



Sonia E. Amin

RE/MAX Tri-City Realty

Sonia@SoniaAmin.com

Mobile: (626) 536-3135

CA DRE Lic. #: 01044322

# Between FRIENDS

26 Years of Real Estate experience.

Sonia@SoniaAmin.com, www.SoniaAmin.com, CA DRE Lic. #: 01044322

**H**appy New Year! If buying a new home is on your resolutions list, I can help you find the home of your dreams!



**D**o you know the difference between a home warranty and homeowner's insurance?

**Home warranties** are service contracts that cover the failure of home systems and appliances due to normal wear and use, while **homeowner's insurance** protects the homeowner against damage or liability due to an unknown or contingent event. Both offer valuable budget protection and they can work in conjunction with each other. For example, if a covered water heater leaks under normal use and floods the home, the home warranty will repair or replace the water heater, while homeowner's insurance may cover the water damage.

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**B**uying or selling a home can be stressful. Refer your friends and family to me so they can breathe easy with a true professional in their corner!



## Health & Safety

### New Year, New You: Successful Goal Setting

**J**anuary is a great time to evaluate and set new goals. Yet, how many times have you set a goal, only to lose traction and give up on it before you even start? Here are a few rules on successfully meeting your objectives.

**The journey matters:** Rather than focusing on what you're trying to achieve, try concentrating on why you're trying to achieve it. See how the journey shapes you in the pursuit of victory. If you develop and grow as a person on your quest to achievement, you have succeeded.

**Be real:** It's easy to get ambitious when it comes to goals while underestimating what it takes to make them a reality. Be reasonable about the expectations you set for yourself and carry out your plan. The last thing you want is to get overwhelmed by lofty goals that are unattainable in the time you set out to accomplish them.

**Stay positive:** Don't make the mistake of focusing your energy on the negatives that could happen. People often associate their goals with things they fear will happen if they don't get accomplished. Rework your frame of mind to ensure that fear isn't guiding you, but that you're facing it head on.

**Keep going:** After you achieve your goal, don't stop there—the sky's the limit!



## Helpful Hints

### Gym Bag Essentials

**W**hen it comes to working out at the gym, showing up is half the battle! Having the right items in your gym bag will ensure a successful workout (and might serve as motivation to go when you'd rather not).

**Gym Shoes:** Seems like a no-brainer, but don't let a common-sense mishap lead you astray. The right shoes are key to starting your routine off on the right foot.

**Gear:** Obviously, proper attire is required at most gyms. Keep comfort and function in mind when shopping for apparel. Clothing with pockets and that is made of moisture-wicking material is a practical choice.

**Tunes:** Music doesn't just relieve boredom. It can improve the quality of your workout by putting you in a better mood and increasing your stamina.

**Water Bottle:** Hydration is one of the most important things to remember while working out. Save time waiting in line for the water fountain and carry a reusable canteen.

**Personal Care:** Deodorant, towel, brush, etc. are a few must-haves for post-workout maintenance.



**8 oz. softened cream cheese**

**1 cup shredded cheddar cheese**

**12 jalapeño peppers, halved lengthwise, seeds and membranes removed**

**12 slices of bacon**

**¼ tsp. smoked paprika**

Preheat the oven to 400°F. Line baking sheet with foil and coat with cooking spray.

In a medium bowl, mix softened cream cheese, cheddar cheese, and smoked paprika. Add salt and pepper to taste.

Cut jalapeños in half, lengthwise. Scoop seeds and membrane out with a spoon.

Fill each jalapeño half with the cream cheese mixture.

Cut the slices of bacon in half crosswise and wrap each pepper half in a slice of bacon. Arrange peppers on baking sheet and bake for 20-25 minutes, or until bacon is crispy and browned.

Serve immediately.



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**Please email me at [Sonia@SoniaAmin.com](mailto:Sonia@SoniaAmin.com), if you have any questions or need additional information. Thank you!!**



## Household Tips

### How to Throw an Epic Super Bowl Party

**W**hether you're entertaining to watch the big game or the commercials, we have your guide to kicking off a Super Bowl party like a pro.

**Game-Day Décor:** If you want to wow your guests, start by setting the mood. Pinterest is a great source for creative, fun ideas that can easily transform your home into a football party venue!

**Draft Picks:** It wouldn't be a Super Bowl party without beverages. Whip up a fun punch or research local breweries ahead of time for a few tasty alternatives to the usual drinks.

**Menu Must-Haves:** Finger foods are fan favorites. From wings and pinwheel sandwiches to mozzarella sticks and jalapeño poppers, the list is endless when it comes to crowd-pleasing munchies. You can even build a snack stadium to serve your goodies. Don't forget a winning dessert!

**Team Trivia:** Keep your guests engaged with a game of team city trivia. Prep a few questions beforehand and quiz your friends during replays and time-outs.

**Swag Bags:** Bags filled with cookies, candies, sports drinks, and your favorite heartburn cure are sure to help the biggest party animals return to work on Monday.