



DOMINICK DINA

Dominick@DominickDina.com

Mobile: 210 273 9082

Lic. #: TBL 540730

# Between FRIENDS

**A**h, the lazy days of summer... More like the busy days of summer in the real estate industry! Call me ASAP if you're considering buying or selling a home.



**T**hinking of selling your home? You should consider adding an Old Republic Home Warranty to your transaction. Seller's coverage keeps your home showing well because it provides repair or replacement should any major systems or 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**  
*People Helping People*  
 Safeguard your American dream with a home warranty!



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**I**f you're happy with the service you receive from me, please recommend me to your family and friends. I'd love to help guide them through their real estate transaction.



## Health & Safety

### Meditation for Better Sleep

**I**nsomnia affects millions, but studies suggest that mindfulness meditation can help you get a better night's sleep.

Researchers studied adults with trouble sleeping. They asked half to participate in a mindfulness awareness program, while the other half were taught ways to improve their sleep habits. Those in the mindfulness group reported less insomnia, fatigue, and depression at the end of the study.



Try this quick, five-minute meditation for yourself!

- **Minute 1:** Take deep breaths. Inhale as you mentally count to four. Exhale as you count to six.
- **Minute 2:** Breathe naturally. Pay attention to how your breath feels; experience it as the air moves through your body.
- **Minute 3:** Stay focused on your breathing (or other object of focus). If your mind starts to wander, that's okay! Whenever a thought enters your mind, think to yourself "it's just a thought" and let it go.
- **Minute 4:** Relax. Enjoy this moment of calm.
- **Minute 5:** Think of what you're grateful for, and direct your attention to how you physically feel.

Meditation increases melatonin, the neurochemical that induces sleep. So, the next time you're having trouble sleeping, just close your eyes, relax, breathe, and drift off to sleep.

## Helpful Hints

### Learn to Project Confidence

**B**elieve it or not, powerful self-esteem is attainable! These tips may help you feel better about yourself and lead a happier, more confident life.

- **Strong Body Language:** Social psychologist Dr. Amy Cuddy says that when we carry ourselves in a confident manner, our bodies release hormones that create a sense of empowerment. In other words, we can become more confident by acting more confident.
- **Positive Self-Talk:** Changing the way you think and speak about yourself to reflect a more optimistic tone can help make lasting physical changes to your neural networks. Mastering positive self-talk can increase your self-confidence.
- **Do What You Fear:** Research shows that the best means of overcoming a phobia of any kind is gradual, repeated exposure to the phobic stimuli. In other words, if you're afraid of something, walk toward it—but do so in baby steps. Whether it's public speaking or meeting new people, the more you do it, the easier it becomes.



## Savor the Flavor

## Spicy Red Beans and Rice

**1 lb dried red beans, soaked for 24 hours**  
**8 cups water**  
**1 cup chicken broth**  
**1 lb andouille sausage**  
**1 large white onion, diced**  
**1 jalapeno pepper, seeded and diced**  
**1 bell pepper, diced**  
**10 cloves garlic, chopped**  
**2 tsp Creole seasoning**  
**1 tsp freshly ground black pepper**  
**4 basil leaves, julienned**  
**1 ham hock**  
**6 cups white rice, cooked**

Place beans, water, and broth into a slow cooker.

Brown sausage in a skillet over medium-high heat and use a slotted spoon to transfer sausage to the slow cooker.

Add onion, jalapeno, bell pepper, and garlic to the skillet and sauté until tender.

Pour skillet contents into the slow cooker. Add Creole seasoning, pepper, basil, and ham hock.

Cover and cook on low for approximately eight hours, or until beans are tender.

Serve hot over cooked white rice.



CHRISTIAN REALTY SAN ANTONIO  
9050 Ryelle  
San Antonio, TX 78250



## Household Tips

### Your Backyard Composting Guide

**Y**ard trimmings and food scraps make up more than a quarter of the material disposed of in municipal waste systems throughout the United States. Using a backyard composting system to return that chunk of organic junk back to the earth is great for the environment and can benefit you as a homeowner!

It's easy to get started: find a bin that's about three feet tall, wide, and deep. Fill with two parts dry leaves and twigs and one part green yard trimmings and food scraps (grass clippings, egg shells, fruit and vegetable waste, etc.). Water your compost to keep it moist, but not sopping wet. Turn or aerate the compost regularly to add oxygen to the mix. When your compost looks like soil, it's ready to feed your garden!

Applying composted soil to your garden can balance its pH and provide nutrients to plants, which means you may be able get away with buying and using less fertilizer. It also improves overall soil structure, helping with water retention, which could mean less watering.

To learn more about composting, visit the U.S. Composting Council at [www.compostingcouncil.org](http://www.compostingcouncil.org).