



DOMINICK DINA

Dominick@DominickDina.com

Mobile: 210 273 9082

Lic. #: TBL 540730

# Between FRIENDS

**S**hort on space for guests this holiday season? Call me—I'll help you find a new home with plenty of room for all your family and friends!



**T**hinking of selling your home? 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!

Visit [www.orhp.com](http://www.orhp.com) or talk to your real estate professional to learn more.

**K**now someone looking to buy or sell a home, but they don't know where to begin? Send them my way—we can discuss the fundamentals so they can move forward with confidence.



## Health & Safety

### Make a Mind-Body Connection with Yoga

**M**indfulness isn't just about the mind. It's a holistic practice that can have profound effects on your body, too. Scientific studies show that physical pain can occur as a result of emotional trauma and stress. In fact, Harvard physician Dr. Herbert Benson coined the term relaxation response to describe the body's ability to release chemicals and brain signals to relax your muscles and organs and increase blood flow to the brain. Learning to tune into and listen to your body is vital to taking better care of yourself, physically and emotionally.

Yoga is a wonderful way to find that mind-body connection. Yoga combines meditation and exercise to help regulate blood pressure, boost your immune system, improve your mood, and relieve pain.

Most yoga styles taught in the U.S. (e.g., Iyengar, Ashtanga, Bikram, Yin) are best learned from a certified instructor who can show you the proper form and help modify poses as needed. You may need to try a few studios and instructors before you find the one that works for you.

Want to get started with yoga today? Download the MINDBODY app to find and book yoga classes in your area. And be sure to check with your doctor before embarking on any new exercise routine.



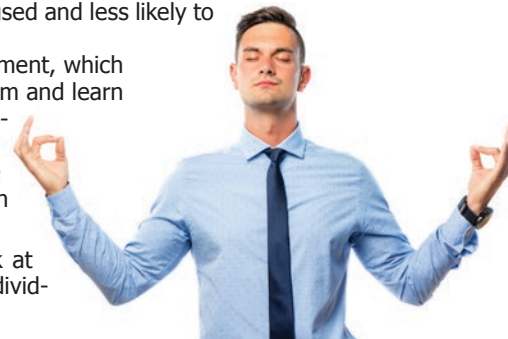
## Helpful Hints

### Mindfulness at Work

**A**ccording to the American Institute of Stress, U.S. companies spend over \$300 billion every year on absenteeism, employee turnover, low productivity, and stress-related work injuries. Elevate your performance and power through your workday with mindfulness.

- Mindfulness affects brain areas that help you perform better at work. This includes perception, body awareness, emotion regulation, introspection, complex thinking, and sense of self.
- A University of Washington study found that workers trained in meditation were more focused and less likely to multitask or get distracted.
- Mindfulness helps you let go of judgment, which in turn allows you to embrace criticism and learn from it. When you observe your emotional response to negative feedback, you can learn to overcome the fight-or-flight response and react with composure.

Put your mindfulness practice to work at work and get on track to reach your individual and organizational goals today!



**6 Tbsp unsalted butter, halved**  
**1 1/2 cups yellow onion, chopped**  
**5-6 medium yellow squash, sliced 1/4 inch thick**  
**2 tsp kosher salt, halved**  
**2 large eggs, lightly beaten**  
**1 cup sour cream**  
**1 cup cheddar cheese, shredded**  
**1/2 cup Swiss cheese, shredded**  
**1/2 cup mayonnaise**  
**2 tsp fresh thyme or 1 tsp dried thyme**  
**1/2 teaspoon black pepper**  
**2 sleeves butter crackers, coarsely crushed**  
**1/4 cup Parmesan cheese, shredded**

Preheat oven to 350°F.

Melt 3 Tbsp butter in a skillet over medium-high heat. Add onion, squash, and 1 tsp salt. Cook until squash is just tender, stirring often, about 10 minutes. Pour into a colander and drain.

Mix eggs, sour cream, cheeses, mayonnaise, thyme, pepper, and 1 tsp salt in a bowl. Fold in squash mixture.

Lightly grease a 2-quart baking dish and fill with squash mixture.

Place remaining butter into a medium-size microwavable bowl and microwave until melted. Add crackers and Parmesan cheese and stir until combined. Sprinkle over casserole.

Bake for 20 minutes, or until golden brown and bubbly.



CHRISTIAN REALTY SAN ANTONIO  
9050 Ryelle  
San Antonio, TX 78250

## Household Tips

### Carpet Cleaning Tips

**I**t's the time of year for home entertaining, which means spills are more likely to happen. For quick and easy stain removal on carpet, try these common household ingredients. Always spot-test cleaning solutions before using on visible areas.

- Dip a cloth into a 50/50 solution of Windex® and warm water and wring out. Dab the cloth on the stain. Try to blot, not scrub, the stain away. Use a cloth dipped in cold water and blot up the Windex solution.
- Denture cleansing tablets dissolved in water can remove stains from carpet and clothing. It may even work on old stains.
- Apply isopropyl alcohol to a clean, white cloth and blot the stained area on your carpet to lift up the stain—do not rub. Once the stain is gone, vacuum to fluff up the area. Do not use alcohol on silk, wool, acetate, or rayon.
- Use a 3:1 mixture of vinegar and water to remove almost any carpet stain. For pet urine, a 50/50 mixture of white vinegar and water takes smells out of carpets and furniture. No rinsing necessary!
- Spray carpet stains with Scrubbing Bubbles® cleaning product. Allow it to set for a minute, and then wipe up with a damp cloth.

