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# Between FRIENDS

26 Years of Real Estate experience.

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**A**h, the lazy days of summer...  
More like the busy days  
of summer in the real  
estate industry! Call me  
ASAP if you're con-  
sidering buying  
or selling a  
home.



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You should consider adding an  
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your home showing well because it pro-  
vides repair or replacement should any  
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At close, the warranty seamlessly rolls  
over into the Buyer's Plan, protecting  
the home buyer against potential issues  
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budget protection from the high cost  
of home repairs and peace of mind for  
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me to your family and friends. I'd  
love to help guide them through  
their real estate transaction.



## Health & Safety

### Asthma Safe Living

**C**hances are, you or someone you know is affected by asthma. According to the Cen-  
ters for Disease Control, nearly 26 million Americans suffer from this chronic lung  
condition, most of whom are children. Want to breathe easier? Check out these tips:

**Monitor air quality** and pollen levels. Keep windows and doors shut  
when pollen levels are moderate to severe.

**Sleep soundly** with pillow and mattress protectors to reduce  
exposure to dust mites. Not allowing pets in the bedroom also  
helps to keep triggers at bay.

**Indoor plants** are a natural way to improve indoor air quality,  
removing some airborne chemicals. Spider plants are efficient  
houseplants that require minimal maintenance.

**Use a filter** whenever possible. Get the most effective protec-  
tion with a high-efficiency particulate air (HEPA) filter for your HVAC,  
vacuum, and air purifier.

**Keep your home clean** from items that easily attract dust. Carpet and drapery are mag-  
nets for dust and allergens. Installing hardwood floors and window blinds are easy-to-clean  
alternatives.

**Maintain a smoke-free home.** It goes without saying that smoke can trigger asthma.  
Minimize exposure to ensure you're breathing the cleanest air possible.



## Helpful Hints

### Living in the Moment

**W**hether your mind is on work or you're thinking about your next vacation, it's  
easy to get caught up in the hustle week to week. Living in the moment is  
just as important to your daily routine as waking up and going to work. Here  
are a few tips to help you slow things down and live in the present.

**Do one thing at a time.** Despite the appeal of multi-tasking, jug-  
gling multiple tasks at once can make you prone to errors and reduce  
your ability to retain information.

**Free yourself from worry.** It's human nature to worry about things,  
but worrying about something won't change the outcome. When  
you find yourself worrying about things you can't change, take  
a step back and remember to focus on the current moment.

**Smile.** It's easy to forget, but we are ultimately in control  
of our attitude and perspective each day. When you wake  
up in the morning, embrace the new day with a positive  
mindset. Who knows? You just might make a difference in  
someone's day!



## Savor the Flavor

## Peach BBQ Glazed Grilled Pork Tenderloin

**3-4 large ripe peaches, peeled and cubed**

**1 clove garlic, minced**

**1/2 cup white or yellow onion, chopped**

**1/3 cup apple cider vinegar**

**1 Tbsp. grated fresh ginger**

**1 Tbsp. Worcestershire sauce**

**1 Tbsp. honey**

**1 Tbsp. chili powder**

**1 pork tenderloin**

Except for the pork, combine all ingredients in a large saucepan over medium heat, and bring to a simmer. Reduce heat to medium-low and cook uncovered for 15 minutes, stirring occasionally.

Remove sauce from heat. For a smoother consistency, puree cooled sauce in a food processor or blender.

Combine the pork and 2/3 cup of peach sauce in a large bag. Marinate in refrigerator overnight or for at least four hours. Refrigerate remaining peach sauce.

Heat grill to 350°F (indirect heat if using a charcoal grill). Cook pork covered for 20-30 minutes, turning every few minutes. With approximately five minutes remaining, coat pork with 1/3 cup of the sauce.

Remove pork from grill and allow 10 minutes rest time before slicing. Serve with warmed leftover peach sauce on the side.



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## Household Tips

### BBQ Grilling Essentials

**A** successful cookout requires the right equipment for grilling novices and barbecue experts alike! Boost your barbecue game with these helpful tips.

**The right grill** – Start by finding a grill that suits your needs. While gas grills burn cleaner, some prefer the flavor of a charcoal grill.

**Chimney starter** – If you are using a charcoal grill, a chimney fire starter can help heat your coals to the right temperature quickly without having to use lighter fluid.

**Prep for success** – Proper maintenance is not only best for the longevity of your grill, but it can also affect how your food tastes. After preheating your grill, use a long-handled wire grill brush to clean the rack. Using tongs, wipe a paper towel soaked in vegetable oil over the rack to reduce sticking and remove residue from cleaning (do not use cooking spray).

**Temperatures and cook times** – Cook times vary depending on what you're cooking and how rare you like your meat. A meat thermometer ensures the food is safe to eat. Cook poultry to a minimum of 165°F, and pork chops and steak are safe at a minimum of 145°F.

