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Between FRIENDS

Spring is in the air! Call me today and find out why NOW is the perfect time to buy or sell a home!



Thinking of selling your home? You should consider adding an Old Republic Home Warranty to your transaction. Seller's coverage is a great listing tool because it provides repair or replacement should your home's major systems and appliances malfunction while it's on the market. At close, the warranty seamlessly rolls over into the Buyer's Plan, protecting the home buyer against potential issues after the sale. A home warranty offers budget protection from the high cost of home repairs and peace of mind for both the home seller and buyer!

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.

Want to know what your home is worth? I know the local real estate market and I'm happy to answer your questions. Call me today for a free, insightful analysis!



Health & Safety

Allergy-free Spring Cleaning

As warmer weather approaches, so does the annual tradition of spring cleaning. Kicking up a year's worth of dust, grime, and mold can lead to discomfort for allergy sufferers. But fear not! These simple tips may reduce airborne allergens so you can breathe easy before, during, and after spring cleaning.

- Arm yourself with rubber gloves, a face mask, and goggles to tackle areas with a lot of dust.
- Before you begin cleaning, drape a sheet or plastic cover over areas you want to keep dust-free, like beds or sofas.
- Use a damp or treated dusting cloth that attracts particles rather than scattering them into the air.
- Vacuum areas of your home that are prone to collecting dust. Try to vacuum at least once or twice a week to keep carpet and furniture allergen-free.
- Opt for a vacuum with a HEPA filter that attracts airborne particles.
- Open doors and windows for ventilation.
- Replace heating and air conditioning filters on a regular basis.
- Consider encasing mattresses, pillows, and comforters in allergen-proof covers.

Most importantly, don't just wait until spring to deep clean your home. Reducing clutter and other dust collectors will keep sneezing, sniffing, and watery eyes to a minimum year-round.



Helpful Hints

Sleep in Ultimate Comfort

Good sleep is critical for cognitive function. But in a plugged-in society, it's hard to switch off at night. Turn your bedroom into a slumber sanctuary to sleep in ultimate comfort.

Get cozy. An inviting bed may help you look forward to sleep by creating an association between your bedroom and restfulness. Determine your preferences for factors like mattress softness, sheet fabric/weight, and pillow loft and choose the ones that make you most comfortable.

Minimize noises. Most people can adjust to constant noise, like living near a freeway, but sudden noises (animals, car horns, etc.) are harder to ignore. White noise, such as that from a fan or sound machine, helps drown out those noises, providing a peaceful night's sleep.

Minimize light exposure at night to help maintain a normal circadian rhythm. Too much light at night disrupts the body's release of melatonin, a hormone that causes drowsiness. Keep your bedroom dark for more restful sleep.



2 lbs pork sausage, ground

1 cup chopped red bell pepper

1/2 cup chopped onion

1 package frozen hash brown potatoes

2 cups cheddar or Monterey jack cheese, shredded

6 large eggs

2 cups milk

Salt and pepper to taste

Preheat oven to 350°F.

Cook sausage, bell pepper, and onion in large skillet over medium-high heat until sausage is no longer pink. Drain.

Grease a 13" x 9" baking dish.

Stir together cooked sausage, frozen hash browns, and cheese and spread into baking dish.

Whisk eggs, milk, salt, and pepper.

Pour evenly over sausage mixture.

Bake uncovered for 35 to 40 minutes or until knife inserted into center of casserole comes out clean.

Cool 5 minutes and serve.



Household Tips Keep or Toss?

Keeping your pantry items fresh will ensure your efforts in the kitchen aren't wasted. Use the following chart to determine the general shelf life of some common pantry staples.

Item	Shelf Life
Flour, whole wheat	3 months
Sugar, granulated	2 years
Baking powder	1 year
Baking soda	2 years
Olive oil	Up to 20 months in dark glass or ceramic container
Spices	1-3 years in airtight container
Rice, brown	6 months in airtight container
Dry pasta	2 years in airtight container
Soft drinks	6-9 months unopened
Jams/jellies/preserves	1 year unopened
Peanut butter	6-9 months unopened; 2-3 months opened

