



Benjamin Burruel



CA DRE Lic. #: 01488823

Between FRIENDS

Putting Great People Together With Great Homes!

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

Looking for a new home? Let's work together so you can settle in and soak up your best summer yet.



Thinking of moving? If you decide to sell your home, be sure to purchase a home warranty to attract more potential buyers and provide essential budget protection for you — the homeowner — during the listing period. At the close of sale, coverage will seamlessly transition to the buyer, providing them with the same budget protection and priceless peace of mind!

OLD REPUBLIC HOME PROTECTION

Relax.
When covered home systems and appliances malfunction, we've got you covered.

Learn more!



People Helping People



Do you have friends or family looking to buy or sell a home this summer? I would be honored to have your referral.



Health & Safety Summer Hydration Tips

As temperatures rise, staying properly hydrated is essential for maintaining energy, focus, and overall health. During the summer months, heat and increased activity can cause the body to lose fluids quickly, making intentional hydration a daily priority. These simple hydration tips can help you feel your best all summer long:

Drink before you're thirsty. Thirst is a late signal that your body is already running low on fluids. Waiting until you feel thirsty can lead to mild dehydration, which may cause fatigue, headaches, or dizziness. Make it a habit to sip water consistently throughout the day, especially in hot weather or when spending time outdoors. Carry a reusable water bottle and set reminders to help you stay ahead of your hydration needs before symptoms appear.

Replenish Electrolytes. When you sweat, your body loses more than just water. It also loses essential electrolytes like magnesium, potassium, and sodium. These minerals help regulate muscle function, nerve signals, and fluid balance. If you're exercising, spending extended time in the heat, or feeling drained, replenishing electrolytes can make a big difference. This doesn't always require sports drinks; coconut water, electrolyte tablets, or lightly salted foods can help restore balance without excess sugar.

Eat Water-Rich Foods. Many fruits and vegetables are packed with water and contribute significantly to daily fluid intake. Foods like watermelon, cucumbers, strawberries, oranges, and lettuce provide hydration while also delivering vitamins and antioxidants.



Helpful Hints

Reducing Digital Clutter and Screen Fatigue

In today's connected world, screens are an unavoidable part of daily life. From work emails and video meetings to social media and streaming, constant digital exposure can lead to eye strain, headaches, and mental fatigue. Reducing digital clutter and managing screen habits can help restore focus, comfort, and overall well-being.

Follow the 20-20-20 Rule. One of the simplest ways to reduce eye strain is the 20-20-20 rule. Every 20 minutes, take a 20-second break and look at something at least 20 feet away. This practice gives your eye muscles a chance to relax and reduces fatigue from prolonged close-up work.

Adjust Screen Brightness. Many people unknowingly use screens that are too bright or poorly matched to their environment. Excessive brightness can strain the eyes, while screens that are too dim can cause squinting. Adjust your screen brightness to match the room's lighting and enable features like "night mode" or "dark mode" when available.

Consider Blue Light Glasses. Blue light emitted from screens may contribute to eye fatigue and disrupt sleep patterns, especially when screens are used late in the evening. Blue light glasses are designed to filter out a portion of this light, potentially reducing discomfort and improving nighttime relaxation.



Ingredients

Muffins:

Zest of two oranges;
1 Tbsp. reserved for garnish
2 c. flour
½ c. sugar
2 tsp. baking powder
1 tsp. baking soda
½ tsp. kosher salt
½ c. unsweet cocoa
1 c. orange juice
1 egg, beaten
½ c. vegetable oil
2 c. semi-sweet chocolate chips

Chocolate Glaze:

1 ½ c. powdered sugar
¼ c. unsweetened cocoa
¼ c. hot water

Preheat the oven to 350°F. Whisk the orange zest, flour, sugar, baking powder, baking soda, salt, and cocoa together in a large bowl.

Add the orange juice, egg, and vegetable oil. Stir until you can no longer see the flour. Stir in the chocolate chips.

Line a muffin tin with paper muffin cups and scoop the batter into the cups, filling each cup about ¾ full.

Bake for 25 minutes, or until a toothpick inserted in the center comes out clean.

Combine the chocolate glaze ingredients until it becomes a pourable sauce. Add more water if needed.

Drizzle muffins with chocolate glaze and garnish with orange zest. Enjoy!



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Benjamin Burrue

PREMIER ONE REALTORS

41690 IVY ST STE B

MURRIETA, CA 92562

Mobile: (951) 764-5085

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Household Tips:

Common Home Inspection Issues: Help Avoid Problems before Listing

A home inspection can play a major role in how smoothly a sale moves forward. For sellers, unexpected inspection findings can lead to delays, renegotiations, or even lost buyers. Understanding the most common problem areas—and addressing them before listing—can help protect your timeline and your bottom line.

Major Systems. Inspectors pay close attention to a home's major systems, including heating and air conditioning, plumbing, electrical, and roofing. Aging or poorly maintained systems often raise red flags. Leaking pipes, outdated electrical panels, malfunctioning furnaces, or roofs nearing the end of their lifespan can concern buyers.

Structure. Structural issues are among the most serious findings in a home inspection. Cracks in the foundation, uneven floors, sticking doors or windows, and signs of water damage can signal underlying problems. Sellers should inspect basements, crawl spaces, and attics for moisture, sagging, or visible damage, and make repairs where possible.

Safety. Safety-related issues are common inspection findings and often easy to fix. Loose handrails, exposed wiring, and trip hazards are frequent callouts.

Taking time to correct known issues before listing can help avoid last-minute fixes and keep the home sale negotiations running smoothly.

