



HOOPS & COMPANY
Teri Hoops & Shannon Dixon



YOUR HOME TOWN REAL ESTATE TEAM
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Spring is on the horizon! At this time of year, the real estate market is very active — making it the perfect time to buy or sell a home. Call us today for assistance with your real estate needs!



Some people don't realize the many benefits of a Home Protection Plan. However, as experienced Real Estate Professionals, we 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. We advise all our clients to include a Home Protection Plan with their transaction, and the company we trust to provide the *best service* and *coverage* is **Old Republic Home Protection**. Call us today for more information about how this valuable service can be put to work for you.

If you have worked with us in the past, you have experienced our dedication and commitment to ensuring your home purchase was a smooth and positive experience. We promise that same commitment to your family, friends, and acquaintances. Please tell them how much we will do for them!



Health & Safety

Vital Vitamins and Minerals

Recent studies unanimously conclude that getting the right amounts of key vitamins and minerals can significantly benefit your health. Below are some of the key vitamins and minerals and their benefits.

Vitamin C – boosts the immune system, is said to lower the risk of cancer and heart disease, and is an antioxidant that can prevent cell damage.

Vitamin B – improves nerve function and promotes an overall sense of well-being. Additionally, Vitamin B is a powerful antioxidant that fights off harmful free radicals and prevents cell damage.

Vitamin A and beta carotene – aid in the appearance of the skin and are powerful antioxidants that can help reduce damage caused by free radicals. These vitamins also aid in boosting the immune system and maintaining eye health.

Vitamin D and calcium – help to improve teeth and bones, and improve the skin's appearance.

Chromium – helps insulin function properly in the body and regulates the absorption of glucose by the cells.

Selenium – works with other antioxidants to guard cells and tissues against damage from free radicals.

Copper – boosts the body's immune system, and improves skin, hair, and nails.

L-Lysine – an essential amino acid that is necessary for tissue repair and for production of antibodies, hormones, and enzymes.



Household Tips

Dusting Collectibles Like a Pro

Dusting can often be a job that you are less than enthusiastic about doing. Even less exciting is dusting shelves that contain those little collectibles that mean so much, and look great when clean, but are time consuming to dust.

You can make that job easier by going shelf to shelf, removing collectibles and placing them on a damp towel. Wipe the shelf clean, and before returning the collectibles, clean them using a paintbrush with soft, three-inch, bristles. You can find a variety of paintbrushes made of various fibers in art stores. Between dustings, clean brushes with warm water and hand soap, and air dry so that dirt and residue do not build up in the bristles.



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Savor the Flavor

Sweet Potato Gratin

Ingredients:

1 pound	sweet potatoes peeled and sliced
½ pint	heavy cream
¼ - ½ tsp	grated nutmeg
1 clove garlic	crushed
2 sprigs	rosemary, finely chopped
1 pinch	chili flakes

This is a great Sunday brunch side dish.

Heat oven to 450° F. Put all of the ingredients, except the sweet potatoes, in a small pan and heat to just below boiling point. Arrange the sweet potato slices in a shallow, ovenproof dish and pour the infused cream over the potatoes. Bake for 30-40 minutes until the potatoes are tender and the tops are golden and bubbling. Remove from oven, let stand three minutes, and serve.

Helpful Hints

The Benefits of Positive Thinking

Your thoughts play a key role in how you see yourself and your outlook on life – both of which can impact your self-esteem in positive and negative ways. Research proves that people who think positive thoughts experience life in more satisfying, less stressful and more contented ways than those who regularly think negatively. Here are some ways for replacing negative thoughts with positive ones - resulting in a happier you.

- Be aware of your thoughts, and zap negative thoughts immediately.
- Turn off the negative tapes in your thinking by replacing them with positive messages.
- Write motivational sayings on small signs or pieces of paper and read them daily.
- Make a list of your accomplishments – and be proud of yourself for all you have done!
- Make a list of goals, and underneath each goal, write the small steps that will help get you there. Cross each step off as you go until you reach your goal.
- Congratulate yourself – a lot – even on small things, and even if you fail. Take pride that you made your best effort and learned something new.
- Use your creative problem-solving skills to find a solution; then praise yourself for doing so.



Brain Teasers

Gung Hay Fat Choy!

1. According to Chinese custom, on New Year's Day you shouldn't...
 - A. Eat anything
 - B. Leave home
 - C. Sweep the house
 - D. Bring flowers and fruit into the house
2. This year, 2008, is the year of which animal?
 - A. Pig
 - B. Elephant
 - C. Gopher
 - D. Rat
3. What's the legend behind using firecrackers to celebrate Chinese New Year?
 - A. They wake up the gods in time for the celebration
 - B. They provide light for the dark winter night
 - C. They're meant to scare away monsters
 - D. They keep everyone awake for the celebration
4. Chinese New Year falls on which day in 2008?
 - A. January 7th
 - B. February 29th
 - C. February 7th
 - D. March 29th



ANSWERS: 1-C; 2-D; 3-C; 4-C