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# Between FRIENDS

## Health & Safety

### Increase Productivity at Work by Staying Active

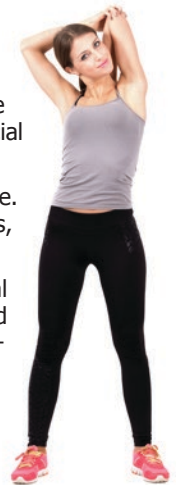
**H**ave you ever felt that no matter what you do, you're not as productive at work as you'd like to be? Increase your work productivity by infusing more activity into your daily routine with these tips.

**Start with a good stretch.** Stretching is a great way to increase the blood flow to your brain. Stretching your body doesn't require any special equipment, and you can do it in a few minutes.

**Take a brain break.** Skipping breaks can lead to physical and mental fatigue. Whether you take a walk around the office or go outside for a few minutes, taking a break from work actually increases productivity.

**Drink plenty of water.** You might be surprised by the link between mental focus and drinking water, but it's there and it's important! Your brain and body are made of mostly water, so stay hydrated to ensure you are operating at your best.

**Exercise regularly.** You don't have to train like an Olympic athlete to enjoy the benefits of regular exercise. Even a simple routine of working out 30 minutes a day can help increase your ability to focus and accomplish tasks efficiently.



**S**ummer is on the horizon, and it's a great time to put a home on the market! Call me today for a free consultation.



**D**o you know the difference between a home warranty and homeowner's insurance?

**Home warranties** are service contracts that cover the failure of home systems and appliances due to normal wear and use, while **homeowner's insurance** protects the homeowner against damage or liability due to an unknown or contingent event. Both offer valuable budget protection and they can work in conjunction with each other. For example, if a covered water heater leaks under normal use and floods the home, the home warranty will repair or replace the water heater, while homeowner's insurance may cover the water damage.

## Helpful Hints

### Make Your Home Energy Efficient for Summer

**A**n energy efficient home not only saves money on your utility bills, it also saves energy—which is better for the environment. Follow these tips to make your home more energy efficient this summer.

**Thermostat setting:** In the summer, set your thermostat at 78°F for optimal efficiency.

**Use fans:** Fans allow you to raise your thermostat approximately four degrees without feeling the rise in temperature.

**Insulation matters:** Adequate attic insulation is essential to keeping your home cool in the summer and warm in the winter.

**Windows and doors:** Make sure your door and window seals and weather strips are intact.

**Dine out:** Minimize use of kitchen appliances—and keep the house cooler—by dining out or cooking outside on the grill.

**Energy audit:** Hire a professional to perform a full energy analysis on your home and systems to determine any weak thermal points.



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**4 ears of corn**

**1/3 cup mayonnaise**

**1/2 cup grated Cotija cheese**

**Chili powder to taste**

**1 lime, quartered**

**Wooden sticks**

Shuck and clean ears of corn.

Preheat a grill or grill pan to medium-high. Grill corn for approximately 10 minutes, turning often until slightly charred on all sides.

Allow corn to cool enough to touch. Insert wooden stick into core.

Coat corn with a generous layer of mayonnaise. Spoon Cotija cheese over corn until completely covered.

Add a squeeze from lime wedge and dust with chili powder to taste.

Serve warm.



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## Household Tips

### Smoke Detector 101

**W**hen was the last time you thought about your smoke detector? It's easy to overlook the importance of smoke detector maintenance and proper use, but the consequences could be fatal. Sleep better knowing your home is safe with these tips.

**Where to install:** Ensure smoke detectors are installed and operational outside of every sleeping area and inside all bedrooms. Install smoke detectors on every level of your home, including finished attics and basements.

**Areas to avoid:** To avoid false alarms, refrain from installing detectors in dusty places like garages and crawl spaces. Also avoid installing within five feet of humid areas, such as the kitchen, bathrooms, and laundry room.

**Keep it clean:** Using a soft brush attachment, vacuum your smoke detectors regularly. Clean the vent openings with a disinfectant wipe to keep the airflow clear from the sensor.

**Regular testing:** Make it a habit of testing your smoke detectors monthly by pressing the "test" button.

**Prevent the chirp:** Change the batteries in your detector every six to 12 months.

**When to replace:** Replace smoke detectors every 10 years.

