

# Between FRIENDS

**A**re your holiday gatherings feeling a bit cramped these days as your guest list grows each year? Call me—I'll help you find the perfect new home!



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**K**now someone who is thinking about buying or selling a home but doesn't know where to begin? I can explain the fundamentals so your friend can move with confidence.



## Health & Safety

### Love What You Do

**W**hat is the secret to a happy work life? Dr. Mihaly Csikszentmihalyi of Claremont Graduate University's Psychology department made it his life's work to figure out what brings us joy and fulfillment, and he repeatedly found that the type of work we perform doesn't matter as much as how we approach it.

Studying a group of factory workers in South Chicago, Csikszentmihalyi found that most of them didn't like their jobs, but one man stood out. Joe was a 60-year-old who had earned the respect of his colleagues by mastering every operation in the plant.

He declined promotions because he didn't want to be the boss, but he constantly found new challenges, he lived to solve problems, and he had an absolute zest for life.

It isn't hard to see why Joe was so happy. Success at play and at work produces the same chemical reaction in our brains, and since you *have* to work for a living, you might as well give it your all. Not only will you impress your boss—you'll probably wind up happier in the end!



## Helpful Hints

### 4 Thanksgiving Tips for Hosts

**A**re you expecting an army of guests this Thanksgiving? The following tips are designed to make your Thanksgiving feast run more smoothly.

**Keep a Running Head Count:** Create a guest list and follow up a week or so before the holiday to make sure nobody's plans have changed.

**Use a Cooler as a Warming Drawer:** The insulation in a cooler can keep warm dishes toasty, leaving room on the stove for other dishes. The Food Network recommends lining a large cooler with a towel and aluminum foil before placing warm dishes inside—but let hot dishes cool first so you don't melt the plastic lining!

**Keep Mash Potatoes Warm and Creamy:** Put your mash potatoes in a slow cooker rather than letting them simmer for hours on the stove. Add butter and a little heavy cream, stir every hour or so, and serve when ready.

**Manage It All Online:** If most of your friends and relatives are on Facebook, you can create an "Event" from your Facebook account to keep track of attendees and discuss the details. Use the "Ask a Question" feature to get feedback on dietary preferences, decide who's bringing what, or hash out other details.



**½ cup (1 stick) butter**  
**3 cups celery, chopped**  
**1 large onion, chopped**  
**8 oz. button or cremini mushrooms, thinly sliced**  
**½ cup fresh Italian parsley, minced**  
**2 tsp. dried thyme leaves, more to taste**  
**1 ½ tsp. poultry seasoning**  
**2 tsp. salt, more to taste**  
**¼-½ tsp. freshly ground black pepper**  
**1 loaf hearty whole grain bread, torn or cut into cubes**  
**Up to 4 cups chicken broth**

Tear or cut bread into cubes 1-2 days before preparing the stuffing, and leave out to dry on cookie sheets; cover with paper towels.

Preheat oven to 375°F.

Melt butter in large skillet over medium heat.

Add celery, mushrooms, and onion; cook 5 minutes or until onions become translucent, stirring occasionally. Stir in thyme, poultry seasoning, parsley, salt, and pepper. Cook 1-2 minutes more.

Place bread cubes in large bowl. Add celery mixture and half the broth; toss gently until well mixed. Add more broth as needed; the bread should be moist but not mushy.

Spoon into well-buttered 13" x 9" glass or ceramic baking dish. Cover with foil or baking dish lid and bake for 25 minutes. Remove cover and bake 10-15 minutes more until heated through and lightly browned.



## Household Tips 5 Surprising Uses for Baking Soda

**T**he Ancient Greeks believed in a goddess who could cure any ailment, and they called her Panacea—a word used today to describe a solution to any problem. Alas, humanity never discovered a true panacea, but we've got something close... baking soda!

Here are a few things you can do with this magical powder.

**Make Your Own Mouthwash:** Mix 1 teaspoon of baking soda in a cup of water.

**Treat Insect Bites:** Mix baking soda with water until it forms a paste, then apply it to the affected area.

**Freshen the Air:** Mix ½ cup of baking soda in a jar with 15 to 25 drops of your favorite essential oil, then securely cover it with a cloth or a piece of paper. The baking soda will absorb any bad odors, and the scent of the essential oil will seep out through the paper.

**Soak Retainers:** Mix 1 teaspoon of baking soda with 1 cup of water and soak overnight.

**Make a Fluffier Omelet:** Mix a teaspoon of baking soda with your eggs—it will create tiny pockets of air in the eggs as they cook.

