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# Between FRIENDS

26 Years of Real Estate experience.

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**C**urious about your home's worth in today's market? Call me for a market analysis, and I'll provide the latest market forecast!



**A** 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!

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**K**now 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

### Seasonal Wellness: 6 Ways to Stay Healthy this Autumn

**T**he dog days of summer are behind us and fall is finally here! But before you go jumping into a pile of leaves, check out these ways to help you stay healthy this season.

1. Get your annual flu vaccine as soon as you can. According to the Centers for Disease Control and Prevention (CDC), this is the first and most important step to protect yourself against flu viruses.
2. With shorter days ahead of us, consider taking a vitamin D supplement. Vitamin D is essential for calcium absorption and normal immune system function.
3. Protect your skin. Lower temperatures can often lead to dry skin. Incorporate moisturizer into your daily skincare routine, and don't forget the sunscreen.
4. Since you may find yourself more sedentary in the colder months, remember to stay active! Is bad weather keeping you indoors? Consider home workouts or do household chores for extra exercise.
5. Layer up when you go out. Fall weather can range from warm to cold and everywhere between. Sweaters, jackets, and scarves can help to keep you warm and are easy to peel off when you want to cool down.
6. Take care of yourself, from seasonal sickness to mental health. Be aware of how your mind and body feel and seek help when you need it.



## Real Estate Today

### The Best Reasons to Buy a House in the Fall

**F**all is gaining traction as a desirable time to buy a home, and here are a few reasons why.

**Avoid competition** – Real estate is busiest during spring and summer. That means fewer people are looking to buy come fall, which may reduce the likelihood of getting into a bidding war.

**Room to negotiate** – Older listings are likely to drop in price this time of the year. With fewer buyers house-hunting, sellers may be more motivated to accept a lower offer.

**Agent availability** – Your real estate agent may have more time to devote to you, and you may find lenders and appraisers also respond more quickly this time of year.

**End of the year perks** – Take advantage of the end-of-year sales for home furnishings and appliances for your new home. Tax breaks are another bonus to buying (and selling) before the end of the year – be sure to consult with your tax professional to gain all the tax benefits available.



## Savor the Flavor

## Homemade Hot Apple Cider

**4 sweet red apples, sliced**  
**4 tart green apples, sliced**  
**1 orange, sliced**  
**1½ Tbsp. whole allspice**  
**3 cinnamon sticks**  
**8 c. water**  
**Cloves or cinnamon stick for garnish (optional)**

### SPECIAL EQUIPMENT

**Slow cooker**  
**Cheesecloth**

Combine all ingredients (except for the garnish) in a slow cooker and cook for 3-4 hours on high heat.

Using a potato masher, mash the fruit until softened. Cook for an additional 1-2 hours on low.

Strain the fruit and spice mixture into a bowl using a cheesecloth. Allow cheesecloth to cool, about 20-30 minutes. Once cool, squeeze cheesecloth, expressing any remaining liquid into the bowl. Transfer cider back to the slow cooker and reheat on low.

Cider is best served warm. Garnish with cloves or a cinnamon stick and enjoy!



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## Household Tips:

### Oh My Gourd: Getting the Most Out of Your Pumpkin

**A**side from carving the traditional jack-o'-lantern, pumpkins can be a delicious addition to your diet and serve many purposes. Reduce waste with these creative ways to use your pumpkin this season.

**Pumpkin purée** is a versatile way to use your pumpkin. Once puréed, you can use it right away or freeze it for later. Pies, pancakes, coffee, butter, and chili are just a few ways to use your purée. Use your carved pumpkin within a few days of carving, as long as there's no spoilage.

**Roasted pumpkin seeds** are a healthy and tasty fall snack. Scoop out and rinse your seeds and toss with olive oil and your favorite seasonings. Roast for 45 minutes at 300°F, stirring every 10 minutes, and you're all set to eat!

**Make a planter** with your pumpkin. First, remove the seeds and fibers from your pumpkin. Pack it with potting soil and plant some annuals for a festive fall planter! After several days, dig a hole and plant your pumpkin into the ground. As the planter composts, it will naturally fertilize the plants.

**Feed the animals** in your community. Leave cut-up pieces of pumpkin in the yard for deer or fill a bird feeder with seeds for the birds.

