



SHANNON SANDERS



RE/MAX Choice

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Using new technology with old-fashioned service!

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

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



Some people don't realize the many benefits of a Home Protection Plan. However, as an experienced Real Estate Professional, I would like to point out how a quality Home Protection Plan can benefit you, whether you are buying or selling a home. A good Plan ensures the repair or replacement of covered home systems and appliances that fail due to normal use. For Sellers, this provides added value to your home when it is on the market. For Buyers, this means peace of mind and confidence in the purchase of your new home. I advise all my clients to include a Home Protection Plan with their transaction, and the company I trust to provide the *best service* and *coverage* is **Old Republic Home Protection**. Call me today for more information about how this valuable service can be put to work for you.

Referrals: they are the highest compliment a sales professional can receive from a client. Please pass on my name to friends, family, and acquaintances so that I can provide them with excellent real estate service.



Health & Safety

Preventing Childhood Obesity

The incidence of childhood obesity is rapidly rising throughout the world, especially in industrialized nations. In just two decades, the prevalence of obesity doubled for American children ages 6 to 11 — and tripled for teenagers. This is particularly troubling because the extra pounds often start kids on the path to health problems that were once confined to adults, such as diabetes, high blood pressure and high cholesterol. Here are some things you can do to encourage good habits and discourage obesity in your children:

At school:

Do a walk-through. Visit your child's school and observe what's being sold for lunch and snacks.

Point out problems. If junk food is there, kids will buy it. Encourage the school to replace soda, candy, and such with more healthful fare.

Organize. Team up with like-minded parents and faculty members who share your concerns.

At home:

Watch liquid calories. In addition to soda, be wary of sports and energy drinks, which can be loaded with caffeine and sugar. Opt for water, milk, and pure fruit juices.



Turn off the tube. Several studies have correlated the amount of time children spend watching television with rates of obesity. Setting limits on television viewing may help encourage alternate activities.

Make exercise a family affair. Go biking or inline skating, or play tag at the park. Get up during TV commercial breaks and do jumping jacks or dance around. Or invest in a kid-friendly dance or fitness video.

Household Tips

Making the Most of Five Minutes

Do you have the luxury of large chunks of time to work on projects? Highly unlikely. Then become aware of - and start using - your small pieces of time and get more done in a day! The following is an excellent exercise to generate the most out of any five spare minutes. And, the best part is that it's innovative, strategic, fun, and results-focused. Ready? Let's go!

Spend 5 minutes filing away the important papers that tend to stack up on your desk or the kitchen counter.

Go through your clothes closet and choose 5 articles of clothing that you no longer wear. Put them in a donation bag, place it in your car, and drop it off at a charity on your next trip out.

Target one junk drawer with a trash bag in hand. Set a timer for 5 minutes and discard everything that needs to be thrown away.

Make an appointment. Do you need to see your child's teacher? Your doctor? Take five minutes and make that appointment now.



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Savor the Flavor

Ingredients:

- 2 c sliced onions
- 2 apples, peeled, cored and sliced
- 2 pounds cut-up chicken pieces (with bone)
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 2 Tbsp chopped fresh rosemary leaves
- 1 c reduced-sodium chicken broth
- 1/2 c cream of celery soup
- 2 c cooked rice (white or brown)

Slow-Cooker Chicken with Rosemary, Apples & Onions

Arrange onion and apple slices in bottom of slow cooker. Place chicken pieces on top and sprinkle salt, black pepper and rosemary over chicken.

In a medium bowl, whisk together chicken broth and soup. Pour mixture over chicken. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Serve chicken, sauce, apples, and onions over cooked rice.

Helpful Hints

Real or Fake?

Whether it's fake prescription drugs with little or no medicinal value, bogus batteries that can burn you, or wannabe Gucci's, counterfeit merchandise is everywhere.

Vendors still peddle bogus items on city streets, flea markets, swap meets, college campuses, etc. And today, the Internet lets counterfeiters find partners to make, market, and distribute beaucoup imitations to an ever wider, more removed and unsuspecting audience. To ensure you are buying actual brand-name merchandise, keep these precautions in mind when you shop:

- Think twice before buying at deep-discount stores, which have been sources of fake holiday lights, extension cords, toothpaste, and batteries.
- Don't buy if the seller won't provide a receipt or if warranty data is missing.
- Inspect labels and packaging. Missing "use by" dates, broken or missing safety seals, misspellings, or unfamiliar or flimsy packaging for big-name brands should send up a warning flag.
- For electrical goods, look for the UL safety mark. A silver holographic seal is required on decorative lighting made worldwide.
- It's especially hard to tell whether car parts are authentic. Use a mechanic who has been reliable or one who has been recommended to you by someone trustworthy.



Real Estate Today

Smooth Move!

It's important to be both financially and mentally prepared for your closing. By carefully thinking through all the steps involved, you can likely avoid potential problems and have a smooth closing.



Head off trouble during the final walk-through

Ensure that any fixtures (e.g., ceiling fans) to be left behind are specified clearly in the purchase agreement. Hire a home inspector before finalizing the offer to identify hidden damage to the house before it is vacated.

Closing costs are more than expected

Before closing, compare the final closing costs to those initially received from your lender and resolve discrepancies. Remember that most closing attorneys and title companies will require certified funds at closing, and bring along your driver's license as confirmation of your identity.

The seller still has belongings at the home

You may want to add a clause in your purchase agreement that explicitly states the seller is responsible for any expenses you incur if the home is not completely vacated prior to the closing date.