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# Between FRIENDS

**S**ummer's just around the corner, and so is the home of your dreams! If you're considering buying or selling a home, contact me today.



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

A home warranty is a service contract that covers the costs associated with common home system and appliance failures that occur due to normal wear and use. Homeowner's insurance covers loss and damage to your home or belongings caused by certain perils such as fire or flood. Both are designed to help safeguard your home, but they each offer different types of protection. 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.

## OLD REPUBLIC HOME PROTECTION

We keep your home systems and appliances running smoothly



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**I**take pride in providing my clients with the best experience possible to ensure a seamless real estate transaction. Know anyone buying or selling a home? Send them my way!



## Health & Safety

### Do you need a digital detox?

**P**eople are spending more time on their smart devices than ever before. But studies show that reducing screen time can be beneficial in many ways. If you're thinking about doing a digital detox, here are a few ways to help you unplug.



- Schedule a few hours of technology-free time each day. Enjoy activities like dining and exercise without the distraction of your phone at your side.
- Find other ways to take in information, like reading a book or newspaper. Drawing and writing are great ways to fill your time.
- Track your phone use and work to reduce your average daily screen time. Turn off notifications for social media apps. When you use your phone, set a timer and commit not to exceed that timeframe.
- When you feel the urge to use your phone, ask yourself why. It's important to recognize if you're using it as a distraction to avoid dealing with other things going on in life.

It may not be possible to entirely eliminate the use of electronics, especially if you work on a computer. But taking time out of your day or week to focus on other things may help you live life a little less dependent on technology.

## Helpful Hints

### Improve Your Morning Routine

**L**ooking for ways to streamline your productivity? Check out these tips to energize your day and improve your morning routine!

**Plan ahead.** Start your day off right by preparing the night before with a list of things to do. Go to bed early and get seven to eight hours of sleep.

**Don't snooze.** We all love sleep, but you should try to avoid pressing the snooze button when your alarm goes off.

**Rehydrate.** Drink a glass or two of water when you wake up to rehydrate and help rouse your body.

**Workout.** It may feel like a chore at first, but morning exercise sets a productive tone for the day ahead. Exercising also improves alertness and concentration.

**Eat breakfast.** Breakfast gives you the fuel needed to take on your day, so don't skip out on this important meal.

**Be positive.** Read a positive affirmation, listen to a motivational podcast, or write a gratitude list. Doing one small positive thing in the morning can have a major impact on the rest of your day.



## Savor the Flavor

## Grilled Merlot or Flank Steak with Sage Butter

**4 Tbsp. salted butter,  
room temperature**

**2 Tbsp. sage leaves,  
minced**

**1 merlot or flank steak  
(approx. 1 1/2 lbs.)**

**Fresh ground pepper and  
sea salt to taste**

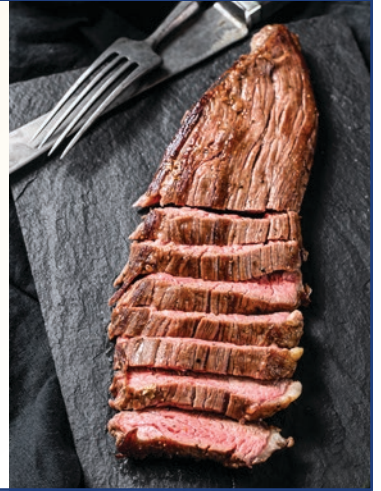
In a small bowl, combine butter and sage. Press the sage butter into a mold and chill in refrigerator.

Allow steak to reach room temperature. Season with sea salt and pepper by pressing seasoning into the surface of the steak.

Prepare coals for the grill. They should be hot enough to hold your hand four inches above for only a few seconds. Pile coals to one side, creating a high heat zone on one section of the grill and an indirect heat zone on another.

Sear steak over the high heat zone for two to three minutes. Flip steak and repeat. Move steak to the indirect heat zone until it reaches the desired internal temperature. For rare, heat to 130°F. For medium-rare, heat to 140°F. For medium, heat to 155°F. For well done, heat to 165°F.

Slice steak, top with sage butter, and serve immediately.



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## Household Tips

### 7 Ways to Make Your Home Smell Nice

**W**ho doesn't want a fresh smelling home? When it comes to household odors, there are countless culprits to look out for. Here are a few ways to improve your home's fragrance.

1. A common cause of kitchen odors is the garbage disposal. Run hot water and dish soap down the drain with the disposal on to give it a good clean.
2. Regularly clean your refrigerator to keep odors at bay. Give it a deep clean every three months.
3. Use small garbage cans throughout your home. That way, you have no choice but to empty them often.
4. Avoid pungent pet odors by cleaning litter and feeding areas daily. Wash animal bedding often to reduce stale smells.
5. Scented candles and wax burners are easy ways to infuse a pleasant fragrance inside. Be mindful of where you place them and careful not to mix scents. Always snuff the flame before leaving the room unattended.
6. Houseplants add life and freshen the air naturally. Position your plants near an open window so their refreshing scents can breeze right through your home.
7. Baking creates a wonderful aroma throughout your home. Leave a freshly baked pie or a batch of cookies out to cool and fill the air with sweetness.

