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Between FRIENDS

If you're considering buying or selling a home this summer, don't wait another minute! Call me ASAP to discuss the current local real estate market.



Looking 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

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



Health & Safety

Stay Fit, Stay Safe: Gym Safety Tips

Hitting the gym a few times a week is an excellent way to stay healthy and boost your energy levels, but safety should always be top of mind when you're working out. Gym injuries can range from a minor pulled hamstring to more dangerous scenarios involving heavy weights. To make sure you stay safe while also staying fit, follow these helpful tips:

- **Start slowly.** We're all busy people living in a fast-paced society. When we find time to make it to the gym, we are eager to see results and might overdo it. Remember, fitness is a journey, not a destination. Listen to your body, being careful not to place too much strain on it.
- **Use good form.** One of the best ways to prevent gym injuries is by using the correct form. Most gym equipment has signage with instructions on how to use it properly. If you're not sure how a machine should be used, don't try to wing it. Ask a staff member—they're available to help!
- **Work out with a partner.** Not only is exercising with a friend an effective way to stay accountable to your workout schedule, but it is also imperative to have a partner anytime you're pumping iron. If you're doing bench presses, squats, or anything that requires heavy lifting, be sure to have a partner spot you. Don't leave yourself susceptible to injuries by trying to lift weights independently!



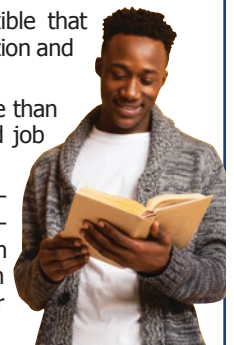
Helpful Hints

Bilingual Brain Boost:

3 Ways Learning a New Language Enhances Brain Power

There are plenty of reasons to learn a new language. Maybe you're planning a trip overseas, want to converse more easily with friends from another country, or maybe you're just fascinated by a particular culture and wish to learn the language. But perhaps the greatest benefit of learning a new language is how it enhances your brain power! Here are three ways learning a new language can give you a brain boost:

- **Increased cognition.** The brain's language centers are so flexible that learning a new language can increase your ability to process information and make good decisions.
- **Better concentration skills.** Children and adults who speak more than one language tend to focus better on daily tasks, schoolwork, and job duties.
- **Reduced risk of dementia.** Evidence suggests that learning a second language strengthens brain circuits that can help prevent dementia and Alzheimer's later in life. Researchers administered cognition tests to a group of children in the 1940s and again decades later when they were in their 70s. Those who were bilingual performed better on the second test than those who only spoke their native language.



Savor the Flavor

Cornflake Chicken Tenders

Ingredients

2 ½ c. crushed cornflake cereal
½ c. whole grain or oat flour
1.5 lb. chicken tenders or pounded and cut breast meat
2 eggs
½ tsp. salt
2 tsp. garlic powder
1 tsp. each onion powder and paprika
½ tsp. ground black pepper or cayenne pepper

Honey Dijon Sauce

4 Tbsp. Dijon mustard
2 Tbsp. honey
1 Tbsp. olive oil
1 tsp. lemon juice

Preheat the oven to 400°F and line a baking sheet with parchment paper.

Prepare flour on a plate. Place eggs, slightly beaten, on a second plate or bowl. On a third plate, combine the crushed cornflakes, garlic & onion powders, paprika, and black or cayenne pepper.

Sprinkle chicken tenders with salt.

Dip chicken into flour, then into eggs. Roll the chicken in the cornflake mixture until thoroughly coated.

Arrange chicken strips on a baking sheet and bake for 20 minutes or until nicely golden.

While the chicken is baking, prepare the honey Dijon sauce: thoroughly mix all ingredients in a medium bowl.

Serve the cornflake chicken with the honey Dijon sauce and enjoy!



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Household Tips: Stay Cool and Save Money: Why You Should Window Tint Your Home

During the hot summer months, indoor temperatures can be uncomfortable even with the air conditioning working overtime. One efficient way to control your home's temperature is window tinting. A wide variety of window tinting options are available, including temporary solar, decorative, and mirror film that you can attach to the window yourself. Other options, such as ceramic or metalized window tints, are permanent and should be installed by a professional. But all types of home window tinting have three things in common: they can be energy efficient, cost-efficient, and offer privacy.

- **Energy efficient.** Window tinting can help block sun rays, reduce glare, and lighten the load your A/C carries all summer. This reduces your household's overall energy consumption and carbon footprint.
- **Cost-efficient.** While different window tinting solutions have different costs, the initial payout usually pales compared to the hundreds or thousands of dollars you would otherwise spend on cooling costs.
- **Provide privacy.** For homes close to busy roads or sidewalks, you may want additional privacy without sacrificing your view. Window tinting can be a fantastic way to give your home privacy without relying only on blinds or curtains—just be sure it doesn't violate any HOA ordinances.

