your buyer's trust. It's best to leave a note explaining that you're aware of the defect and plan to have it fixed.



**1 1/2 pounds russet potatoes, peeled and cubed**  
**6 Tbsp butter**  
**1/2 cup milk**  
**1 Tbsp olive oil**  
**1 medium onion, diced**  
**2 cups mixed peas, corn, and diced carrots**  
**2 lbs lean ground beef or lamb**  
**1 cup beef broth**  
**1 Tbsp tomato paste**  
**1 tsp Worcestershire sauce**  
**Salt and pepper to taste**

Preheat oven to 400°F.  
Bring potatoes to a boil in a medium pot. Reduce heat and simmer 20 minutes, or until tender.  
While potatoes are cooking, heat oil in a large pan over medium-high heat.  
Cook onion, vegetable mix, and ground meat in oil until browned.  
Add broth, tomato paste, and Worcestershire sauce. Simmer until thickened, about 10 minutes.  
Pour mixture into a 2-quart baking dish and set aside.  
Mash cooked potatoes with butter, milk, and salt.  
Spread over meat mixture in baking dish and cross-hatch the top with a fork.  
Bake until top is golden brown, about 30 minutes.



## Household Tips **Washing Machine Maintenance**

**P**rolong the life of your washing machine and keep it operating at peak performance with the following tips:

- Don't overload your machine. Oversized loads can become unevenly distributed and throw the machine off balance.
- Use the correct amount of detergent—too much and you'll need to wash your clothes again; too little and your clothes may not get clean. Consider the dirtiness of the clothes, the size of the load, and your water hardness to determine the right amount of detergent to use.
- Regularly inspect the hoses to ensure that they aren't bulging or cracked, and that the fittings aren't corroded. Hoses and fittings should be replaced every 3 to 4 years, regardless of visible condition.
- Use a carpenter's level to ensure the machine is stable. A washing machine that isn't level moves around, creating stress within the machine.
- Once a month, pour 2 cups of chlorine bleach or white vinegar and 1/2 cup of detergent in the washer and run an empty cycle. This will remove detergent buildup and help decrease germ growth in the washer.

