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Between FRIENDS

26 Years of Real Estate experience.

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If you're thinking about buying or selling a home, it's time to spring into action! Call me today to discuss the current market trends.



Are you in the market to sell your home? Close with confidence by adding an Old Republic home warranty to your transaction. Seller's Coverage protects your property should a major system or appliance fail and require repair or replacement while it's on the market. At close, the warranty seamlessly rolls over to the Buyer's Plan, protecting the home buyer against potential issues after the sale. A home warranty offers budget protection from the high cost of home repairs and peace of mind for both the home seller and buyer!

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No home purchase is complete without a home warranty



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People Helping People

Know anyone who's considering buying or selling a home? Let me help! With my guidance, they'll have peace of mind knowing their real estate transaction is in good hands.



Health & Safety

Benefits of Journal Writing

Looking for a new way to improve your health and well-being? Try keeping a journal. Research shows that journaling benefits your mind, body, and soul. Here are a few reasons why it's good to put pen to paper.

Manage stress. Self-reflection creates a deeper connection to thoughts and emotions. This insight can clear a path to positive thinking. According to the National Library of Medicine, expressive writing reduces elevated blood pressure, a byproduct of stress.

Achieve goals. Documenting goals creates a blueprint for future success. A study conducted by the Dominican University in California found that if you write down your goals, you are 42% more likely to achieve them.

Expand your mind. Journaling keeps your mind sharp. Translating thoughts into words helps develop communication skills. Recalling past events also boosts memory and comprehension and improves cognitive processing.

The best part about journal writing is that there's no wrong way to do it. You can be brief and document your meals and daily activities. Or you can delve deep into your fears, hopes, and aspirations. As long as you're consistent, you're likely to benefit.



Helpful Hints

Hit the Books: Continuing Education Advantages

Do you want to earn more money in your career and gain an edge over the competition? Here's why continuing education is more than just a path to enlightenment.

Growth – Eager to apply for that promotion you've been eyeing? Employers favor candidates who are passionate about expanding their knowledge. But you don't have to pursue your doctorate to get a raise. Try taking a four-week online course to add to your resume.

Income – In most careers, there's a clear connection between continuing education and increased income opportunities. The higher your education level, the higher your earnings can advance.

Networking – Link up with like-minded people who share common interests. Take part in a study group, join a membership society, or find a mentor.

Health – Learning exercises your brain, which can be beneficial in many ways. Continuing education correlates with healthier lifestyles, resulting in a longer life expectancy.



2 heads of garlic, roasted
1 Tbsp. extra virgin olive oil
6 oz. jar artichoke hearts, drained
4 oz. cream cheese
½ cup plain Greek yogurt
¼ cup mayonnaise
Cracked pepper to taste
1¼ cup shredded mozzarella cheese
¼ cup shredded Parmesan cheese

Roasted garlic: Preheat oven to 400°F. Remove the papery outer leaves from the garlic heads. Cut 1/3 of an inch off the top of the heads, exposing the insides of the individual cloves. Place the garlic heads on a large sheet of foil and drizzle with olive oil; wrap and seal the foil. Place garlic on a baking dish and roast for 30 minutes. Allow garlic to cool. Squeeze the roasted garlic from skins into a medium-sized bowl and set aside.

Dip: Preheat oven to 350°F. Using a fork, mash garlic into a paste. Chop artichoke hearts into small pieces. Mix the mozzarella and Parmesan cheese and set aside 1/2 cup. Add the remaining ingredients to the garlic paste and mix until fully incorporated. Pour into an appropriately sized baking dish. Top with the remaining shredded cheese and bake for 25-30 minutes. Broil for an additional 3-5 minutes until the cheese is lightly browned and bubbly.



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Household Tips

Squeaky Clean: Smart Ways to Use Soap

We can all agree that soap is one of the world's greatest inventions. But did you know that soap can do more than just clean? Check out these clever ways to use soap in your home.

- Keep your glasses from fogging up by gently rubbing both sides of the lenses with soapy water. Let dry and then polish.
- To unstick a zipper, rub soap on both sides while zipped-up. Then unzip and rub soap on the teeth of the zipper.
- Freshen up musky odors by keeping an unwrapped bar of soap in drawers and closets.
- Use soap to loosen a stiff door lock. Rub bar soap on the key to lubricate the lock mechanism.
- To safely clean up broken glass, use a damp bar of soap to pick up the pieces. Then shave off the layer of soap and glass, wrap shavings in newspaper, and dispose in the garbage.
- To allow pins and needles to move smoothly through fabric, insert them into a bar of soap first.
- Soothe a pesky bug bite by rubbing a moistened bar of soap on the bite.
- Check for a leak in a tire by rubbing soap and water on any suspicious spots. If bubbles form, you've found the leak.

