



Regina Miller



CENTURY 21 NATURE COAST

835 NE US HIGHWAY 19

CRYSTAL RIVER, FL 34429-4116

c214RealEstate@gmail.com

Mobile: 561-667-5387

Between FRIENDS

C214RealEstate.com

Make your dream a reality by finding your forever home this summer! Let's work together to find the new address that's right for you!



A home warranty is a home service contract that provides homeowners with essential budget protection and priceless peace of mind. When a covered home system or appliance breaks down due to normal wear and use, simply submit a service request, pay a trade call fee, and a qualified service technician will come to your home for diagnosis and repair!

OLD REPUBLIC HOME PROTECTION



Sit back and relax.
We've got your home systems and appliances covered.

Learn more!



People Helping People

Know someone who is house hunting? I would love for you to introduce them to me so I can help make homeownership happen!



Health & Safety

Five Tips for Cancer Prevention

Cancer prevention begins with making healthier choices in your daily life. By incorporating positive habits, you can significantly reduce your risk of developing this life-altering disease. Here are five essential tips to help you take proactive steps toward cancer prevention.

Ditch tobacco. Using tobacco in any form is one of the leading causes of cancer. Cigarettes, cigars, chewing tobacco, and even exposure to secondhand smoke significantly increase your risk of cancers such as lung, throat, and oral cancers.

Stay active. Regular physical activity can help reduce your risk of several types of cancer. Exercise helps maintain a healthy weight, which is crucial since obesity is a known risk factor for cancer.

Protect your skin. Protecting your skin from harmful UV rays is essential. Use a broad-spectrum sunscreen with an SPF of 30 or higher, wear protective clothing, and seek shade during peak sun hours.

Eat healthy. Focus on consuming a variety of fruits, vegetables, whole grains, and lean proteins. These foods are rich in antioxidants, vitamins, and fiber, which help protect your cells from damage.

Get regular screenings. Early detection saves lives. Regular screenings and check-ups can catch cancer in its earliest and most treatable stages.



Real Estate Today

Affordable Housing Month: Smart Saving Tips for First-time Homebuyers

Purchasing your first home is an exciting milestone, but saving for it can feel overwhelming. Proper planning and smart strategies can help you build the funds you need. Here are three tips to help first-time homebuyers save effectively:

Automate your savings. Set up automatic transfers to a dedicated savings account to build your home fund. Schedule transfers on payday to treat your savings like a non-negotiable expense.

Look for first-time homebuyer assistance. Many programs are designed to support first-time homebuyers, offering financial aid in the form of grants, low-interest loans, or tax credits. Research local, state, and federal programs that may apply to you.

Consider extra income sources. Boosting your income is another effective way to speed up your savings journey. Consider taking on a side hustle, freelancing, or selling items you no longer use. Platforms like Etsy, Uber, or Fiverr can provide opportunities to earn extra cash in your spare time.



Ingredients

Salad:

5 oz. spinach
8 oz. fresh strawberries, halved
1 avocado, sliced
½ red onion, thinly sliced
½ c. feta cheese
⅓ c. sliced almonds
¼ c. roasted pistachios, chopped and shelled

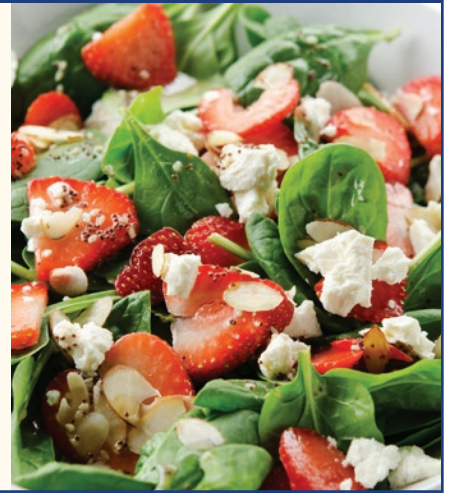
Balsamic strawberry vinaigrette dressing:

3 Tbsp. balsamic vinegar
¼ c. olive oil
1 garlic clove, minced
½ tsp. Dijon mustard
½ Tbsp. strawberry jam
Salt and pepper to taste

Combine the dressing ingredients in a small bowl and mix well. Add salt and pepper as desired.

Toast almonds on the stovetop, then add them to a pan and cook over medium heat for 2-5 minutes, stirring occasionally, until the almonds are golden brown. Remove from heat and allow to cool.

Layer spinach, strawberries, avocado, red onion, feta, toasted almonds, and chopped pistachios in a large bowl. Drizzle the dressing over the top and toss prior to serving.



Household Tips: **Extend the Life of Your Appliances: Simple Tips to Save Money**

Home appliances are essential investments, and extending their lifespan not only saves you money but can also reduce waste and energy consumption. By incorporating a few simple maintenance habits, you can keep your appliances running efficiently for years to come. Here are three ways to get the most out of your household appliances.

Clean coils. Refrigerator and air conditioner coils are crucial to heat exchange, ensuring your appliances function efficiently. Over time, dust and debris can accumulate on these coils, causing the appliance to work harder and consume more energy. To prevent this, clean the coils at least twice a year using a vacuum or a coil-cleaning brush.

Replace filters. Filters in appliances such as HVAC systems, dryers, and dishwashers are essential for proper performance. Over time, clogged filters can reduce efficiency, strain the motor, and even cause breakdowns. Check and replace or clean filters regularly as recommended by the manufacturer.

Monitor energy consumption. Unusually high energy consumption is often a sign that an appliance is struggling or nearing the end of its life. Use an energy monitor to track how much power your appliances consume. If one is using significantly more energy than expected, it might need maintenance or repairs.

