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Customer Service is our Signature!

Need more space to accommodate your ever-expanding holiday gatherings of family and friends? Call me, and I'll help you find the perfect home to meet your needs!



Thinking 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 the home is on the market, Seller's Coverage provides repair and replacement coverage for your home's 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 repair and peace of mind for both the home seller and home buyer.

Call me today for more information on the value of an Old Republic Home Warranty.

Know anyone buying or selling real estate? Please refer me so that I can use my skills and knowledge in the real estate industry to help them with their sale or purchase.



If you are working with another Real Estate Professional, please disregard this notice.

Health & Safety

Quit Smoking During the Great American Smokeout!

The *single most important step* that smokers can take to enhance the length and quality of their lives is to quit smoking. Around 46 million Americans have already quit, and you can too!

When you're ready to quit smoking, draw up a plan, set a date, and stick to it. Here are some ideas to help you succeed and cope with withdrawal:

- List your reasons for quitting...as positive reinforcement should the going get tough.
- Set the quit day when you're not likely to be stressed or typically smoke a lot (e.g., the holidays, or near an important deadline).
- Decide if you want to sign up for a smoking cessation class or use nicotine replacement.
- When the day comes, throw out your cigarettes, lighters and ashtrays.
- Avoid places and activities that you associate with smoking.
- Plan activities and distractions in environments that don't allow smoking.
- Plan to be around people who support your effort and avoid people who are likely to give you a cigarette.
- Carry oral substitutes and things to nibble on (carrot or celery sticks, hard candy, toothpicks or sugar-free gum).
- And finally, if you do have a cigarette, you haven't failed. You've just slipped. Don't beat yourself up—just get back on the wagon.



Helpful Hints

New Uses for Olive Oil

Think olive oil is just good for cooking or filling oil lamps? Think again, and check out these *new uses* for this ancient oil:

- **Kitty care:** 1/8 to 1/4 teaspoon in your cat's food will help prevent hair balls.
- **Stop door squeaks:** apply a small dab to a cloth, then wipe the top of the hinges and allow the oil to run down into the hinges.
- **Shaving:** substitute olive oil for shaving cream to get a closer shave.
- **Shining stainless steel:** some cleaners can dull and even corrode chrome and stainless steel. Olive oil, however, is a safe and effective shining agent.
- **Removing eye makeup:** dab a little around the eyes and remove with a clean cloth.
- **Cuticle moisturizer:** massage a small amount of olive oil into the nail beds.
- **Soften and moisturize dry skin:** rub a thin layer over the skin after a shower.
- **Dust and polish wood furniture:** apply a bit of olive oil to a clean, soft cloth and wipe.



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Savor the Flavor

Oatmeal Chocolate Chunk Cookies

1	C.	butter	1	tsp.	baking soda
3/4	C.	brown sugar	1/2	tsp.	salt
3/4	C.	granulated sugar	2 1/2	C.	oats
2		eggs	1	11.5-oz.	bag
2	tsp.	vanilla			semi-sweet
2 1/2	C.	flour			chocolate chunks
1	tsp.	cinnamon (optional)	1	C.	chopped pecans,
1	tsp.	baking powder			or any nut of your choice

Preheat oven to 350 degrees. In a large mixing bowl, cream butter, brown sugar, and granulated sugar. Add eggs and vanilla and mix well. Combine flour, cinnamon, baking powder, baking soda and salt and stir into creamed mixture. Add oatmeal, chocolate chunks and nuts and stir until well blended. Drop by teaspoonful onto cookie sheets. Bake for 12 minutes.

Household Tips

Host a Holiday Cookie Exchange Party

Baking holiday cookies is a time-honored tradition for many families. Unfortunately, it can also be a time-consuming chore to bake enough varieties for your holiday cookie trays. The solution? Host a holiday cookie exchange party! Here's how it works:

Invite friends who also enjoy holiday baking to bring a large batch of one type of cookie to the party (a dozen cookies for each attendee, plus a dozen for guests to enjoy). This gives everyone the desired variety for their holiday parties (yet only requires baking one recipe) and the host has instant refreshments to serve to



guests! Have participants bring copies of their recipe to share, and remind them to bring containers for transporting their cookies home. Prepare a large table spread with a decorative cloth to display the cookies. Play seasonal music and serve at least one holiday beverage such as egg nog or hot mulled cider along with coffee, tea, juices and, of course, milk!

Brain Teasers

Blowing Smoke



Smoking is the leading cause of preventable death in the U.S. Test your tobacco knowledge with this quiz on how smoking can adversely affect your health.

- About how many smokers die from illness attributable to smoking?
 - All
 - Half
 - A third
 - A quarter
- Smoking accounts for about what percentage of all cases of chronic obstructive pulmonary disease (COPD), which takes the form of chronic bronchitis or emphysema?
 - 100%
 - 90%
 - 70%
 - 40%
- Smokers are about how much more likely to have heart attacks than non-smokers?
 - 20% more likely
 - 50% more likely
 - Twice as likely
 - No relation to smoking
- Smoking is estimated to cause:
 - 15% of premature births
 - 20-30% of low-weight births
 - 24% of SIDS or "crib death" incidents
 - All of the above