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Between FRIENDS

As the weather heats up, so does the current real estate market! Contact me today for a free and insightful market analysis.



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

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Buying or selling a home can be stressful, but it doesn't have to be. Call me today! Let my knowledge and experience guide your way to a smooth real estate transaction.



Health & Safety

Sleep Your Way to a Better Life

It's no secret that getting adequate sleep is necessary for your good health. But do you know why sleep is so important? Don't snooze on the benefits you can get from a good night's rest!



Sleep is essential for your ability to focus. According to a Cornell University study, just two consecutive nights of less than six hours of sleep can hinder your concentration up to six days later. Memory is another cognitive function that improves with proper sleep.

Sleeping well is a major factor in maintaining a healthy body weight. During sleep, your body releases natural growth hormones that aid in muscle retention and increased metabolism. Sleeping also releases collagen that prevents wrinkles and helps your skin repair itself.

Sleep deprivation can impact your mental health. Lack of sleep can lead to negative feelings such as irritability, hostility, and depression. When you sleep well, you may feel more friendly, energetic, and empathetic.

Sleep is just as important to your routine as diet and exercise. Make sure you get at least seven hours each night and sleep your way to a happier and healthier life.

Real Estate Today

Home Staging Tips from the Pros

Thinking of staging your home to get it ready to sell? Here are a few tips to help you level up your game and stage like the pros.

Accent walls add dimension to a room. Use a contrasting paint color or removable wallpaper to create depth and drama.

Update the window treatments. Ditch the old, outdated blinds for updated window treatments. For an inexpensive way to match most room décor, pair sheer white curtains with heavy, dark panels.

Gender-neutral spaces allow buyers to envision the home in their own style and aesthetic. When it comes to room themes and wall colors, keeping it simple is a smart way to go.

Use the right size furniture for the room. A common mistake is staging a home with furniture that is too large for the room. Rather than using a bulky sectional, opt for a loveseat and chair instead. Avoid placing furniture directly against the walls to create the feel of more open space.



1 lb. large shrimp, peeled, deveined, tails removed
1 cup shredded coconut, unsweetened
1 lime, juiced and zested
1 tsp. salt
1/8 tsp. freshly ground black pepper
2 large egg whites
1/4 cup fresh cilantro, chopped
1/4 tsp. red pepper flakes
1 small garlic clove
1/2 small fresh pineapple, peeled, cored, and chopped chunky

For this recipe, you'll need seven or eight 6-inch skewers. If wood or bamboo, soak skewers in water for 30 minutes prior to use.

Set oven to broil. Place a wire rack on a baking sheet. Add three shrimp to each skewer and set aside.

In a shallow bowl, combine coconut, lime zest, salt, and pepper. Brush egg whites over shrimp. Gently press the shrimp skewers into the coconut mixture until fully coated.

Place skewers on the wire rack and place into the oven. Broil approximately 3-4 minutes, flipping halfway through.

Blend lime juice, pineapple, garlic, red pepper flakes, and cilantro in a blender or food processor. The sauce should be smooth and vibrant green.

Serve alongside skewers and enjoy!



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Household Tips

Creating the Perfect Outdoor Oasis

The best outdoor living spaces should be an extension of the home. How functional is your outdoor space? Check out these tips to help you create the oasis of your dreams!

Layout: Experiment with a few layout options. If you plan to use a fire pit, plan your design around that centerpiece. Fountains or other water features also work well as centerpieces or positioned in a corner.

Plants: Don't shy away from bringing colorful plants and flowers into your outdoor space. Consider installing a few large planters. Rotate in smaller, seasonal planters throughout the year.

Pergolas: Install a pergola to extend your outdoor living area. Pergolas provide shade, allow for plants to hang, and offer space for climbing plants to grow. Large outdoor umbrellas are a nice alternative if you want something less permanent.

Lighting: Enjoy your time outside, day or night, with outdoor lighting. Install path lights, wall sconces, and outdoor lamps. String lights can add a calming, romantic ambiance. Any lights you place outside should always be rated for outdoor use.

