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**Janet M Khouri, Realtor, e-PRO, SFR**  
Tel: 386-299-4403

December 2018

Hi Johnny

Welcome to this month's edition of the RealtyRave newsletter. We hope that you find it filled with interesting and useful information!

Please think of me with any real estate related questions you may have - now and in the future. It would be my pleasure to be of assistance to you. The single highest and best compliment a Real Estate Professional can receive is a referral to friends, family or colleagues. As appropriate, please feel free to forward this Newsletter and/or my contact information. Thank you!

Janet M Khouri, Realtor, e-PRO, SFR

#### HEALTH and SAFETY

**Hum bug: The flu is the holiday gift no one wants to receive**



(BPT) - Is influenza on your gift list this year?

December is typically the height of the flu season and holiday parties can be a swap meet for pathogens. Holiday hugs, handshakes and conversations may include germs that will make you sick. If you are attending or hosting a party this season, you need to know how to keep your

guests, family and yourself safe from infection.

"The holidays are the most social time of the year, and when people get together, germs come along too," said Steve Zimmerman, director of healthcare services for ServiceMaster Clean. His company specializes in cleaning hospitals, offices and schools, so they are experts in infection control.

"You can't eliminate the pathogens people may carry with them, but there are many things you can do to protect yourself and others from contamination," he noted. "A little knowledge can help prevent a lot of illness this time of year."

Here are the ServiceMaster Clean top seven tips for avoiding holiday flu infection:

- 1. Hand hygiene.** Wash often and thoroughly with antibacterial soap. Also use hand sanitizer frequently and avoid touching your mouth, nose and eyes.
- 2. Get a flu shot.** Be aware that flu vaccines may take up to two weeks to be effective, so be inoculated well before the holiday parties begin.
- 3. Be careful of high-touch hot zones.** Some surfaces (kitchen counters, doorknobs, bathroom faucets, etc.) are touched by lots of people. Flu viruses can survive on hard surfaces for days, some bacteria for weeks! If you are hosting an event, clean hard surfaces thoroughly with a disinfectant cleaner. If you are attending an event, be aware of what you touch and practice hand hygiene.

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Compliments of:  
**Janet M Khouri,**  
**Realtor, e-PRO, SFR**

Four Star Homes  
4236 Jackson St  
Port Orange, FL 32127

Tel: 386-299-4403  
Cell: 386-299-4403  
Fax: 386-788-2444  
Janet@Jmkrealtor.com



## Household Tips

### Preparing for Christmas

#### 1. Treat your carpets

It can be all too easy to take your carpets for granted, but it's worth remembering that they deal with an awful amount of footfall right from the moment they're installed.

#### 2. Clean All Surfaces

Your counter tops will be in constant use over Christmas so ensure you make time to give them a good clean both before the big day and while you're cooking. It's vital to wipe surfaces after preparing your Christmas food as uncooked meats can leave germs and bacteria behind.

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**4. Avoid close encounters.** Flu pathogens can be spread by airborne water droplets. A flu-carrier in close proximity can make you ill. Keep your distance. If you are sneezing and coughing, consider staying home. If you sneeze or cough while attending an event, use "cough etiquette" - cover your mouth and nose, and use disposable tissues that you throw away immediately.

**5. Drinking-glass roulette.** Cups and glasses sometimes get misplaced or confused at parties. If you are unsure, get a new cup.

**6. Toys and games are not always fun.** Toys can be teeming with pathogens if handled by people who are ill. Hand hygiene is essential if you or your kids are passing around toys, games or gift items.

**7. Mistletoe.** Forget about it! Blow them a kiss instead.

Be aware of these seven hygiene tips and you'll likely have a much happier, healthier holiday season.

#### HEALTH and WELLNESS 6 Tips to Relieving Holiday Season Stress

(BPT) - 'Tis the season! While the holidays are synonymous with peace, love and joy for many who celebrate, the holiday season can be filled with discomfort. According to the national "Beating the Holiday Burn" survey of 2,000 Americans 18 and older, from long to-do lists to disagreements with loved ones to overeating, 88 percent of respondents noted they feel stressed when celebrating the holidays.



To help you make the most of this holiday season, family therapist and author, Tom Kersting, recommends the following tips:

##### 1. Seek Silence

Oh, silent night! With the hustle and bustle of the season, surrounding noises can create added anxiety. Throughout the season, make an effort to disconnect from the outside world and, instead, reconnect with your inside world. Find a quiet space where you can think and evaluate without the world getting in the way. When silence is hard to come by, a pair of noise-cancelling headphones can go a long way in achieving the calm that silence brings.

##### 2. Practice Mindful Eating

In addition to the unease we may feel, the foods we consume, whether as a result of that stress or our desire to indulge, can have a direct effect on how we feel during the holidays.

- 1. Begin with your shopping list
- 2. Come to the table with an appetite— but not when ravenously hungry.
- 3. Start with a small portion.
- 4. Appreciate your food.
- 5. Bring all your senses to the meal.
- 6. Take small bites.
- 7. Chew thoroughly.
- 8. Eat slowly.

##### 3. Make a Personal Appointment

The season is often packed with busy schedules and a slew of appointments; however, how often do we make an appointment with ourselves? Checking in with yourself is one of the most important things you can do to alleviate stress. All you need is 10 to 15 minutes per day when you can practice meditation or visualization. Go ahead, get out your appointment book and add yourself in there.

##### 4. Exercise Moderately

##### 3. Organise a professional oven clean

In preparation for the gastronomic delights that are going to be created in your kitchen this Christmas, it's worth hiring a professional to come and give your oven a thorough clean. That way you can focus on the sumptuous snacks you're going to serve your guests rather than going into battle against the grime and grease that have built up over the year.

##### 4. Have a clear out

It may not be the traditional time to have a clear-out but a thorough clean-up can provide much-needed space for your Christmas tree, presents and guests. It also lets you enter the New Year clutter-free.

##### 5. Polish the silver

We've all got that nice set of cutlery or dining set that only makes an appearance on special occasions. Now is their time to shine – literally. Set the time aside to clean and polish your lovely kitchenware and make your Christmas meal even more memorable.

##### 6. Get your glad rags ready

You've no doubt organised your presents, guest list and Christmas meal already, but make sure you leave time to think about what you are going to wear on the big day.

##### 7. Clean your decorations

Christmas decorations spend most of their time hidden away in cupboards or dusty attics waiting for their five minutes of fame. But there's no point getting your home spick and span for the festive season and then hanging up dirty and dusty decorations. Put aside some time to give them a good clean before hanging them up and they'll soon look as good as new.

#### DID YOU KNOW?

- Did you know an ostrich's eye is bigger than its brain
- Did you know lemons contain more sugar than strawberries
- Did you know 8% of people have an extra rib
- Did you know 85% of plant life is found in the ocean

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You don't need to spend hours at the gym to feel the positive effects of physical activity. Despite the many demands on schedules around the holidays, setting aside even just 30 minutes of light cardio several times per week can help alleviate stress. Aerobic exercise is scientifically proven to be one of the most important prescriptions for treating stress and anxiety.

#### 5. Step into Someone Else's Shoes

Tensions can be high during the season, especially when you're forced to spend time with loved ones with whom you don't always get along. Before you let circumstances get the best of you, take a breath to think about the "why" behind their actions. Perhaps their misguided comments or actions are coming from a place of love or humor. Instead of letting these comments wreak havoc on your day, take the high road and consciously choose not to give in to negative feelings.

#### 6. Unplug the Devices

Too much screen time and social media means an information overload - and a lot of this information can be stress-inducing. Make it a priority to turn down the device a lot more this holiday season and instead connect with loved ones.

While stress can be inevitable, keeping these tips in mind can help alleviate the discomfort and allow you to enjoy all the holiday season has to offer. For more information, visit [dissolveyourheartburn.com](http://dissolveyourheartburn.com).

#### RECIPE OF THE MONTH Christmas Crab Mushrooms



Makes 6 servings and ready in 20 minutes. 326 Calories

#### Ingredients:

- 2 tablespoons butter
- 2 tablespoons minced green onion
- 1 cup cooked crabmeat, finely chopped
- 1/2 cup dry bread crumbs
- 1/4 cup shredded Monterey Jack cheese
- 1 egg, beaten
- 1 teaspoon lemon juice
- 1/2 teaspoon dried dill weed
- 1/2 cup butter, melted
- 1 1/2 pounds fresh button mushrooms, stems removed
- 1/2 cup shredded Monterey Jack cheese
- 1/4 cup dry white wine

#### Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Melt 2 tablespoons butter in a skillet; cook and stir green onion until softened, about 2 minutes. Transfer green onion to a bowl. Stir in crabmeat, bread crumbs, 1/4 cup Monterey Jack cheese, egg, lemon juice, and dill weed until well mixed.
3. Pour 1/2 cup melted butter in a 9x13-inch baking dish; turn mushroom caps in butter to coat. Fill mushroom caps with the crab mixture and sprinkle with remaining 1/2 cup Monterey Jack cheese. Pour white wine into baking dish.
4. Bake in preheated oven until cheese is melted and lightly brown, 15 to 20 minutes.

- Did you know Ralph Lauren's original name was Ralph Lifshitz
- Did you know rabbits like licorice
- Did you know the Hawaiian alphabet has 13 letters
- Did you know 'Topolino' is the name for Mickey Mouse Italy
- Did you know a lobsters blood is colorless but when exposed to oxygen it turns blue
- Did you know reindeer like bananas
- Did you know the longest recorded flight of a chicken was 13 seconds
- Did you know birds need gravity to swallow
- Did you know the most commonly used letter in the alphabet is E

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Whether you are looking to buy or sell, we are here to assist you in accomplishing your real estate dreams. Call today and let us put our tools, techniques and skills to work for you! P.S. Referrals are the highest compliment a sales professional can receive from a client. Please pass my name around to your friends, family, and acquaintances so that I can provide them with the best real estate experience possible!

Janet is your Licensed Florida Realtor

- \* Member of the National Association of Realtors (NAR)
- \* Member of the Daytona Beach Area Board of Realtors.
- \* RE Designation = E-PRO (Certified Internet Professional)
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Sincerely,

*Janet*

*Janet M. Khouri, Realtor, e-PRO-SFR*

Four Star Homes, Inc  
Direct Line: (386)299-4403  
e-Mail: [Janet@Jmkrealtor.com](mailto:Janet@Jmkrealtor.com)