



DOMINICK DINA

Dominick@DominickDina.com

Mobile: 210 273 9082

Lic. #: TBL 540730

Between FRIENDS

Temperatures are dropping, nights are growing longer, and the scent of fall's arrival is in the air. Call me for tips on how to winterize your home today!



Don't let a home system or appliance breakdown get you down! Eliminate stress before, during, and after the sale with a home warranty plan that provides coverage for both the home seller and the home buyer.

A home warranty plan is a service contract that protects your covered systems and appliances for a specified period of time. Should a failure occur during the term of the plan, a qualified contractor is dispatched to repair or replace the covered item for a reasonable service call fee. Help is only a phone call away, 24/7, 365 days a year!

OLD REPUBLIC HOME PROTECTION

You deserve the best home warranty coverage!



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People Helping People

Iwant to make every transaction smooth and stress-free, so I treat every client like a VIP. If you have real estate needs, or know someone who does, call me today!



Health & Safety

Brain-boosting Foods to Help You Thrive

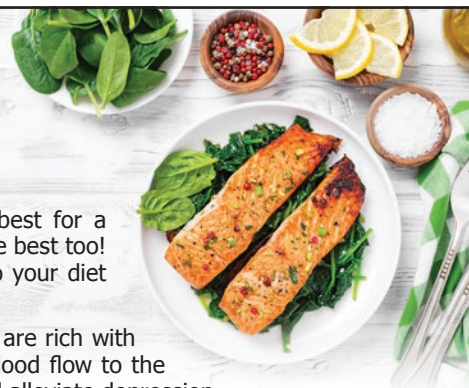
You may already know what foods are best for a healthy body, but your brain deserves the best too! Try incorporating these 'superfoods' into your diet for the best brain-boosting benefits.

Fatty fish such as salmon, tuna, and sardines are rich with omega-3 fatty acids. Omega-3s can increase blood flow to the brain, enhance memory and thinking ability, and alleviate depression.

Nuts and seeds are another great source for omega-3s. They're also high in vitamin E, which helps you maintain cognitive function as you age. Eating an ounce of nuts or seeds a day can help your brain in the long run.

Coffee and tea are full of antioxidants and known to promote alertness, so it's no surprise most people drink it to wake up in the morning. One study published by the U.S. National Institutes of Health's National Library of Medicine (NIH/NLM) suggests that caffeine may also increase the brain's ability to process information.

Leafy green vegetables are packed with nutrients and vitamins that benefit your brain. Find leafy greens too bitter for your taste? Make a fruit smoothie and throw in some spinach, kale, or Swiss chard. Your brain will be so enriched, so you'll think twice about skipping your veggies in the future!



Real Estate Today

Seller's Guide to Decorating for Halloween

Many homeowners enjoy decorating their homes with spooky decorations on Halloween. But if you're selling your home this time of year, consider the following tips to keep it festive without scaring off potential buyers.

Minimize distractions by sticking with simple and elegant décor. Gourds, pumpkins, and cornstalks are classic and compliment your home's appearance. Avoid overcrowding and extravagant decorations in the yard or on the porch.

Seasonal fragrance is a subtle way to bring the smell of autumn inside your home. Scented soaps and candles are the way to go, as long as the fragrance isn't overpowering.

Be safe when it comes to decorating. The last thing you want is a potential buyer to trip over a pumpkin as they enter or exit your home.

Take photos before you decorate in case your home is on the market longer than expected. You don't want autumn photos of your home if it's still listed in December.



1 box ditalini macaroni

1/2 cup green onion, diced

1/4 cup celery, diced

3/4 cup mayonnaise

1/4 cup Miracle Whip

1/2 cup sweet pickle relish

1 tbsp. ketchup

Garlic salt to taste

Cook the macaroni according to the directions on the package.

In a large bowl, combine the diced ingredients with the mayonnaise, Miracle Whip, pickle relish, ketchup, and garlic salt.

Drain the macaroni and rinse under cold water prior to adding to the dressing.

Combine pasta with the dressing and stir until fully incorporated.

Refrigerate after mixing.

Prepare the day before serving for optimal flavor.



CHRISTIAN REALTY SAN ANTONIO
9050 Ryelle
San Antonio, TX 78250

Household Tips

Fall Home Maintenance Tips

Winter will be here before you know it. Prepare your home for the change of seasons with the following home maintenance tips.

Heating tune-up – Ensure your heating system is ready to go when the temperatures drop. Schedule an HVAC system tune-up with a professional.

Clean the gutters – Avoid damage to the exterior of your home by clearing your gutters and down-spouts so they're free of leaves and debris.

Protect outdoor furniture – To maintain the longevity of your outdoor furniture, invest in weather-proof furniture covers or bring the furniture inside until the weather improves.

Trim the trees – Trim tree branches to avoid potential broken limbs. An arborist can help to identify the trees and shrubs that pose the most risk of breakage during storms and heavy wind.

Replace batteries – Safeguard your home by changing the batteries in all the smoke alarms and carbon monoxide detectors. Remember to test these alarms monthly.

Lawn care – Minimize lawn damage caused by winter weather by fertilizing it in the fall. This will protect your lawn and help it grow quickly in the spring.

