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Between FRIENDS

26+ Years of Real Estate experience.

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Know someone in the market ready to buy or sell a home? Give me a call! My passion for real estate and providing clients with the best experience possible is unparalleled.



Health & Safety

Fall Skin Care Routine: Get Your Glow On

Weather isn't the only thing that transforms as we shift into fall—your skin does too! Low humidity and cool temperatures can irritate your skin. Here are a few ways to help your skin stay glowing this season.

Keep your cool. A hot shower or bath may seem enticing, but hot water can actually strip the skin of its protective barrier. Go easy on your skin and bathe in lukewarm water.

Layer on the moisturizer. Colder weather conditions can cause dry, flaky skin. Moisturizer prevents dryness and leaves your skin feeling soft.

Don't skip the sunscreen. The fact that summer is over is no excuse to pack up the sunscreen. Slather it on to keep your skin protected from the sun year-round.

Water is your best friend. There are many benefits to staying hydrated, and glowing skin is one of them. Drink at least eight cups of water each day to keep your skin hydrated.

Make healthy choices. Your skin is an outward reflection of what goes into your body. Take advantage of the delicious, nutrient-rich produce that fall has to offer.

Your skin is unique and may respond to seasonal changes differently. Talk to your doctor or dermatologist to address any questions or concerns you may have.



Real Estate Today

Autumn Tips for Home Sellers

There's no reason the real estate market has to cool off once summer comes to an end. Check out these tips to help you sell your home this fall.

- **Make a front yard to-do list and get to work.**

Rake the leaves and cut back tree branches. Trim any overgrown vegetation blocking windows or walkways.

- **Add a little life to your curb appeal.** Plant colorful flowers in pots and place them near your entryway. Mix in a few pumpkins or other gourds to add a touch of fall.

- **Let in the light.** Pull back the curtains and turn on all the lights to brighten your home inside.

- **Fill your home with delicious scents.** Burn an autumn-scented candle or heat some apple cider on your stove. Even a bowl with cinnamon sticks and cloves can add a pleasant seasonal aroma.

- **Incorporate accent colors.** Use pillows and throw blankets in fall foliage-inspired hues to carry the season inside.



Savor the Flavor

Cauliflower-Coconut Curry

1 Tbsp. vegetable oil
1 Tbsp. curry powder
2 Tbsp. peeled fresh ginger, finely chopped
2 medium shallots, chopped
1 15 oz. can coconut milk
4 c. butternut squash cut into even chunks (approx. 20 oz.)
1 15 oz. package fire-roasted diced tomatoes, drained
1 Tbsp. salt
4 c. cauliflower florets (approx. 12 oz.)
2 c. uncooked white rice
Cilantro leaves, for garnish

Heat vegetable oil over medium heat in a large saucepan. Stir in curry powder, ginger, and shallots. Simmer for five minutes, stirring often. Meanwhile, cook rice according to package instructions.

Add coconut milk, squash, tomatoes, and salt to saucepan. Cover and cook for 15 minutes. Mix in cauliflower and cook uncovered for another 15 minutes, or until vegetables are tender. Stir occasionally.

Serve immediately over rice. Garnish with cilantro leaves and enjoy!

Yields six servings.



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Household Tips

Pet-friendly Houseplants

Thinking about adding plants to your home, but aren't sure which ones are best? Many indoor plants are toxic to animals. Keep your furry friends safe with these easy-to-care-for, nontoxic houseplants.

Air plants are quite unique as they don't require any soil to grow. This plant likes lots of light and can be watered by soaking for 10 minutes, once a week.

Areca palms are also known as bamboo palms or butterfly palms. They can grow from five to eight feet indoors as a mature plant. But don't confuse it with the sago palm, one of the most poisonous palms to animals.

Friendship plants (genus Pilea) require six to eight hours of indirect light and lots of humidity. They got their name because they're so easy to propagate and share with friends!

Indoor herbs like basil, sage, and thyme are perfectly happy growing in your sunny kitchen window for easy access when cooking. Avoid lavender and oregano, which can be toxic to cats and dogs if ingested in large quantities.

These are just a few of the many pet-friendly plants to choose from; always do your research before bringing a new plant inside your home.

