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home warranty plan is a service contract that protects your home systems and appliances for a specified period of time. If a failure occurs during the plan term, a qualified contractor is sent to repair or replace the covered item for a reasonable service call fee. Help is only a phone call away, 24/7, 365 days a year! Don't let a home system or appliance

breakdown get you down! Eliminate stress before, during, and after the sale with a home warranty plan that provides coverage for both the home seller and home buyer.



uying or selling a home can be stressful, but it doesn't have to be. Call me today! Let my knowledge and experience guide your way to a smooth real estate transaction.

## Health & Safety

#### **Healthy Summer Food**

ager to get outside and enjoy the beautiful weather? That means you'll need to stock up on snacks for your outdoor activities. Here are a few things to add to your shopping list to help you stay hydrated and get the nutrients you need this summer.



**Melon time** — Watermelon, cantaloupe, and honeydew are natural diuretics. They can help flush out salt and extra fluid without causing dehydration.

**Berry cool** — If you want a low-carb addition to your breakfast or afternoon munchies, berries are the best. They're also rich in antioxidants.

**Yummy yogurt** — Treat yourself to a snack that will cool you down and fill you up. Yogurt contains probiotics that are good for your qut, too!

**Citrus all day** — Satisfy your sweet cravings with citrus fruit. They're full of vitamins and plant compounds that help boost your immune system. Want something more subtle? Add slices of lemon or lime to your water and drink up!

**Savory salmon** – Need a healthy alternative to hot dogs and burgers? Throw some salmon on the grill. Fatty fish like salmon and tuna are high in omega-3 fatty acids, which are essential for brain and body health.

## Real Estate Today

### Summertime House Hunting





- Check out the history of the listing. If you are lucky
  enough to find a home that has been on the market
  for a while, now is the time to act! Your chances of negotiating a lower price are better
  than trying for newer listings that garner full-price, or even over-asking price, offers.
- Homes returning to the market after falling out of escrow might be just the opportunity you need. Often these sellers are left feeling frustrated and will want to close quickly.
- With low home availability, it's important to keep your mind open. Consider all options, including purchasing a fixer-upper. While it may seem daunting taking on a project home, the payoff could be worth it in the end.

### Savor the Flavor

6 oz. linguini

1 1/2 lb. large shrimp, peeled and deveined

2 Tbsp. olive oil

4 cloves garlic, finely chopped or grated

1/4 tsp. salt

1/2 tsp. pepper

1/4 tsp. red pepper flakes

1 Tbsp. lemon zest

1/2 c. dry white wine

1 Tbsp. lemon juice

1 Tbsp. butter

12 oz. zucchini noodles

1/4 c. flat-leaf parsley, chopped

#### **Shrimp Scampi with Linguini and Zoodles**

Boil linguini according to package directions. Drain and reserve 1/4 cup pasta water. Return pasta to pot and set aside.

Toss shrimp, oil, garlic, salt, and pepper in a large bowl. Marinate for at least five minutes.

Cook shrimp in a large skillet over medium heat, about 3-4 minutes on each side until almost opaque. Remove from pan and set aside. Keep remaining oil in the skillet.

Over medium heat, add pepper flakes and lemon zest. Stir frequently for 30 seconds. Deglaze with wine, scraping the browned bits from the bottom of the pan. Cook until reduced by half. Add lemon juice, butter, and zucchini noodles. Simmer for a couple minutes until zucchini is tender.

Add shrimp and pasta to the skillet and toss until fully incorporated. Sprinkle with reserved pasta water if the pasta seems dry. Garnish with parsley and enjoy!





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# Household Tips: Perennial Flowers to Enjoy Anywhere

njoy the beauty of summer by planting seasonal, warm-weather flowers. If you're new to gardening,
 you may be wondering where to begin. Fool-proof your summer garden with these perennials that
 will grow in just about any climate.

**Bee balm:** Hummingbirds, bees, and butterflies flock to this low-maintenance wildflower. With full sun and moist soil, bee balms can grow in abundance.

**Daylily:** This perennial is a landscaper's favorite since they grow in a variety of places. Native to Asia, daylilies have flourished in North America since the 17th century.

**Geranium:** Geraniums are known for their wide range of color options and delicate appearance. The long-blooming varieties can flower from late spring to late fall.

**Penstemon:** Also known as beardtongue, penstemons are a great addition to any garden. They are generally disease- and insect-free, and they're sure to attract birds and butterflies.

**Sedum:** This sun-loving succulent flourishes in drought-riddled regions. Sedums also work well to fend off deer and insects.

