



DOMINICK DINA

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Between FRIENDS

Need more room for entertaining guests this holiday season? Call me—I'll help you find the home of your dreams with all the space you need!



Looking to buy a new home? Now is the time to make the move! Investing in a new home is more than just a financial decision—the pride that homeownership offers is truly priceless.

I recommend that all my clients include an Old Republic home warranty plan in their home sale transactions, whether they're buying or selling. A home warranty can protect your budget from unexpected repair or replacement costs associated with your home's covered heating, plumbing, and electrical systems—and most built-in appliances—before, during, and after the sale! Optional coverage choices are available for buyers to tailor their warranty to the unique needs of their new home.

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If you're happy with the service I provided, I would appreciate referrals! I'm happy to ensure your friends and family also have a smooth, stress-free real estate transaction.



Health & Safety

Holiday Food Safety 101

The holiday season can offer plenty of opportunities to gather around the table and share a meal with loved ones. But proper food safety is essential to staying happy *and* healthy during the holidays. The CDC reports that 48 million people experience food poisoning each year. To help avoid sicknesses associated with food preparation and storage this holiday season, remember these tips:

- **Wash.** Scrub your hands for at least 20 seconds with soap and warm water before preparing food and immediately after touching raw meat. Also, wash utensils, cutting boards, and cookware thoroughly between each use.
- **Separate.** Prepare fresh meat separately from other food and use clean utensils when seasoning or marinating.
- **Cook.** Use a meat thermometer to ensure food is thoroughly cooked. Heat beef, pork, chicken, and turkey to at least 160°F and fish to 145°F.
- **Refrigerate.** After two hours, store cooked food in the refrigerator or freezer. Always reheat leftovers instead of allowing them to thaw or warm to room temperature before enjoying them again.

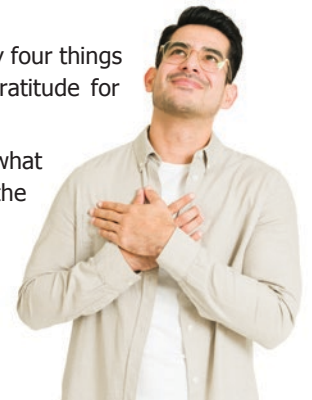


Helpful Hints

Nurturing an Attitude of Gratitude

Thanksgiving season is the perfect time to pause and express appreciation for the blessings we enjoy each day. Because life is hectic, it can be easy to get distracted and take our blessings for granted. However, mindfully practicing gratitude can help us maintain a spirit of Thanksgiving year-round. Here are some ways to develop an attitude of gratitude this Thanksgiving season:

- **Use your senses.** Each day, use your senses to identify four things in your presence that you are thankful for. Express gratitude for something you can see, smell, hear, and touch.
- **Write it down.** Use a gratitude journal to write down what you are grateful for each day, no matter how small the entry may be.
- **Meditate.** Meditation can quiet the mind, making it easier to practice gratitude. Consider using a guided gratitude meditation to help keep your thoughts from wandering.



Ingredients

3 c. diced turkey meat, cooked
8 c. chicken broth
1/2 c. uncooked orzo pasta
2 garlic cloves, finely chopped
2 Tbsp. olive oil
1 medium yellow onion, chopped
1 carrot, diced
2 celery stalks, diced
1 Tbsp. fresh sage, finely chopped
1 bay leaf
2 c. cut green beans
1 diced sweet potato
Salt and pepper to taste

In a large pot, heat crushed garlic in olive oil, stirring constantly to avoid burning. When it begins to get fragrant, add the onion, carrots, and celery.

Continue cooking over medium-low heat for 7-8 minutes until the vegetables soften, stirring frequently.

Add the sage, chicken broth, and bay leaf to the pot. Bring to a simmer.

Add the green beans, sweet potato, and pasta to the pot. Bring it to a boil. Lower the heat and cook until the vegetables are tender and the pasta is cooked.

Stir in the cooked turkey, salt, and pepper. Turn off the heat. Cover, and allow to sit and simmer for 5 to 7 minutes.

Enjoy!



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Household Tips:

Winter Hygge Home: How to Make Your Space Cozy

During the winter months, we usually find ourselves spending more time indoors. Longer evenings and chilly weather provide the perfect opportunity to curl up with a good book, enjoy seasonal décor, and embrace the comfort of home.

Many use the winter months to lean into the Danish practice of *Hygge* (pronounced "Hoo-ga"), which is the practice of intentionally curating comfortable spaces that promote a sense of well-being. Here are some tips for keeping your space cozy and inviting this winter:

- **Lighting.** Opt for soft lights instead of harsh overhead lighting. Strategically place lamps, hang bistro lights, and light candles to give your space a warm glow.
- **Fragrance.** Use fragrance diffusers, scented candles, or essential oils to give your home a seasonal, inviting aroma.
- **Nature.** Feature outdoor elements, such as greenery or succulents, to bring life into your space.
- **Textiles.** Throw pillows and blankets add an extra element of coziness to sofas and chairs. Consider mixing up fabrics for visual contrast and sensory comfort.

