

Over the Fence

NEWS FROM YOUR REAL ESTATE PROFESSIONAL...

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VOLUME 3 • ISSUE 11

NOVEMBER 2005

Get Organized for Thanksgiving

LEAVE COOKING AND CLEANING BEHIND.

These days, many people opt to go out for Thanksgiving, instead of cooking and cleaning at home. If you're an extremely busy person, this may also work for you. If you don't want to miss the feeling of being at home, lots of supermarkets and restaurants offer fully cooked Thanksgiving dinners. You simply pick everything up and place it on your table ready to be served, and if you must add a personal touch, make one special dish of your own.

2. LET'S TALK TURKEY.

First, determine how much room you have in your freezer and refrigerator, and how many people you will be serving. Then, order your turkey. If you need more storage space, perhaps a neighbor or relative can help you out. Rather than defrosting a frozen turkey in water on Thanksgiving Day, defrost it a few days ahead in your refrigerator instead. This saves tons of time!

3. CHECK YOUR INVENTORY.

Check your supply of chairs, tables, dishes, glasses, pots, pans, serving plates and utensils. Arrange to buy, rent or borrow anything you don't have.

4. PLAN YOUR MEAL.

Plan your meal from appetizers to dessert on a piece of paper. Make a list of all ingredients needed. Bring your list when you go shopping and check items off as you put them in your cart.



Don't forget to give thanks to all those around you.

5. COOK AHEAD.

Make any meals that you can well ahead of time, and freeze them. On Thanksgiving Day, just defrost, heat and serve. You will save tons of time, plus you'll be able to join in the festivities without being stuck in the kitchen.

6. GET READY THE NIGHT BEFORE.

You'll be happy you took care of a few things the night before. Set the table. Get the good silverware out of storage. Lay out your wardrobe—and your kids' wardrobes.

Excerpt from Maria Gracia, founder of GET ORGANIZED NOW!

November 11th is Veteran's Day

Veteran's Day honors America's Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

STUFFED TURKEY BREAST

4-pound boneless turkey breast, skin on

Stuffing:

2 cloves garlic, chopped
1 C. baby spinach
1/4 C. chopped parsley
1/4 C. chopped chives
2 T. chopped fresh tarragon,
or 2 t. dried
Salt and freshly ground pepper
1/4 C. olive oil

Roasted garlic butter:

2 T. roasted garlic purée
3 T. softened butter

Sauce:

2 T. balsamic vinegar
1/2 C. orange juice
2 C. chicken stock

Lay turkey skin side down on board. Combine garlic, spinach, herbs, salt and pepper in food processor. Add oil and process until puréed. Stuff turkey breast with mixture.

Wash hands and anything else that comes in contact with raw turkey and its juices with soap and water.

Combine roasted garlic and butter. With fingertips, separate skin from meat to make a pocket. Spread garlic butter inside. Skewer with toothpicks to hold it closed and tie in 2-inch sections so the breast holds its shape.

Preheat oven to 375° F. Roast 90 minutes, or until a thermometer reads 160° F, or juices run clear. Baste occasionally. Let rest for 10 minutes. Skim fat from roasting pan; add balsamic vinegar, orange juice and stock. Bring to boil, scraping up any bits in the pan. Boil until sauce thickens. Slice turkey and drizzle with sauce. Serves 6.



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Portion Distortion!

Are you eating more than you think you’re eating?

Thanks to inflated portion sizes, you probably are. It’s all too easy to lose track of normal portion sizes when you’re dining off of giant plates while chatting with family and friends. You just eat whatever is put in front of you, and only notice the effects later when your pants stoutly refuse to button.

It’s easy if you use the U.S. Department of Agriculture’s estimated portion size comparison relative to common objects.

- 1/2 a cup of fruit, vegetables, pasta or rice = a small fist
- 3 ounces of cooked meat, poultry or fish = a deck of cards
- 1 tortilla = a small salad plate
- 1 medium bagel = a hockey puck
- 1 muffin = a large egg
- 1 baked potato = a computer mouse
- 1.5 ounces of cheese = 6 dice
- 1 teaspoon of margarine or butter = a thumb tip
- 2 tbsp. Peanut butter = a golf ball



7 Ways to Cure Portion Distortion

1. Eat portions the size of a small fist.
2. Watch out for inflation.
3. Snack before dinner.
4. Split the entrée.
5. Think small.
6. Don’t serve from the table.
7. Beware of eating in front of the TV.

By learning to eyeball normal portion sizes and using these handy tips, you’ll really know the amount that you’re eating.



Vacation: Protecting Your Home

It’s always a good idea to get a house sitter when you’re on a trip. If that’s not possible, we’ve suggested a few steps you can take to protect your home while you’re away.

- Never leave an outgoing answering machine message saying you’re away.
- Have a friend or neighbor collect the mail, newspapers, advertising fliers, and other deliveries for you.
- Don’t leave the house dark at night. Put timers on lights. You can help compensate for extra electricity use by making sure you’ve turned off appliances, such as computers, VCRs, and microwave ovens.
- Pluck spare keys from beneath doormats or other hiding places.
- Store jewelry and other valuables in a safe deposit box.
- Install motion detectors on outside floodlights at both the front and rear of the home.
- Foil thieves who jimmy locks on sliding doors. Cut dowels to length and place behind the slider to stop the door from opening.