



DENNIS GRIGASSY Realtor®

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THINKING ABOUT BUYING, SELLING, OR BUILDING? Contact me first!

www.DennisMyRealtor.com



April showers bring May flowers – and a beautiful yard to entice eager buyers! Do you need assistance with the sale of your home? I am waiting for your call!

Some people don't realize the benefits of a Home Protection Plan. However, as an experienced Real Estate Professional, I would like to explain how a quality Home Protection Plan can benefit you, whether you are selling or buying a home. A good Home Protection Plan ensures the repair or replacement of major 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 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.

I give my best to my clients because I want their home sale or purchase experience to be as smooth and stress-free as possible. If you have real estate needs, or know someone who does, call me today!



Health & Safety

Diabetes Epidemic Surges

Diabetes is epidemic. It affects an estimated 21 million Americans and is growing at an alarming rate. Nationwide, 1 in 12 adults has diabetes, and type 2 diabetes, formerly known as adult-onset diabetes, has become a commonplace childhood disease as well.

But, there is some good news: You can delay or prevent the onset of the disease by losing a modest amount of weight, getting 30 minutes of physical activity 5 days a week, and making healthier food choices.

In addition to making these preventive lifestyle changes, you should also ask your doctor to screen for diabetes if you are at risk for the disease, because the first symptoms are either insidious or negligible. Risk factors are: having a family history of diabetes, being age 45 or older, being overweight, having high cholesterol or high blood pressure, not exercising regularly, being a woman who had gestational diabetes or a baby weighing 9 pounds or more at birth, and being a member of certain racial and ethnic groups, e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, American Indians and Alaska Natives.



If you do have diabetes, treating the disease comprehensively – that is, managing not only blood glucose, but also blood pressure and cholesterol, and maintaining a healthy diet and exercise program – can help to prevent complications of the disease.

Household Tips

Go Green on a Budget

Want to do your part for the environment without spending a lot of money? Here are some frugal ways to incorporate eco-friendly, green living into your lifestyle while minding your bottom line.

- Make a conscious effort to reduce your garbage and increase your recyclables – donate toys, clothes, old computers, cell phones and extra food to charities.
- Get a reusable water bottle and a water filter for your kitchen faucet. You'll save a bundle of money on bottled water, and prevent the plastic bottles from ending up in the landfill.
- Plan your meals before grocery shopping to limit impulse buys. The money you save can be spent to purchase organic, locally grown fruits and veggies. Also, aim for two or three meatless meals a week. Fruits, veggies and grains require fewer resources to grow than meats, and can help you stay trim and healthy.
- Think before you print – do you really need that hard copy? You can also reduce the environmental impact of your paper usage by purchasing recycled office paper, and printing on both sides. And remember to recycle used paper at home!





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Savor the Flavor

Teriyaki Pork Chops with Pineapple Salsa

Ingredients:

1/4 c soy sauce
 2-1/2 Tbsp mirin (rice wine)
 2-1/2 Tbsp rice vinegar
 2-1/2 Tbsp sugar
 2 tsp freshly grated ginger
 1/2 c beer
 4 center-cut, boneless pork loin chops,
 about 1 inch thick

Salsa Ingredients:

2/3 c diced, fresh pineapple
 2-1/2 Tbsp diced red onion
 1/3 c diced red pepper
 1 medium jalapeño chili pepper,
 seeded and diced
 2 tsp chopped cilantro
 4 Tbsp orange juice

For the teriyaki marinade, combine the soy sauce, mirin, vinegar, sugar, ginger and beer in a small saucepan. Cook over high heat until the mixture reduces by half and let cool. Place the chops in the marinade, cover and refrigerate for at least 30 minutes or overnight. To make the salsa, combine all of the ingredients in a small mixing bowl.

Preheat the grill or broiler. Grill or broil the pork chops on each side until cooked through, about 5 to 6 minutes per side, depending on thickness. Spoon pineapple salsa over each chop, and serve on a bed of rice.

Helpful Hints

Water Heater Maintenance

Most people don't give much thought to their water heater - they just turn on the faucet and expect hot water to come out. Water heaters are relatively maintenance free appliances, and you can keep your water heater in peak operating condition just by performing two simple maintenance tasks every six months: test the pressure valve and then flush the tank.

If the pressure release valve is not operating properly, the tank can potentially over pressurize and explode. Flushing the tank prevents sediment build up, which can reduce your water heater's energy efficiency and clog your water lines. Consult your owner's manual or other maintenance guide for instructions on how to safely perform these maintenance tasks. Or, visit www.orhp.com and click on the QUICK FIX TIPS link in the Homeowner's section of the site for more information.



Brain Teasers



See if you can solve these problems. More mental stimulation = less mental aging!

- What's the missing number in this series: 1 3 9 _ 81 243
 - 45
 - 27
 - 12
 - 8
- Nikki is shorter than Tyler and Skye. Phil is shorter than Nikki. Skye is taller than Tyler. Who is the second shortest?
 - Skye
 - Tyler
 - Phil
 - Nikki
- Dan is younger than Maria who is older than Matt. Matt is younger than Mike who is younger than Dan. Who is second oldest?
 - Dan
 - Maria
 - Matt
 - Mike

ANSWERS: 1-B; 2-D; 3-A