



ANGELA AMARAL
 angelarealestate@earthlink.net
 Tel: (510) 888-3336
 DRE Lic. #: 01075905

Between FRIENDS



Everything I touch turns to Sold
 3160 Castro Valley Blvd., CASTRO VALLEY, CA 94546-5409
 www.angelaamaral.com

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



Do you know the difference between a Home Warranty Plan and Homeowner's Insurance? Home Warranties are service contracts that cover the failure of home systems and appliances due to normal wear and usage during the term of the Plan. Homeowner's insurance indemnifies the homeowner against damage or liability which might arise from some unknown or contingent event. Both offer valuable budget protection for the homeowner, and they can work in conjunction with one another. For example, if a water heater leaks and floods the home, the home warranty will replace the water heater, while homeowner's insurance may cover the resulting secondary water damage to the structure and/or its contents.

For complete budget protection, we recommend that all our clients include an Old Republic Home Protection Plan in their home transaction. Call us today for more information about how a home warranty can benefit you.

We give our best to our clients because we 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 us today!



Health & Safety

Battle the Bulge with Fruits and Vegetables

Adding more fruits and vegetables to a healthy diet is a smart way to help maintain a healthy weight. In addition to providing the body with essential vitamins, minerals and fiber, eating more fruits and veggies may also reduce the risk of cancer and other chronic diseases.

To lose weight, you must eat fewer calories than your body uses. Try creating "skinnier" versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. Also, the water and fiber in fruits and veggies will add volume to your dishes, so you can eat the same amount of food with fewer calories.



Although fruits and vegetables are lower in calories than many other foods, remember that substitution is the key. A snack-sized bag of corn chips (1 ounce) has the same number of calories as a small apple, 1 cup of strawberries, AND 1 cup of carrots with 1/4 cup of low-cal dip. Try substituting high-calorie processed snacks with these healthy fruit and veggie snacks: a medium size apple (72 calories), 1 cup of green beans (100 calories), 1 cup of carrots (45 calories) or 1 cup of broccoli (30 calories).

Helpful Hints

An "Energy Diet" for Your Home

The "physical fitness" of your home can make the difference between soaring energy bills or welcome savings. Put your home on an "energy diet" by cutting wasteful energy use, and you'll help decrease your home's energy bills and increase your comfort.

- **First, plug air leaks.** Seal air leaks around windows, doors, and electrical outlets with sealant or caulking and weather stripping.
- **Then, "insulate" yourself from energy bill shocks.** Install appropriate insulation for your climate based on "R-values." Start with attic insulation, followed by exterior and basement walls, floors, and crawl spaces.
- **Properly maintain your HVAC system.** Just as a tune-up for your car can improve your gas mileage, a semi-annual or yearly tune-up of your heating and cooling system can improve efficiency and comfort.



- **Keep furnace filters clean.** A dirty filter will slow down air flow and make the system work harder to keep you warm – wasting energy.

Reprinted with permission of RISMedia, publisher of Real Estate Magazine

If you are working with another Real Estate Professional, please disregard this notice.

Happy Mother's Day

from

The Angela Amaral Team

Oh, by the way...

If you or someone you know is looking for the personal attention that I provide and is thinking about buying or selling a home, I'd love to help them. So, when you come across these people, just give me a call with their name and number and I'd be happy to follow up and take care of them for you!

Savor the Flavor

Crockpot Meatballs & Peppers in Cranberry Chili Sauce

- 1 2-lb bag frozen home-style meatballs
- 1 10-oz bag frozen tri-colored sweet peppers
- 1 14-oz can jellied cranberry sauce
- 1 12-oz jar chili sauce
- Salt
- Freshly ground pepper
- Red pepper flakes
(optional but recommended)
- Cooked rice

Add the cranberry sauce, chili sauce, a pinch of salt, some pepper, and a dash of red pepper flakes to a pot and bring to a simmer. Stir often and turn off heat when the two sauces combine. Place the frozen meatballs, frozen peppers, and sauce mixture into a slow cooker and cook over low heat for about 6 to 7 hours or on high heat for about 4 to 5 hours. Serve over cooked rice, or alone as an appetizer.

Household Tips

Tennis, Anyone?

Do you have tennis balls which have lost their bounce in your closet? Here are some creative ways to use them without ever setting foot on the court!

- Cut an X in a tennis ball and slip it over the end of an old broom handle. Rub the ball over scuff marks on your wood floors, and voila...they're gone...with no bending, stooping or scrubbing!
- Got a light bulb that broke off in the socket? Carefully clear away any remaining shards of glass, then gently push a tennis ball against the light socket and twist to remove the bulb's embedded stem.
- Cut an X in a tennis ball, slip it over the head of a hammer, and you're less likely to ding up fragile or expensive wood.
- Cut a tennis ball in half and use one of the sides to open those stubborn pickle jars.
- In the garage, hang a tennis ball on a string from the ceiling so that the ball touches the top left corner of your car's windshield. You'll know exactly how far to pull the car in every time!



Brain Teasers

How Do You Spell It?

Test your skill by choosing the correct spelling of these commonly misspelled words!

1. This word, a synonym for graveyard, has its origins in the Latin word coemeterium and the Greek word koimétrion, meaning "a sleeping place."
a) cemetary b) cemetary
c) cemetery d) sematary
2. How do you spell the word which can mean "to oblige" and "to provide with a room"?
a) acomodate b) accommodate
c) accomodate d) accomodate
3. Defined as "to cause confusion and shame to" or "make uncomfortably self-conscious."
a) embarass b) embarrass
c) embarras d) embbarass
4. Another commonly misspelled word due to variant pronunciations, this word means "in reduced size or scale."
a) minature b) miniature
c) miniture d) minnature



1-c; 2-c; 3-b; 4-b

ANSWERS: