

# Between FRIENDS

● ● ● Staying in touch with news you can use!

**T**hose 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.



**T**hinking of selling your home? As an experienced real estate professional, I would like to point out the benefits of adding an **Old Republic Home Warranty** to your transaction. While your home is on the market, Seller's Coverage provides repair and replacement of your home's major systems and appliances. It keeps the home showing well during the listing period, which can result in a faster sale at a higher price. At close, the Buyer's Plan seamlessly takes effect, protecting the buyer against potential, unknown after-sale problems. Last but not least, the home warranty provides budget protection from the high cost of home repairs *and* peace of mind for both the home seller and buyer.

Call me today to learn more about the value that an Old Republic Home Warranty provides.

**I** provide my clients with accurate, timely information throughout every step of their real estate transaction. Please recommend me to family and friends looking for unparalleled service.



## Health + Safety

### Sharpen Your Memory

**S**cientists once believed that growing new brain cells was impossible for adults—that once they disappeared, they were gone for good. However, back in 1998, while Will Smith was “gettin’ jiggy with it” and the rest of us were freaking out about the Y2K bug, researchers at Princeton University turned conventional wisdom on its head.



It just so happens that the neurons in your hippocampus, that part of your brain where new memories take root, can continue to grow *for the rest of your life*. Use the following tips to stay sharp well into your golden years.

**Learn something new:** Enroll in a class or take up a new hobby outside your comfort zone. The more you stretch your mind, the further it will go.

**Visualization:** Connect words with images, especially bizarre ones, to help solidify memories. Meeting your boss at 2 pm? Imagine two turtle doves flapping around your boss's office. The memory will stick!

**Work out:** The body and the mind are integrally bound. Cardiovascular exercise stimulates neurotransmitters and helps improve memory.

**Avoid distraction:** Not easy in today's world of high-speed, digitally enhanced *everything*, but the brain requires eight seconds of focus to transfer a thought from short-term memory to long-term memory.

## Helpful Hints

### Beating Procrastination

**I**s your “To Do” list as stagnant as a puddle of used motor oil these days? Dr. Joseph Ferrari of De Paul University identifies several reasons why procrastinators do what they do. Some seek the rush of waiting to the last minute, some distract themselves with time wasters to avoid facing their fear of failure, and others have trouble simply making a decision. Whichever category you fall into, employ the following tips to work toward a more productive life.

**Get an accountability buddy:** No, you don't have to call it that if it sounds too geeky, but joining forces with a friend can help you stay on track.

**Split it up:** Take those larger, overwhelming tasks and split them up into smaller parts.

**Reward yourself:** Give yourself small rewards along the way to boost morale.

**Do it now:** Sounds simple... *because it is simple!* All it takes is a firm decision. Throw yourself into that dreaded task and you'll be halfway through before you know it.



## Savor Flavor

### Greek Grilled Cheese

1 1/2	tsp.	butter	2	slices	cheddar cheese
2	slices	bread	1	tbsp.	chopped red onion
2	tbsp.	crumbled feta cheese	1/4		tomato, thinly sliced

Heat a skillet over medium heat. Butter one side of each slice of bread. Between non-buttered sides, layer feta cheese, cheddar cheese, red onion, and tomato. Fry until golden brown.

## Household Helpers

### Ideas for Creative Reuse

**M**illions of Americans have made recycling a way of life and we deserve kudos for making the world a cleaner place. However, recycling is only part of the equation. It takes precious energy to recycle *anything*, and we can never truly recycle plastic items—we can only downgrade them into carpet or other material that is ultimately destined for the landfill.

Creative reuse means getting the most out of everything we consume. The following ideas will enhance your life, save you money, and help create a better world.

**Wine corks for your garden:** Chop them up and add them to soil to create a strong, moisture-retaining mulch.



**Yogurt containers for plants:** No need to use a heavy ceramic pot for a tiny little seedling. Start them off in a used yogurt container until they're ready to transplant.

**Aluminum foil as... aluminum foil:** That's right! When left intact after you're done cooking, you can simply wash aluminum and reuse it for your next meal.

**The many faces of egg cartons:** Tear up Styrofoam egg cartons to use as shipping material and use paper egg cartons to get your next campfire started. Now, if you're truly industrious, you can soundproof an entire room with egg cartons—although you probably won't win any awards for stunning interior design.

## Brain Teasers



### Olympic Trivia

1. In 1796, the following country made the first "modern" attempt to emulate the ancient Greek Olympics:
  - a. France
  - b. England
  - c. Italy
  - d. Prussia
2. This Olympic gymnast helped her team win a gold medal after performing a vault on an injured ankle:
  - a. Abi Grossfeld
  - b. Kerri Strug
  - c. Mary Lou Retton
  - d. Shawn Johnson
3. The following nation boycotted the 1988 Summer Olympics:
  - a. USSR
  - b. USA
  - c. North Korea
  - d. Zimbabwe
4. Female Olympiads attained the right to compete in:
  - a. 1900
  - b. 1896
  - c. 1924
  - d. 1944