

Between FRIENDS



The days are getting shorter, the nights are growing longer, and autumn is in the air. Call me today for helpful tips on preparing your home for the winter.

Does the prospect of an expensive home repair keep you up at night? A Home Warranty Plan is a service contract that helps safeguard your budget against unexpected repair or replacement costs caused by the breakdown of covered heating, plumbing, electrical systems, and most built-in appliances. Home warranties offer peace of mind to home buyers and sellers alike—paving the way for a smooth, seamless, worry-free transaction.

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.

Do you know anyone buying or selling a home? A savvy real estate professional can help with all the pivotal steps—home staging, aid with financing, and more... so send them my way!



Health & Safety

4 Anti-Aging Tips

In 2006, researchers at Washington University in St. Louis used an experimental drug to extend the lives of a very simple organism—the round worm—by 50 percent! And it turns out, we have a fair bit in common with round worms on a micro-cellular level, which means the cure for aging could be discovered within our lifetimes. Until then, however, the following tips could be your best bet for fending off old age.



Eat Well: Eating foods rich in antioxidants (e.g., carrots, tomatoes, squash, spinach, dark berries) may work synergistically to reduce your risk of age related diseases, so variety is key!

Sleep Right: Quality sleep is essential to longevity, and studies have found that those who get less than six hours of sleep each night may suffer serious consequences, including an increased risk of heart disease.

Reduce Stress: Stress can affect your overall health in many ways, and it might even accelerate the aging process. Meditation, yoga, and exercise are all great tools to reduce stress.

Keep Your Brain Sharp: Keeping your brain active into old age may reduce your risk for Alzheimer's disease, so be sure to challenge yourself and learn new things at every stage of life.

Real Estate Today

5 Features that May Help a Home Sell

If you're thinking about upgrading your home within the next few years, it's never a bad idea to pay attention to the latest trends in home décor—especially if you intend to sell within the next decade.

Larger Bathroom Tiles: Larger tiles mean less grout, less space for mildew, and a sharper look overall.

Low Pile Carpets: According to *Inman News*, high pile carpets are falling out of favor.

Whole House Filtration Systems: Filter all your water from the main supply line.

Built-in Storage: Shelves built directly into the wall allow for more living space.

Appliances with Matte Finishes: Just three years ago, *USA Today* found that 41 percent of buyers were willing to pay more for stainless steel appliances—but earlier this year, *Inman News* predicted matte finishes will "slowly replace stainless steel." Fortunately, these two styles don't clash, so you don't need to replace everything at once if you already have stainless steel appliances.



1 green apple, cored and thinly sliced
Juice of 1 lemon
1/3 cup cider vinegar
1/3 cup honey
1 tsp cinnamon
1/4 cup olive oil
8 cups arugula, red leaf lettuce, or romaine lettuce
1/2 cup chopped dried apricots
1/2 cup crumbled blue cheese
1/2 cup shelled pistachios

Cover apple slices with cold water. Add lemon juice. Let stand until ready to serve. Whisk vinegar, honey, and cinnamon in a small bowl. Gradually add oil, whisking until well blended. To serve, divide greens among 8 plates. Top each with drained apple slices, apricots, blue cheese, and pistachios. Serve with dressing.



Household Tips **3 Clever Storage Tips**

Nobody likes clutter, and it's been well documented that an organized living space can calm your mind and reduce your stress levels. If you're looking for creative ways to store your stuff and clear your mind, the following tips may help.

Shower Curtain Hooks to Hang Purses: Do you have extra space in your closet? *RealSimple.com* suggests placing shower curtain hooks on the bar in your closet to hang purses and other bags so they don't take up room on the floor.

Color-code Your Kids' Supplies: If you have trouble organizing your children's personal effects (including toys and bathroom supplies), *Staples.com* recommends assigning a different color bin for each child—wherever their belongings might mingle.

Hang a Rod Under the Bathroom Sink: Installing a rod or a bar under the bathroom sink allows you to hang spray bottles for cleaners by their handle. This gives you more space underneath the bar for your other cleaning supplies.

