



# Between Friends

SEPTEMBER 2007



## WOW! IS IT HOT!

The best place to be when it's really hot outdoors is inside a cool air-conditioned building. However, if you must be out in the heat:

- ❖ Limit your outdoor activity to morning and evening hours.
- ❖ Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low salt diet, talk with your doctor before drinking a sports beverage.
- ❖ Try to rest often in shady areas.
- ❖ Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by applying sunscreen of SPF 15 or higher. (The most effective products say "broad spectrum" or "UVA/UVB protection" on their labels.)



## BACK TO SCHOOL TIPS

### Connecting with Your Child's School Counselor for a Successful School Year

Meet or contact your child's school counselor at least three times per school year. The beginning of a school year is an excellent opportunity to initiate contact with your child's school counselor and doing so can ensure your child's positive school experience. Find out who the counselor is and what his or her experience and background are. By communicating with one another at the beginning, middle, and end of the school year, parents and counselors can have a definite impact on a child's success.



## MARINATED LONDON BROIL WITH LEMON AND GARLIC

### Ingredients:

- 1 2- to 2 1/4-pound top sirloin steak, about 1 1/4 inches thick
- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 6 large garlic cloves
- 2 tablespoons Dijon mustard
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons grated lemon peel

### Directions:

1. Place steak in heavy large resealable plastic bag. Puree remaining ingredients in blender or processor. Season marinade with salt and pepper. Pour marinade into bag with steak; seal bag. Let steak marinate at room temperature 2 hours or chill up to 6 hours, turning bag occasionally.
  2. Preheat broiler or prepare barbecue (medium-high heat). Broil or grill steak until cooked to desired doneness, about 7 minutes per side for medium-rare. Transfer steak to platter; let stand 15 minutes. Thinly slice steak crosswise
- Makes 4 servings.



### Colette D. Smith

Your Real Estate Consultant for Life

(702) 285-6968 Cell

(702) 921-6345 E Fax

Email: [ColetteDSmith@ReMax.net](mailto:ColetteDSmith@ReMax.net)



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RE/MAX HOME STORE  
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Featured listings for September 2007

**Sold in 30 Days**



**Beautiful big home in North Las Vegas**

- \$256,000
- single story
- 1,606 sq. ft.
- 3 beds/2 baths/ 3-car garage
- 6,958 sq. ft. lot



**Rented cash  
for 1 year!**

**Lovely home in a quiet neighborhood**

- \$259,990
- 2-story
- 1,522 sq. ft.
- 3 beds/2.5 baths/ 2-car garage



**Private court yard in Booming North West**

- \$329,990
- 1,800 sq. ft.
- 7,700 sq. ft. lot
- Backs to a park
- 3 beds/2 baths/2 car extended garage



**Great 1 story home on a breeze way**

- \$242,703
- All appliances & blinds includes a covered patio
- 1,640 sq. ft.
- 3 beds/2 baths/ 2 car garage

"The difference between getting somewhere and nowhere is the courage to make an early start.

The fellow who sits still and does just what he is told will never be told to do big things."

**Charles M. Schwab**  
 1862-1939, Industrialist