

# Between FRIENDS

**Y**ou've weathered the winter months and spring is just around the bend. Call me today and find out why NOW is a perfect time to buy or sell a home!



**A**re 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](http://www.orhp.com) or talk to your Real Estate Professional to learn more.

**A**re you curious about current real estate trends? I've got my finger on the pulse of the local market. Call me today for a free, insightful analysis!



## Health & Safety

### Prescription Medication Hacks

**A**re you losing time and money to pharmacies that charge too much and get your order wrong on a regular basis? If so, these prescription hacks might help!



**Order a 90-Day Supply:** Most insurance providers allow you to fill 90 days' worth of medication at a time. That means fewer trips to the pharmacy and fewer opportunities for them to mess up.

**Shop Around:** Try out different pharmacies until you find someone who gets your orders right. If that pharmacy charges more for your meds, ask if they can match their competitor's price.

**Coupons:** Manufacturers offer impressive cost-saving coupons on most brand-name drugs, and you can track them down with a simple Google search: "<<Drug Name>> + Coupon." Print the offer (or take a screenshot on your smartphone) and ask whether the pharmacy will honor the discount.

**Pill Pack:** *Pickpack.com* is a licensed online pharmacy that seals your daily medications in little plastic packs. Each pack comes labeled with the date you need to take them. Of course, before you order any medication online, make sure you're dealing with a licensed pharmacy by visiting [www.fda.gov/drugs](http://www.fda.gov/drugs) and clicking on: "BeSafeRx: Knowing Your Online Pharmacy."

## Helpful Hints

### Work-Life Integration

**W**ork-life balance was all the rage a decade ago, but today's workplace extends far beyond the cubicle and the corner office. As our smart phones explode into the wee hours of the night, we've shifted the conversation from "balance" to "integration."



Effective work-life integration begins with communication and proper boundaries. If you're not in the office every day, your employers may not see how hard you're working. In other words, when you're overwhelmed, let them know!



Of course, when it comes to communication, don't forget about the rest of your colleagues. By keeping your electronic calendar up to date and blocking out *both* personal and professional events, you should be able to carve out a space for things like parent-teacher conferences and anniversary dinners. We all have important jobs to do, but let's face it... unless you're the leader of the free world, western civilization won't collapse if you go offline for an hour or two.

**2 medium zucchini, halved lengthwise, and seeds scooped out**  
**1 cup cooked quinoa**  
**8 oz. cooked mild Italian turkey sausage**  
**1 (15 oz.) can fire-roasted tomatoes**  
**1/4 cup torn fresh basil leaves**  
**1/2 tsp. salt**  
**1/4 tsp. black pepper**  
**1 Tbs. olive oil (to brush the insides of the zucchini)**  
**Freshly grated Parmesan cheese to taste**

Preheat oven to 400° F.

Sauté sausage in a medium pan until browned. Add quinoa, tomatoes, salt, and pepper. Remove from heat and add basil.

Place zucchini halves onto a baking sheet and brush with olive oil.

Spoon mixture evenly into zucchini.

Lightly tent with aluminum foil and place in oven.

Bake for 20 minutes or until zucchini is fork tender.

Remove from oven and serve. Garnish with freshly grated parmesan cheese if desired.



## Household Tips **Chemical-free Pest Prevention for Your Garden**



**L**ooking for a pest-free garden without the use of pesticides? The following tips from [HGTVGardens.com](http://HGTVGardens.com) and [LifeHacker.com](http://LifeHacker.com) might help you keep those pests in line without any toxic sprays.

**Crushed Egg Shells:** Crush egg shells and leave them on the top layer of soil. This deters larger pests, such as caterpillars and snails, from attacking plants from the ground up.

**The Circle of Life:** Nature keeps nature in check. For example, ladybugs eat aphids and toads eat slugs. Research how to attract the right predators to your garden so those valiant little critters can gobble up the plant munchers.

**Organic DIY Insect Sprays:** Do a quick online search for organic recipes that deter pests. Most include common ingredients you'll find in your pantry, such as garlic cloves or hot pepper.

**Aromatic Herbs:** Many pests hate the smell of yarrow, citronella, mint, fennel, catnip, basil, and lemongrass. Plant these herbs in your garden to keep many of the bad bugs away!