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Between FRIENDS



Your best advocate when buying or selling a home

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The Holidays are here, bringing with them the traditional holiday gatherings. Need more space to accommodate your growing family and expanding circle of friends? Call me, and I'll help you find the perfect home to meet your needs!

Some people don't realize the many benefits of a Home Protection Plan. However, as an experienced Real Estate Professional, I would like to point out how a quality Home Protection Plan can benefit you, whether you are buying or selling a home. A good Plan ensures the repair or replacement of covered home systems and appliances that fail due to normal use. For Sellers, this provides added value to your home when it is on the market. For Buyers, this means peace of mind and confidence in the purchase of your new home. I advise all my clients to include a Home Protection Plan with their transaction, and the company I trust to provide the *best service* and *coverage* is **Old Republic Home Protection**. Call me today for more information about how this valuable service can be put to work for you.

If you have worked with me in the past, you have experienced my dedication and commitment to ensuring your home purchase was a smooth and positive experience. I promise that same commitment to your family, friends, and acquaintances. Please tell them how much I will do for them!



Health & Safety

Boost Your Immune System – Naturally

Even as technology zooms ahead at lightning speed, there is still no cure for the common cold or flu, which hits one in three Americans at least once during the winter season. Below are some of nature's remedies that can boost your immune system naturally.

Citrus fruits – are high in vitamin C, which is essential for white blood cells, the cells that fight off viruses. You need about 75 mg a day, which is equivalent to an 8-oz glass of orange juice.

Beef, dark meat poultry, and pork – have high levels of zinc, which increases the number and efficacy of infection-fighting T-cells. You need about 8 mg a day of the mineral – but don't overdo, because too much zinc can actually suppress your immunity.

Orange veggies and dark leafy veggies – are great sources of carotene, which is converted by your body into vitamin A and used to maintain mucous membranes,

which act as germ barriers.

Almonds and sunflower seeds – contain vitamin E, which improves your immunity to germs and protects cell membranes from damage. Two ounces will give you the daily recommendation of 15 mg.

Tea – contains a high level of L-theanine, an amino acid believed to cause T-cells to produce interferon, a protein that fights viruses. Your grandmother was right: drink three to four mugs of black, green, or oolong tea each day.



Household Tips

Simple Holiday Pleasures

Try these easy holiday ideas that are also simple and inexpensive.

- Decorate with a pretty Poinsettia plant. Poinsettias come in blazing reds and crimsons, speckled-red-and-white, peach, pink and cream, and will add a festive touch to any room. To make them last, remove them from their plastic containers and place in a clay pot with soil. Soak with water, and place in bright, indirect light. Water again when the top inch becomes dry, and enjoy!
- When you clean this holiday season, use the new holiday-scented household cleaners. You can find them in the specialty cleaner section in stores or online; try them in scents such as fresh-baked gingerbread cookies, peppermint candy, pumpkin pie, spice, and evergreen.
- Light up your home using candles that give off holiday aromas. Candles are an easy and inexpensive way to decorate your home, and come in a variety of yummy holiday scents.





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Savor the Flavor

Healthy Turkey-Biscuit Pies

Ingredients:

- 6 buttermilk biscuits (make them yourself or used pre-made)
- 3 cups turkey, diced
- ¼ cup unbleached flour
- 1 Tbsp olive oil
- 1 Tbsp butter or margarine
- 2 green onions, rinsed & chopped
- 4 carrots, peeled and sliced
- 1 cup milk
- ½ cup chicken broth
- 1 cup frozen green peas
- 2 Tbsp chopped parsley
- 1 tsp salt and ½ tsp pepper

Preheat oven to 250 ° - warm biscuits in oven for about ten minutes. Mix turkey, flour, salt and pepper in a bowl and set aside. In a large skillet, over medium heat, heat the olive oil and butter until the butter melts. Reduce heat and add the green onions and carrots, stirring for about five minutes. Add milk and chicken broth; raise heat and bring to a low boil. Simmer for about ten minutes. Add salt and pepper to taste. Add turkey mixture, peas and parsley to the skillet, and simmer until thoroughly heated. Remove biscuits from oven and split in half. Put the bottom halves on dinner plates, spoon turkey mixture over biscuits, and cover each with the top half of the biscuit.

Helpful Hints

Calm for the Holidays – Setting Reasonable Expectations

Although they are supposed to be joyful, spiritual, and festive, the holidays are often anything but that for many people. Decreased hours of daylight, combined with an increase in stress levels, can contribute to feelings of sadness and letdown on January 2nd. Set reasonable goals this holiday season, and experience the festivities in a more relaxed and peaceful manner.

- Get enough rest.
- Don't overdo anything – including eating, drinking, spending, or attending holiday parties.
- Keep up a regular exercise routine. This will lift your spirits naturally.
- Don't strive for perfection. It's not a very reasonable goal the rest of the year, let alone during the holidays.
- Communicate to everyone that you will be practicing moderation in all areas of life this holiday season. This will enable you to state (sometimes repeatedly) that you can only do so much – and then do no more.
- Just say no. If it is not going to bring you and your loved ones more joy, gently decline invitations and offers to do more.
- Get creative. If past traditions are not working, use your imagination to create some new, simple and inexpensive ones that you and your family can enjoy.



Brain Teasers

Noteworthy Men

1. Who promoted the idea that you should speak softly, but carry a big stick ?
 - A. Theodore Roosevelt
 - B. George Bush, Jr.
 - C. George Bush, Sr.
 - D. Ronald Reagan
2. Willie Mays is the godfather of which famous U.S. baseball player?
 - A. Reggie Jackson
 - B. Barry Bonds
 - C. Jose Canseco
 - D. Mark McGwire
3. Which U.S. President won the Nobel Peace Prize within the past ten years?
 - A. Ronald Regan
 - B. Jimmy Carter
 - C. Gerald Ford
 - D. Bill Clinton
4. Which of these men, born in Kingston, Texas, was the most decorated combat soldier in United States history, a successful movie actor, a writer of country and western songs, an author, and a poet?
 - A. John Wayne
 - B. Charlton Heston
 - C. Audie Murphy
 - D. Jimmy Stewart

