

Benjamin Burruel





Putting Great People Together With Great Homes!

Mobile: (951) 764-5085, bensoldmyhouse@gmail.com, www.bensoldmyhouse.com



home warranty pairs perfectly with homeowners insurance. While homeowners insurance provides critical protection against catastrophic events, a home warranty plan helps protect the home systems and appliances you use each day. Can you comfortably afford to replace a heating system or a worn-out water heater? Protect your hard-earned savings by safeguarding your home's systems and appliances. Choose home warranty coverage you can trust.



now someone in the market for a new home? If so, I would be honored to receive referrals from friends and family who are looking for their perfect home.

# Health & Safety

### **Keeping an Eye on Eye Health**

roper eye health is essential to maintaining a high quality of life. Yet, eye health may be overlooked until something goes awry. However, implementing a few wise habits can help support healthy vision for decades to come.

**Schedule annual eye exams.** Regular eye exams are just as critical as dental and physical checkups. As with most health concerns, eye conditions can develop silently, and early detection can make a big difference with conditions like glaucoma or macular degeneration.

**Beware of blue lights.** In today's digital world, staring at screens is inevitable. However, too much exposure to bright screens can cause eye strain and headaches. Adjust screen brightness, take a break from screens every 20 minutes, and consider using blue light filters to help minimize the risk of eye strain.

**Practice UV protection.** Ultraviolet rays from the sun can damage the eyes. Wear sunglasses with UV protection to help reduce long-term harm. Wear safety glasses when using power tools or doing yard work to help prevent injury.

# Real Estate Today

# Three Keys to Picking the Perfect Real Estate Agent

great real estate agent is more than just someone who bakes cookies for open houses—they're your advocate, negotiator, and market expert. Whether you're a seasoned seller or a first-time buyer, here are three keys to choosing the right agent:

**Local experience.** Find an agent with a thorough understanding of the target market. Ask how long they've worked in the area and find out how many homes they have helped buy or sell in specific neighborhoods.

**Strong communication skills.** The real estate agent is responsible for keeping clients in the loop. All updates, including good and bad news, should be relayed to clients within a reasonable time frame. A great agent should be easy to reach, listen well, and communicate clearly.

**Rave reviews.** Search for online reviews and ask for word-of-mouth referrals. Pay close attention to agents whose professionalism, follow-through, and negotiation skills are praised. Don't be afraid to ask an agent for references—a trustworthy professional will happily connect you with previous clients!

## Savor the Flavor

#### Mediterranean Quinoa Salad with Roasted Summer Veggies

#### **Ingredients**

#### For roasted summer vegetables:

- 1 bunch baby beets
- 1 bunch baby carrots
- 3 sweet potatoes cut into one-inch pieces
- 1 peeled red onion, cut into eighths
- 1 small zucchini squash, halved and cut into
- 1-inch pieces
- 1 red pepper cut into 1-inch pieces

Olive oil

Salt and pepper

#### For quinoa base:

- 1 c. quinoa, uncooked
- 2 Tbsp. chopped parsley
- 2 Tbsp. chopped basil
- 2 Tbsp. chopped chives
- 1/4 c. lemon juice 1/4 c. olive oil, divided
- Salt and pepper

For the Roasted Veggies: Preheat oven to 400°F. Place the baby beets in the center of a large sheet of foil. Drizzle with olive oil and sprinkle with salt and pepper. Wrap the beets in the foil and place in the oven for 45 minutes.

Toss the sweet potatoes with olive oil and add salt and pepper. Spread evenly over a large baking sheet or dish and roast in the oven for 45 minutes.

Combine the carrots and red onion and toss with olive oil, salt, and pepper. Add to the potatoes after they have been in the oven for 15 minutes.

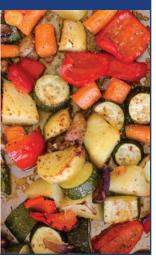
Combine the squash and red peppers and toss with olive oil, salt, and pepper. Spread evenly on a baking sheet or dish and roast in the oven for

For the quinoa base: While the vegetables are roasting, cook the quinoa according to the package instructions.

Combine lemon juice and 2 Tbsp. of the olive oil in a small bowl. Add salt and pepper and whisk together. Set dressing aside.

Combine the quinoa and chopped herbs in a large bowl. Season with salt

Finally, add the roasted vegetables to the quinoa. Add the lemon dressing and toss the ingredients together. Serve warm.







Benjamin Burruel PREMIER ONE REALTORS 41690 IVY ST STE B MURRIETA, CA 92562 Mobile: (951) 764-5085 www.bensoldmyhouse.com CA DRE Lic. #: 01488823

# Household Tips: Color Confidence: **How to Choose the Perfect Paint for Your Space**

hoosing the right paint color can transform a room—but with endless shades and finishes, it can feel overwhelming. The right color not only reflects your personality but also affects the mood, lighting, and overall feel of a space. Here are three key tips to help you choose the perfect paint color with confidence.

Consider mood and purpose. How do you want a room to feel? Soft blues and greens are calming, making them ideal for bedrooms or bathrooms. Warmer hues like terracotta or golden beige can make living areas feel cozy and welcoming. Bold colors may work well in creative spaces, while neutrals are great for flexibility and resale value.

Consider lighting. Colors can look completely different in natural daylight versus artificial light. Paint a small test patch on multiple walls and observe it at different times of day. What looks like a soft gray in the store may turn blue in your home's lighting.

Consider fixed features. Choose colors that complement the furniture, flooring, and countertops that are already in place. If you're working with lots of warm wood tones, cool colors might clash. Create a cohesive look by using undertones that align with your current design.

