



Benjamin Burrell



# Between FRIENDS

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## Health & Safety

### Spring Cleaning for Your Health: 3 Habits for a Healthy Spring Refresh

Spring cleaning isn't just for the house. The season of new life provides the perfect opportunity for us to align ourselves with the rhythms of nature by re-evaluating our habits and rejuvenating our health. Start the new season off on the right foot with these three steps toward a healthier you:

**Fill your plate with seasonal fruits and vegetables.** Mother Nature has a way of providing just what our bodies need in the spring. Shop local farmer's markets and fruit stands to ensure you get the fresh, nutrient-rich fruits and veggies your body needs. Consume plenty of leafy greens such as asparagus, spinach, and artichoke that are chock-full of detoxifying chlorophyll. Sweet fruits like apricots, mangoes, and strawberries also provide antioxidants to help boost the immune system.

**Push the H2O.** It's always important to stay hydrated, but it's crucial when the temperatures begin to climb. Appropriate water intake is essential for proper digestion and flushing toxins from the body. Bored with the taste? Add some lemon slices or fresh mint sprigs for a twist.

The Cleveland Clinic recommends that women drink around 91 oz. of water daily (2.7 liters) and men drink 125 oz. (3.7 liters).

**Move your body.** Longer days and milder temperatures naturally draw us outdoors during the springtime. Find outdoor activities you enjoy, such as walking, cycling, or yoga. The increased body strength and mood-boosting endorphins can be amplified by some Vitamin D.



## Helpful Hints

### Spring into Action: The Ultimate Home Maintenance Checklist

Spring is in the air, and it's time to tackle those household tasks that were put on the back burner throughout the long winter months. As the days grow longer and temperatures climb, be sure to add these items to your home's spring maintenance checklist:

**Inspect the exterior.** Check for cracks in the foundation, clear winter build-up from the gutters, and sweep debris from the roof. Wash window exteriors with warm, soapy water and rinse well to let in some extra sunlight.

**Tune up the AC.** Make sure your air conditioning system is ready for summer. Change the air filter, inspect the ducts, clean the evaporator coil, and test the unit each spring.

**Service outdoor equipment.** Change the oil in the lawn mower and sharpen the blades on weed trimmers. Replace any worn-out parts to ensure they're ready to safely and efficiently tackle new spring growth.

**Test safety devices.** Replace the batteries in your smoke alarms and carbon monoxide detectors and test them to make sure they work. Check the fire extinguisher to ensure it is in working order and review your household's emergency plans for fires, earthquakes, and other natural disasters.



### Ingredients

**1 8 oz. jar artichoke hearts, drained**  
**1 lemon, juiced and zested**  
**6 bone-in chicken thighs with skin**  
**1 tsp. salt**  
**1 tsp. fresh ground pepper**  
**1 Tbsp. olive oil**  
**2 Tbsp. butter, divided**  
**1 clove garlic, thinly sliced**  
**1 leek, cleaned and thinly sliced**  
**2 c. potato slices in rounds**  
**1 tsp. fennel seeds**  
**½ c. dry white wine**  
**1 c. chicken stock**  
**1 tsp. Dijon mustard**  
**½ c. heavy whipping cream**  
**¼ c. fresh tarragon**

Preheat oven to 425°F.

Pat chicken dry with paper towels; season with salt and pepper. Heat 1 Tbsp. of butter and 1 Tbsp. of olive oil over medium-high heat in a large, oven-proof skillet. Add the chicken, skin side down, and sear each side until golden brown. Remove chicken and set aside.

Drain all but 1 Tbsp. of the chicken fat from the pan. Add 1 Tbsp. butter, garlic, leeks, artichoke hearts, potatoes, and fennel seeds. Saute for 8-10 minutes, stirring often.

Deglaze the pan with wine and lemon juice, reducing by half. Add stock, heavy cream, mustard, tarragon, and half the lemon zest. Stir and bring to a simmer; add salt and pepper to taste.

Place the chicken in the stew, skin side up, and roast in the oven for 20-30 minutes, or until the internal temperature reaches 170°F.

Garnish with remaining lemon zest and tarragon.



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## Household Tips: Pantry Organization 101

**I**f the kitchen is the heart of the home, the pantry is the backbone, storing nourishment that keeps the household thriving. A well-organized pantry helps with meal planning, grocery shopping, and even midnight snack-hunting. To eliminate clutter, minimize shopping stress, and keep the kitchen running smoothly, consider these pantry organization tips:

**Storage solutions.** Opt for clear storage containers that allow you to easily see what is inside. Stackable bins can also be a fantastic way to maximize your space. Be sure to keep dry goods like pasta, beans, and cereal in air-tight containers.

**Label.** Use dry-erase markers or stickers to clearly label containers, especially if they are not see-through. These come in handy when searching for snacks or a key dinner ingredient.

**Rotate.** When replenishing your pantry staples, place the new goods in the back and bring the older items forward. Rotating your supply will help you avoid mistakenly using expired ingredients and reduce waste.

