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SFR



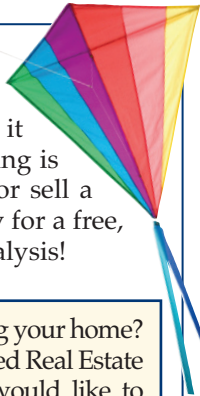
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Between FRIENDS



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Mobile: (210) 378-5987, www.Val-A-Homes.com

In like a lion,
out like a lamb:
No matter how it
comes and goes, spring is
a great time to buy or sell a
home. Call me today for a free,
insightful market analysis!



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 Protection
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 adding home
warranty coverage to your real
estate transaction.

May I assist you by helping a
trusted friend or close family
member who is in need of
professional real estate services? I am
ready to make you and your
referral my number one priority.



Health & Safety

Drink to Your Health!

We all know that drinking water is vital to good health—after all, water is
the primary component of the human body, including muscle, brain,
bone and blood. Here are a few of the tremendous benefits we gain from
keeping our bodies well hydrated:

Weight loss: water has zero calories, is an effective appetite suppressant, and flushes
out the by-products of fat breakdown, which naturally helps you lose weight.

Healthier, younger looking skin: water replenishes skin tissues, moisturizes skin
and increases skin elasticity.

Fewer pains, cramps and sprains: proper hydration helps keep joints and
muscles lubricated, so you're less likely to get pains, cramps and sprains.

Reduced risk of cancer: Drinking a healthy amount of water may reduce
the risk of bladder and colon cancer. Water dilutes the concentration of cancer-
causing agents in the bladder and colon, and it shortens the amount of time
they are in contact with the sensitive linings of these organs.

Remember, if you are thirsty, then you're already dehydrated. Drink
eight 8-oz glasses of water each day. Spread the water out evenly
throughout the day, and drink more before, during and after exercise.



Helpful Hints

Keep Your Car Clean and Green

Each time you wash your own car, you use an average of 80—140 gallons of water,
carrying auto contaminants and harsh detergents into the nearest storm drain
where it travels, untreated, into our lakes and streams, wreaking havoc on the
environment. If you must wash your car yourself, move it onto the lawn if possible, where
the runoff can be absorbed into the ground.

If you want to minimize the environmental impact and save time, go to a car wash. A
professional car wash uses half as much water and is federally mandated to route the
wastewater into the sewer system to be treated. The use of computer-controlled systems
also minimizes the amount of soap and water needed. Plus, some car wash facilities
recycle most if not all of the water used in the car washing process.



Driving a clean car makes you feel good, and it's good for your car.
Do your part to keep contaminants out of our water supply by
washing your car the right way or by patronizing one of the many
commercial car wash facilities that reduce, reuse and recycle.

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Savor the Flavor

Cabbage and Pasta Slaw

8 oz	bowtie pasta (uncooked)	1 cup	chopped green bell pepper
2 cup	shredded purple cabbage	1/2 cup	chopped green onions
1 cup	chopped tomato		

Cook pasta according to instructions; drain and set aside. In a large bowl, mix together the pasta, cabbage, tomato, bell pepper and green onions.

Creamy Dressing:		1 Tbsp	lemon juice
1/3 cup	nonfat plain yogurt	1/2 tsp	minced garlic
1/4 cup	light mayonnaise	1/2 tsp	tarragon leaves

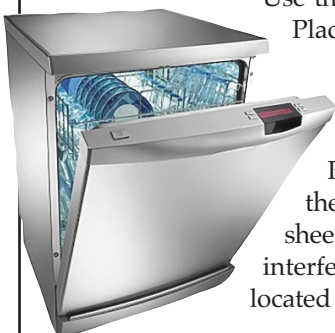
Mix all ingredients. Toss with pasta salad to coat. Refrigerate until ready to serve.

Household Tips

Get Best Results from Your Dishwasher

The dishwasher is everyone's favorite kitchen appliance! But are you aware that careful placement of dishes and cooking utensils increase the performance of this work saving appliance? Here are some tips on loading the dishwasher for best results:

Load dishes with all soiled surfaces facing in toward the center of the dishwasher, and don't let dishes nest. Before starting the dishwasher, spin the spray arms with your finger to make sure they're moving freely.



Use the top rack for glasses, plastic items, and smaller dishes. Place glasses upside down between the tines, never over them. Load silverware with handles alternately facing up and down to prevent nesting; knives should always be placed with sharp ends pointing down for safety.

Place items with baked-on food face down and toward the sprayer in the bottom rack. Position platters and cookie sheets on the sides of the bottom rack so that they do not interfere with the opening of the detergent compartment located on the door.

Brain Teasers

Decade Quiz:

THE 60'S

1. The first prime-time soap opera premiered on ABC in 1964. It was called:
 - a. Peyton Place
 - b. Dark Shadows
 - c. Family Affair
2. John F. Kennedy's assassination plunged the nation into despair in 1963. In what year did the assassinations of Martin Luther King, Jr. and Robert F. Kennedy take place?
 - a. 1961
 - b. 1964
 - c. 1968
3. Neil Armstrong became the first person to walk on the Moon in 1969. Who was the second person to walk on the Moon?
 - a. Buzz Aldrin
 - b. Yuri A. Gagarin
 - c. Alan B. Shepard, Jr.
4. "Strangers in the Night" earned the 1966 Record of the Year for:
 - a. The Doors
 - b. Frank Sinatra
 - c. Frank Zappa

ANSWERS: 1-a; 2-c; 3-a; 4-b