



SHANNON SANDERS



RE/MAX Choice

shannon@shannonshouses.com

Mobile: (615) 478-1534



Using new technology with old-fashioned service!

Mobile: (615) 478-1534, www.ShannonsHouses.com

Understanding the process of buying or selling a home will help you make the best decisions possible. Call me today so I can assist you with every step of the transaction.



Are you in the market to purchase a home? The time is right to make the move – home prices are beginning to stabilize and interest rates are attractive. And the pride that comes with home ownership...well, that's priceless!

Get peace of mind with your home purchase by including an Old Republic Home Protection Home Warranty Plan. A home warranty will help protect your budget from unexpected repair or replacement costs caused by breakdowns of your home's heating, plumbing and electrical systems, and most built-in appliances. Optional coverage choices are available to custom-fit the warranty to the unique needs of your new home.

Call me today to learn how you can get added peace of mind with an Old Republic Home Protection Plan, or visit www.orhp.com for more information.

As your local Real Estate Professional, I can help determine where to buy, offer tips to ready a home for sale, provide a current market analysis, aid with financing, and more. If you know someone interested in buying or selling real estate, please refer me to them!



Health & Safety

Rethink What You Drink

One of the most successful advertising campaigns in recent history has been focused on bottled water. However, more and more people are questioning whether the water, and the package it comes in, is safe, or at least safer than tap water – and if the convenience is worth the cost and the environmental impact.

In many cases, the source of bottled water is a municipal water supply, the same source that supplies tap water to our homes. In the U.S., a sip of bottled water costs 1,000 times more than a sip of tap water; consumers spend more per gallon for bottled water than for gasoline.



Another concern is that most bottled water comes in polyethylene terephthalate (PET) bottles, which may leach dangerous chemicals into the water when stored in hot or warm temperatures. Bottled water also creates a significant environmental burden – 80% of those convenient single-serving bottles are tossed onto beaches and roadsides, or end up in landfills, where they could be around for a thousand years.

Now, doesn't your tap water sound better?

Household Tips

Five Tips to Stay Cool in the Summer

The temperature can soar in the summer, so here are five ways to keep your home cool and lower your energy costs.

1. Keep the heat out by closing blinds, drapes and shutters on windows facing the sun.
2. As much as possible, turn off incandescent lights and heat-generating appliances. Replace incandescent bulbs with compact fluorescents, as they produce the same light but use a fifth of the energy and heat.
3. Plant trees and shrubs to shade air conditioning units while not blocking air flow. A unit operating in the shade uses less energy.
4. A ceiling fan can make a room feel as much as seven degrees cooler.
5. Since humidity makes a room feel warmer, try to avoid showering, cooking, and using the dishwasher, clothes washer/dryer during mid-day. If you need to do these things, use an exhaust fan to remove the moisture from the air.



These five tips will not only keep you cool, but they will also help keep your energy bills down and are environmentally friendly. That is a win-win-win!



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131 Indian Lake Blvd

Hendersonville, TN 37075

Tel: (615) 822-2003

www.ShannonsHouses.com

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Savor the Flavor

Tuscan Stuffed Mushrooms

Ingredients:

- 1/2 c diced roasted red bell peppers
- 1/2 c diced green olives
- 1/2 c grated Romano cheese
- 2 scallions, diced
- 2 tbsp extra-virgin olive oil
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 lb button mushrooms, cleaned and stemmed
- 1/4 c finely chopped fresh basil

Directions:

Preheat the oven to 400 degrees F. In a medium bowl, mix all filling ingredients except mushrooms and basil. Spoon the filling into the mushrooms. Bake 20 minutes or until mushrooms are tender. Sprinkle with basil and serve.

Helpful Hints

Work Smarter Instead of Harder

The 80:20 Rule argues that 80% of effort generates only 20% of results, and the remaining 80% of results are achieved with only 20% of the effort. Here are some time management tips to help you work smarter, not harder.

- Write things down - Use a To-Do list to take control of projects and tasks.
- Prioritize your list - Prioritize your tasks as A, B, C or D. Tackle the most important jobs first.
- Plan your week - Take 15 to 30 minutes at the beginning of each week to plan your schedule so you increase productivity and balance important long-term projects with more urgent tasks.
- Evaluate how you spend your time - Look back on your day and determine at what times you were less productive. Adjust your schedule and tasks to improve efficiency.
- Learn to say NO - Eliminate over-committing by saying no to low priority requests. Only commit to what you can do and what *needs* to be done.



Real Estate Today

Why buy a home?



Sneak a peek at the benefits of ownership!

The desire for home ownership is so deeply rooted in the American psyche that it's called "The American Dream." Here are a few of the many reasons to pursue that dream:

Credit: Owning a home helps you establish financial credibility.

Investment: For most people, their home is their largest single financial investment, and home prices and interest rates are ideal right now!

Tax Advantages: Interest on your mortgage loan, your property taxes, and some closing costs are tax deductible.

Pride: A home reflects its owner's values and lifestyle, and provides you with a source of pride, enjoyment and satisfaction.

Stability: Being established in a community provides a sense of belonging, stability and security.