



DOMINICK DINA

Dominick@DominickDina.com

Mobile: 210 273 9082

Lic. #: TBL 540730

# Between FRIENDS

**B**uying or selling a home on your own in the middle of summer is a lot of work! Contact me and let my knowledge and experience be your guide.



**L**ooking to buy a new home? Now is the time to make the move! Of course, investing in a new home is more than just a financial decision—the pride that comes with homeownership is truly priceless.

I recommend including an Old Republic Home Warranty Plan to all my clients, whether they're buying or selling. A home warranty helps protect your budget from unexpected repair or replacement costs caused by the breakdown of your home's heating, plumbing, electrical systems, and most built-in appliances—before, during, and after the sale. Optional coverage choices are available for buyers to custom-fit the warranty to the unique needs of their new home.

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**N**eed expert advice before buying or selling a home? Call me! I can offer guidance on home staging, financing, negotiation, and more.



## Health & Safety

### The Water-Wise Body

**H**ydration is essential to overall health, and water is the most important nutrient for growth and development. But why is drinking water so vital and how much is enough?



Water acts as the body's transportation system, circulating fluids, nutrients, and electrolytes to feed our cells and tissue. Proper fluid balance can improve joint pain, increase energy and mood, and brighten skin.

Drinking water can also help with weight management. According to a National Center for Biotechnology study, drinking water increases the calories you burn. A related study found that participants who drank over 34 ounces a day lost an extra 4.4 pounds over a one-year period. And replacing sugary drinks with water lowers your calorie intake.

The human body is about 60% water, and it needs replenishing daily for good health. The amount needed for fluid balance will vary from person to person. Keep it simple by following these steps for a water-wise body: 1) Drink when you feel thirsty. 2) Stop drinking when you no longer feel thirsty. 3) Drink more water in warm climates, at high altitudes, or during exercise.

The Centers for Disease Control recommends carrying a water bottle and keeping it filled when you're on the go. Adding sugar-free, zero calorie flavoring to plain water can help you stay hydrated all day.

## Real Estate Today

### To Buy or Not to Buy: Vacation Properties 101

**W**ith the rise in popularity and convenience of vacation rentals, more people are looking to capitalize on this potentially lucrative market. Before you decide on investing in a vacation home of your own, be sure to weigh all your options.



First, make sure it's an expense you can afford. Although vacation homes are great for spending time with family and friends, between a second mortgage, maintenance, and taxes, the costs can add up.

Know the risks if you are thinking about rental income. The availability of renters can be unpredictable. Cleaning costs and utilities can also eat away at your profit.

Location matters. If the primary goal is to spend time vacationing at the property, choose a location you enjoy visiting. Location is also vital when it comes to rental income.

- 1 ¾ cup heavy whipping cream**
- 1 cup mascarpone cheese**
- 1/3 cup white sugar**
- 1 ½ teaspoons vanilla extract**
- 1 ½ cups cold espresso or strong coffee**
- ¼ cup coffee liqueur (optional)**
- 1 package of ladyfingers cookies**
- Cocoa powder (for topping)**

In a mixing bowl, use electric beaters to blend heavy whipping cream on medium. Gradually add the vanilla and sugar. Beat until stiff peaks form. Add mascarpone cheese and mix until combined. Set mixture aside.

Combine coffee and liqueur in a shallow bowl. Quickly dip ladyfingers in the coffee mixture on both sides, being careful not to over-soak. Layer ladyfingers in the bottom of an 8x8-inch pan.

Next, layer a little less than half of the mascarpone mixture. Add another layer of the dipped ladyfingers, followed by a layer of the mascarpone mix, leaving a small amount for the top. Layer the remaining dipped ladyfingers. Spread the rest of the mascarpone on top.

Dust a layer of the cocoa powder on top. Refrigerate overnight or for 3-4 hours before serving.



CHRISTIAN REALTY SAN ANTONIO  
9050 Ryelle  
San Antonio, TX 78250

## Household Tips

### Pet-friendly Remodeling Projects

**I**f you're like most people, your pets are members of your family. But when was the last time you planned a remodel project with your pet in mind? Here are a few ideas to help make your home more pet-friendly!

**Feeding areas** are a great way to keep pet food organized. Use the bottom shelf of an open cabinet for built-in food and water bowls. Tucking the bowls away and off the floor keeps the area cleaner and safer.

**Bathing stations** can work wonders for pet owners. Considering a bathtub remodel? Install a walk-in shower with a hand-held showerhead. Depending on the size of your pet, converting your laundry room sink into a bathing station is another option.

**Catwalks** are a perfect way to create a fun area for your felines that will also keep them active. Anchor shelves and planks along the perimeter of your room, staggering them at various heights around the walls so your cat can easily hop from one to the other.

**Sleeping nooks** are a clever way for your pet to have their own space. Create a nook under the stairs, or repurpose furniture such as an end table or nightstand to accommodate their favorite pillow.

