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# Between FRIENDS

**D**on't let buying or selling a home this summer leave you feeling burnt out. Contact me today 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.

**OLD REPUBLIC HOME PROTECTION**

No home purchase is complete without a home warranty



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*People Helping People*

EQUAL HOUSING OPPORTUNITY

**G**ive your friends and family peace of mind knowing their real estate transaction is in good hands. Call me today for more information!



## Health & Safety

### Workout Motivation Tips to Get You Moving

**L**acking the motivation to exercise? Here are a few tips to help you leave the excuses behind and get moving.

**Focus on your goals.** To accomplish most things in life, it's best to have a goal and lay out the steps to achieve it. Avoid feeling overwhelmed by starting out small. Envision completing your workout and go from there.

**Schedule your workout and stick to it.** You'll never have time to work out if you don't create the time on your calendar. Focus on your fitness goals and commit to your schedule.

**Prepare ahead of time.** If you plan to exercise early in the morning, lay your workout clothes out the night before. Also, have a packed gym bag in the car so you're always ready to go.

**Plan your workout.** Go into your workout knowing exactly what you plan to do. Find a workout routine on YouTube or Pinterest. There are endless fitness routines available just a couple of clicks away.

**Link up with a buddy.** An exercise buddy is a sure way to help keep your fitness commitment. Go for a walk or hike together—you'll have so much fun catching up, your workout will be over before you know it.

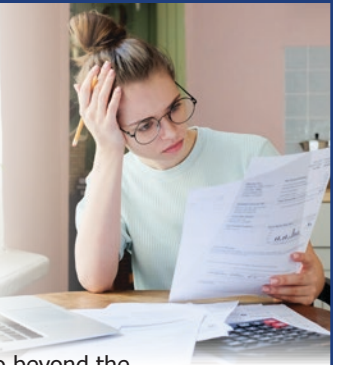


## Real Estate Today

### 4 Common Mistakes for First-time Homebuyers to Avoid

**I**f you're a first-time homebuyer, there's a lot to consider when finding the home of your dreams. Avoid these common mistakes to ensure your first-time home buying experience goes smoothly.

1. Not applying for a mortgage first. Unless you have cash in hand, your offer won't be taken seriously without a mortgage preapproval.
2. Underestimating the actual costs. Avoid getting in over your head by not factoring in all the costs that go beyond the asking price. Know what to budget for without exhausting all your savings.
3. Choosing the house without considering the neighborhood. Ensure the surrounding neighborhood matches your expectations. The last thing you want to do is commit to living somewhere you'll end up regretting later.
4. Allowing emotions to impact decision making. It's easy to fall in love with a home based on its features, aesthetic, and overall feel. But you could face serious heartache if you become too attached to a home before you seal the deal.



## Savor the Flavor

## Blackberry Sorbet

**1 cup granulated sugar**

**1 ½ cup blackberries  
(fresh or defrosted frozen)**

**Juice from half a lemon**

### SPECIAL EQUIPMENT

**Small food processor  
or blender**

**Ice cream machine**

**Fine sieve**

Bring sugar and 1 cup water to a simmer in a small saucepan. Stir until sugar is dissolved. Remove from heat and set aside. Allow sugar mixture to cool completely.

In a food processor or blender, purée the blackberries and lemon juice. Using the back of a spoon, press the blackberry mixture through a fine sieve. Discard remaining seeds. Combine the cooled syrup with the blackberry mixture until incorporated.

Add mixture to the ice cream machine and churn until smooth.

Store sorbet in freezer until solid.



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## Household Tips: Cleaning Trends for a Sparkling Home

**W**hile it may not be your favorite thing to do, maintaining a clean home is necessary for a happy, healthy life. Here's what's trending these days in the world of cleaning.

**Waste-reducing products:** More companies are producing eco-friendly, sustainable cleaning products. Reduce waste by using washable microfiber cloths and refillable product dispensers.

**Animal-friendly options:** According to the American Pet Products Association (APPA), 70% of US households have a pet. The need for dander-reducing and pet-friendly cleaning solutions has never been higher.

**Natural ingredients:** The use of natural products has increased significantly in recent years. Swap harsh chemicals for household items like vinegar, hydrogen peroxide, and baking soda. Before you reach for the pantry, do your research on what products are best for each cleaning scenario.

**Cleaning knowledge:** Learn how to properly use and dispose of cleaning products. A little knowledge will help you achieve your desired results while protecting the environment.

