

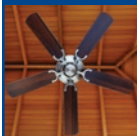
Between FRIENDS

Those lazy days of summer are busy days in the real estate industry. The market is hot! Call me right away if you're considering buying or selling a home.



Are you in the market for a new home? A Home Warranty Plan can help protect your budget from repair or replacement costs caused by the breakdown of heating, plumbing, electrical systems, and most built-in appliances. Optional coverage choices are available for home buyers to custom fit the Plan to the unique needs of their home. Plus, a home warranty offers access to qualified Service Providers, helping reduce the stress of homeownership.

OLD REPUBLIC HOME PROTECTION



Protect your budget against the high cost to repair or replace home systems and appliances.

People Helping People



Visit www.orhp.com or talk to your Real Estate Professional to learn more.

I provide my clients with accurate, timely information throughout every step of their real estate transaction. Send your family and friends my way and I'll treat them right!



Health & Safety

The Eyes Have It

Blue skies, lush green trees, deep red roses—the world is full of stunning visuals, and it takes over 100 million cells in each retina to bring it all to life. Your eyes are a masterpiece of human biology, and the following tips could keep them healthy for years to come.



Eye Exams: Even if you have 20/20 vision, it's important to receive a comprehensive dilated eye exam every year. When your pupils are dilated, an eye care professional can check for signs of glaucoma, macular degeneration, and other diseases.

Eating with Your Eyes in Mind: The antioxidants in green, leafy vegetables (such as kale and spinach) are great for your eyes. Omega-3 fatty acids (found in salmon and other fish) have also been found to support eye health. And as you probably know, the Vitamin A found in carrots, squash, and red peppers helps support night vision.

Keeping Fit: Maintaining a healthy weight will reduce your risk of developing diabetic eye disease, glaucoma, and other weight-related health conditions.

Sunglasses: Shades can help protect your eyes from harmful UV rays. The National Institute of Health recommends looking for a pair that blocks out 99-100% of UV-A and UV-B radiation.

Helpful Hints

An Introduction to Airbnb

Brian Chesky, the billionaire founder of Airbnb, still rents out the couch in his San Francisco apartment for \$50 a night. He obviously doesn't need the money, but he remains committed to his vision of connecting budget-conscious travelers with anyone who has extra space (or a whole house) to rent.



Airbnb allows you to search by neighborhood, price, accommodation type, and amenities (e.g., Wi-Fi, kitchen, parking, breakfast), but that's just the first step. Before booking a space, evaluate your prospective hosts. How many people have stayed with them? Do past guests speak highly of them? Can you live with their "house rules"?

Once you've found a place you like, Airbnb recommends starting a conversation with the host. You can tell a lot about someone from an e-mail exchange, and even more from a phone call or a video chat. Since Airbnb is a community, your hosts will want to get to know you as well... before they open their home to a stranger!

1 portobello mushroom
1 Tbsp. extra virgin olive oil, plus 1 tsp.
1 tsp. fresh rosemary, minced
1 tsp. fresh thyme, minced
1 clove chopped garlic—split
1/4 cup roasted red pepper strips
1/4 cup white wine
1/4 - 1/3 cup light cream
2 Tbsp. Parmesan cheese
Pinch of salt and pepper
8 ounces of cooked penne pasta
1 tsp. fresh chopped parsley

Marinate the portobello mushroom for an hour in 1 Tbsp. olive oil, half of the chopped garlic, and the tsp. each of rosemary and thyme.

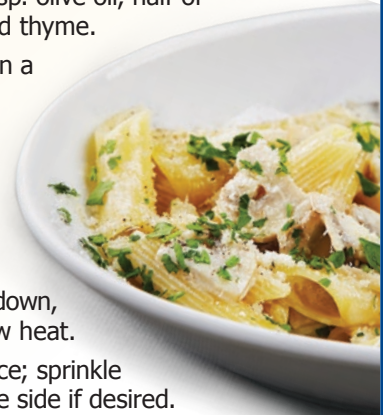
Heat a large skillet to medium; sauté remaining garlic in a teaspoon of olive oil until fragrant, then add roasted red peppers and sauté for 1-2 minutes.

Increase heat to high and deglaze the pan with white wine, allowing wine to reduce to half.

Lower heat to medium, then add cream, Parmesan cheese, and salt and pepper.

While sauce is cooking, grill portobello mushroom, cap down, allowing the cap to sear. Flip and finish at medium-low heat.

Slice portobello mushroom and toss with penne in sauce; sprinkle with parsley and serve with additional Parmesan on the side if desired.



Household Tips **Unpacking Doesn't Have to Be Tedious**

Packing for a big move is no simple task, but at least you've got deadlines and adrenaline to keep you going. Unpacking, on the other hand, is a different story, and if you've ever let your boxes sit for weeks (or months), you're not alone!

So... what can you do to make it easier on yourself? Plan ahead! Before you even start packing the boxes, take a look at the floorplan of your new place. If you don't have one, you can create one with an app called MagicPlan, which uses your phone's camera to create an accurate floorplan. Next, compare the layout of your old home to the new home, and figure out where you want the furniture to go. Finally, label every box with both its contents and the room where you plan to store these items.

You'll be amazed to see how much easier unpacking can be with a little planning. Just be sure to jump on the unpacking job while you're still excited about the move, because the longer you wait, the harder it can become to tackle that task.

