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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 quide. 4

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.



### Health & Safety 10 Cool Ways to Exercise This Summer

igh temperatures aren't exactly the most favorable conditions to exercise in. But don't let the hot weather derail your fitness routine. Stay cool during your summer workouts with these ten ways to beat the heat.

- 1. Take a cold shower before working out to stay refreshed as you build up a sweat.
- 2. Wear breathable, lightweight fitness attire. Don't forget a moisture-wicking hat.
- 3. Protect your skin with sunblock, regardless if it's sunny outside or not.
- 4. Pay attention to the weather forecast and plan to work out in the coolest part of the day.
- 5. Unless there's thunder and lightning outside, work out in the rain.
- 6. Split your session in half and exercise in the morning and evening when it's cooler.
- 7. Opt for lower intensity exercises and work out at a slower pace. Take lots of breaks and practice in intervals.
- Switch up your workout location. Shady nature trails and windy beaches tend to be cooler than neighborhood sidewalks.
- 9. Stay hydrated throughout the day to avoid headaches, stomach cramps, and dizziness.
- 10. When all else fails, stay inside! If you don't have a gym membership, there are a variety of home exercise videos available for free on the internet.



#### Going the Distance: Buying a Home Remotely

eople are buying homes sight unseen now more than ever before. Here are a few tips to help guide you through a long-distance home purchase.

- Find a local agent who has prior experience with remote closings. Don't be afraid to ask for references.
- Request a referral to a local lender. Non-local lenders are likely to work with non-local appraisers, which could present challenges.



- Since your agent will be scouting out homes on your
  behalf, know exactly what you're looking for. Put together a
  wish list that details everything you want and items you prefer to live without.
- Request and schedule a home inspection, even if it's not a requirement. Have your agent present for the inspection and video chat with them for a first-hand look at the home.
- Be ready to sign most closing documents electronically. Your agent will ship you any forms that require a physical signature.

If you are working with another real estate professional, please disregard this notice. The material in this publication is for your information only and not intended to be used in lieu of seeking additional consumer or professional advice.

## Savor the Flavor

#### **Southwest Turkey Wraps**

4 large flour tortillas

1/2 cup jalapeño cream cheese spread

3 cups chopped turkey breast

3/4 cup roasted corn

2 Roma tomatoes, thinly sliced

1 avocado, peeled and sliced

2/3 cup red or sweet white onion, thinly sliced

3 cups shredded romaine lettuce

Lime juice (optional)

Southwest chipotle or plain ranch salad dressing Spread two Tbsp. of the jalapeño cream cheese on a tortilla leaving about a half inch around the outside edge. Position ¼ of the turkey and corn in the center of the tortilla. Top with ¼ of the remaining ingredients.

Add a squeeze of lime juice, if desired.

Fold in right and left sides and roll from top to bottom. Repeat with the remaining three tortillas.

Use plastic wrap or foil to tightly wrap each sandwich. Store in an airtight container and chill for up to four hours. Unwrap when ready to serve.

Cut each wrap in half to serve as an entrée or slice wraps to serve as an appetizer. Plate with salad dressing on the side for dipping.





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## Household Tips

#### **End-of-Summer Cleaning Guide**

he dog days of summer are winding down and fall is just around the corner. Check out these cleaning tips to guide you through your late-summer to-do list.

**Garden tools:** If your garden tools are caked with dirt and rust, it's time for a deep clean. Scrape off dirt with a putty knife. Use steel wool to remove any rust. Rub lighter fluid or other petroleum-based solvent on shears to remove sap. Soak the tools in hot water and dish soap and dry before storing.

**Outdoor furniture:** By late summer your outdoor furniture likely needs a good scrub. Do your research, since certain fabrics require different methods of cleaning. Spot-clean cushions according to their instructions.

**Barbecue grill:** Summer barbecues are bound to cause some build-up. Heat the grill and scrub the rack with a wet wire brush. Use grill cleaner or soapy water on tougher grease spots. Allow the grill to cool and wipe down with a damp cloth.

**Lawn mower:** The end of the summer is a great time to maintain your lawn mower. Change the oil and spark plug. Replace the air filter, if necessary. Drain the gasoline before storing it away until next year.

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