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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 products offer different types of protection designed to help safeguard your home. 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.



No home purchase is complete without a home warranty



Visit [orhp.com](http://orhp.com) or talk to your real estate professional to learn more

People Helping People

**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

### Enjoy the Weather—Exercise Outside!

**L**ooking to breathe some life into your workout routine? This is the perfect time of year to get outside! Have fun switching things up with some creative ways to exercise outdoors.

**Happy trails:** Need a change of scenery? Find a trail that matches your workout intensity and hit the road! Go somewhere different and enjoy the experience of exploring a new location.

**Sport mode:** Infuse your workout with a little competition by playing sports. Organize a pick-up game with friends or join a local recreational league and let the games begin!

**HIIT it:** Elevate your cardio workout with high-intensity interval training (HIIT). HIIT involves fast-paced, high-intensity cardio for a few minutes, followed by a short period of low-intensity recovery exercise. Repeat this cycle a few times, and you'll feel the sweat! You can do HIIT anywhere, but you'll appreciate the refreshing outdoor breezes to cool you down.

**On the hunt:** Who said scavenger hunts are just for kids? Map out a walking or jogging route ahead of time and make a list of landmarks you'll see on your way (stop sign, park bench, etc.). Then make a list of corresponding bodyweight exercises. As you approach each landmark, do ten reps of each corresponding exercise.



## Helpful Hints

### Flying Solo: Why It's Okay to Do Things by Yourself

**W**ant to go somewhere or try something new but don't have anyone to share the experience with? That's okay – rather than missing out, go alone!

While it may seem uncomfortable at first, there are many benefits to flying on a solo adventure.

**You set the itinerary.** Whether planning a vacation or dining out, you don't have to compromise your preferences.

**See the world through a new lens.** Experiencing things alone allows you to observe the world without distractions. You may even find your senses heightened as a result.

**Build your self-confidence.** Going out on your own can be empowering. Embrace the opportunity to say you did it by yourself!

**One isn't the loneliest number.** After spending some time by yourself, you may find that you're better equipped to deal with loneliness in situations beyond your control.

**Appreciate who you are.** Just because you are doing something alone does not mean you aren't an amazing person to be around.



## Savor the Flavor

## Spicy Bell Pepper Nachos

**6 large yellow, orange, or red bell peppers, seeded and quartered**

**1 lb. ground turkey or beef**

**2 Tbsp. taco seasoning**

**3/4 c. canned black beans, rinsed**

**3/4 c. corn kernels  
(thaw first if frozen)**

**2 jalapeños, sliced**

**1 c. shredded Mexican cheese blend**

**Salsa, sour cream, cilantro,  
and lime for serving**

Preheat oven to 375°F. Coat a foil-lined baking sheet with non-stick cooking spray.

Brown turkey or beef in a skillet over medium heat. The meat is done when it's no longer pink and the juices run clear. Add taco seasoning and about 2/3 cup of water. Stir until incorporated.

Add the beans, corn, and half the jalapeños to the meat mixture. Continue cooking for about three minutes. Fill quartered bell pepper "chips" with meat. Top with remaining jalapeños and cheese. Bake for 8-10 minutes.

Top with salsa, sour cream, cilantro, and lime. Serve immediately.



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## Household Tips: Home DIYs to Do Before Summer

**W**ith summer just around the corner, it's a great time to get your home ready for the change of seasons. And there's nothing more satisfying than checking off a list of DIYs. Here are a few ways to prepare your home before spring is over.

- ☐ Enhance your curb appeal and add some life to your home's entrance by repainting the front door. If you have an HOA, find out if they have any paint color restrictions before applying your first coat.
- ☐ Inspect windows and doors and seal up any cracks with caulking. Repair damaged window screens. With so many online tutorials, it's surprisingly easy to DIY!
- ☐ Wash your outdoor rugs and pressure wash the patio while you're at it. Just a few minutes of pressure washing can make years' worth of difference.
- ☐ Check out the condition of your outdoor furniture cushion covers. Wash or replace the cushion covers as needed. Always clean your outdoor furniture according to the manufacturer's recommendation.
- ☐ Be ready for those outdoor cookouts by cleaning your grill. Give it a deep clean twice a year to keep your food tasting great and ensure the longevity of your barbecue.

