

NEWS YOU CAN USE

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Enjoy a Happy and Healthy Thanksgiving Dinner

Thanksgiving dinner is traditionally a time for eating heartily to celebrate the bounty of the Earth.

We can also eat healthily and enjoy a wonderful dinner with family and friends.

Water, please: Drinking water throughout the day and during the Thanksgiving meal washes away hunger pangs that contribute to overeating.

Regular meals: Many people skip, or cut back on, meals earlier in the day to reduce overall calories. The result is usually the opposite. By the time Thanksgiving dinner arrives, we are starved, and we dig right in to those high-calorie foods.

Eat lean: There are plenty of lean foods at most Thanksgiving tables. Fruits, vegetables, turkey breast, and ham are good foods that fill us up but don't fill us out. Cranberries are an excellent source of nutrition and anti-oxidants. Instead of lathering on sauces and gravy, adding a little for taste gives us pleasure without pounds.

Bust the crust: Pumpkin pie is a healthy dessert. Most of the fat and calories are in its crust. By leaving the crust on our plates, we can enjoy this savory treat without overloading our metabolisms.

Walk it off: Stretching our legs after dinner reduces the ill-effects of indulging. A fifteen-minute walk before settling in for the evening burns off some calories and makes digestion more efficient.

Should you buy a home?

GET THESE ESSENTIAL TIPS



The decision of whether or not you are prepared to purchase a home can sometimes be overbearing.

Contact me for some very helpful points to consider when making this decision.

Just call me at 210-383-7222 and I'll send it right out to you.

Happy Thanksgiving and thanks as always for your referrals!

Staging: an Essential Secret to Selling in a Down Market

Staging has become commonplace when selling a home, but with the recent downturn in the economy and continued sluggishness in the real estate market; staging is more important than ever.

Here are the top reasons why home-staging matters, and how you can make it work for you:

A picture is worth a thousand words: *Over 80% of home buyers begin their search online, so the first impression of your home might be the last. Make sure your home looks its best.*

Browsers spend more time looking at pretty pictures: *Not only are buyers searching online, but they tend to spend more time viewing attractive properties than those without pictures or with "ugly" photos. Use plenty of photos to showcase your home or property.*

Visualize their space, not your place: *Staging becomes even more important when buyers visit in person. Properly performed home staging is essential to allowing prospective buyers to visualize the home as "their space" rather than trying to see through your clutter and belongings. A home should be attractive yet neutral enough to allow buyers an opportunity to get a feel for how their own furniture and belonging would fit.*

Not just another pretty picture: *Professional staging goes beyond mere looks and even combines fragrance, tactile, lighting and other sensory input for a complete experience sure to delight potential buyers of any age and income. Staging does not have to cost a fortune to be effective, but does require experience for best results.*

MORE NEWS YOU CAN USE

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4 VITAL THINGS TO CONSIDER WHEN BUYING A CONDO

Condominiums remain popular housing choices, especially among those seeking a low-maintenance lifestyle, with the benefit of ownership. However, before making an offer on a condo there are a few things to keep in mind.

FEES & SERVICE CHARGES: Condo associations typically charge a variety of fees to cover everything from modest maintenance charges to extravagant luxury amenities. Understand what is included, anticipated large expenditures, and out of the ordinary expenses likely to be incurred. Pay attention to deferred maintenance, planned upgrades, or other potential costs so you are not taken by surprise.

MANAGEMENT AND OPERATIONAL EFFICIENCY: Spend time speaking with current residents, review community literature, and take a careful look around the area to get a general "feel" for how things are maintained.

FINANCES AND RESERVE FUNDS: Perform due diligence on the finances and reserve funds of the condo association to make sure their problem doesn't become your own. Pay special attention to large numbers of foreclosures or vacant units that could eventually result in higher per owner premiums to compensate for loss of revenue.

LIFESTYLE AND VALUES: When you buy a condo you buy a lifestyle – for better or worse. Be sure the condo and community share the same values and interests you find important. Remember, since condo associations are typically governed in a democratic fashion, a change of heart by the majority could lead to long-term frustration

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Please call 210-383-7222 if you would like to be removed from our mailing list.

THANKS FOR ALL YOUR REFERRALS!

I succeed when people like you refer me to their friends, neighbors and loved ones. It's the best kind of feedback I can receive. So thanks for continuing to pass this newsletter around to people you care about.

RECIPE OF THE MONTH

Croissant Bread Pudding

- 3 extra-large whole eggs
- 8 extra-large egg yolks
- 5 cups half-and-half
- 1 1/2 cups sugar
- 1 1/2 teaspoons pure vanilla extract
- 6 croissants, preferably stale, sliced horizontally
- 1 cup raisins

DIRECTIONS

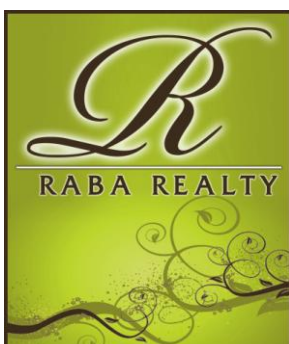
Preheat the oven to 350 degrees F.

In a medium bowl, whisk together the whole eggs, egg yolks, half-and-half, sugar, and vanilla. Set the custard mixture aside. Slice the croissants in half horizontally. In a 10 by 15 by 2 1/2-inch oval baking dish, distribute the bottoms of the sliced croissants, then add the raisins, then the tops of the croissants (brown side up), being sure the raisins are between the layers of croissants or they will burn while baking. Pour the custard over the croissants and allow to soak for 10 minutes, pressing down gently.

Place the pan in a larger one filled with 1-inch of hot water. Cover the larger pan with aluminum foil, tenting the foil so it doesn't touch the pudding. Cut a few holes in the foil to allow steam to escape. Bake for 45 minutes. Uncover and bake for 40 to 45 more minutes or until the pudding puffs up and the custard is set. Remove from the oven and cool slightly. Serve warm or at room temperature.

Recipe Courtesy of: The Barefoot Contessa

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