

Over the Fence

NEWS FROM YOUR REAL ESTATE PROFESSIONAL...

Security Pacific Real Estate



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Tips to Save Energy and Money Today

Did you know that the typical U.S. family spends close to \$1,500 a year on home utility bills? Unfortunately, a large portion of that energy is wasted. The good news is, there is a lot you can do to save energy and money at home.

Here's what you can do today.

- Set your thermostat comfortably low in the winter and comfortably high in the summer.
- Install a programmable thermostat that is compatible with your heating system.
- Clean or replace filters on furnaces once a month or as needed.
- Clean warm-air registers, baseboard heaters, and radiators as needed; make sure they're not blocked by furniture, carpet, or drapes.
- Use compact fluorescent light bulbs.
- Air dry dishes instead of using your dishwasher's drying cycle.
- Turn off your computer and monitor when not in use.
- Take short showers instead of baths.

- Wash only full loads of dishes and clothes.
- Look for the ENERGY STAR® label on home appliances and products. ENERGY STAR products meet strict efficiency guidelines set by the U.S. Environmental Protection Agency and the U.S. Department of Energy.
U.S. Department of Energy

Keep Your Energy Bill Out of Hot Water

Water heating can be expensive, but there are a number of ways to lower your costs

- Use less water.
- Repair leaky faucets immediately and use low-flow showerheads.
- Drain a quart of water from your water tank every three months to remove sediment that impedes heat transfer and lowers the efficiency of your heater (follow the manufacturer's instructions).
- Lower the thermostat on your water heater to 120 degrees; water heaters sometimes come from the factory with higher temperature settings than are necessary.

Don't Let the Winter Blues and Flu Season Get You Down

This January lift your tea cup to National Hot Tea Month and enjoy the warmth and health of a good cup of tea.

Over 500 studies have been performed on green tea alone, and the evidence overwhelmingly suggests that drinking tea (white, green or black) is good for your health and the more tea you drink, the more your benefits multiply.

What Makes Tea Healthy?

Studies indicate that tea contains powerful chemicals and antioxidants that show great potential in preventing the top two major causes of death in the United States—heart disease and cancer—as well as promoting health throughout the body.

A few of tea's health benefits gaining evidence through research:

- May reduce the risk of heart disease
- May reduce the risk and growth of cancer
- Aids digestion
- Improves concentration and reduces fatigue
- Fights allergies
- Wipes out germs that cause bad breath
- May improve immune system function
- Relaxes and revives the body and mind
- Prevents cavities and improves overall bone density
- May be helpful in combating arthritis and rheumatism
- May aid in weight-loss



Excerpted from The Tea Association of the USA

"There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea"—Henry James



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Repair, Replace, Relax with Fidelity National Home Warranty (FNHW). A home warranty from FNHW provides both the home buyer and seller with “peace of mind” when it comes to repairs and/or replacement of a home’s major systems and appliances. FNHW prides themselves on superior customer service, including quick response time and efficient solutions for homeowners’ problems and needs. The homeowner only needs to make one call and pay one small service fee when a problem or a repair need arises.



If you are thinking of buying or selling a home in the near future, please call for a personal interview and property assessment with no obligation.



This is not intended as a solicitation if your property is currently listed with another agent.
Fidelity National Home Warranty believes all information to be reliable, but assumes no legal responsibility for its accuracy.

Update Your Home’s Value by Increasing Its Curb Appeal

- 1. Paint your house!** Good prep work, like sanding off worn and chipped areas and priming, can make an exterior paint job last a lot longer.
- 2. Change outdated light fixtures** or add lights if you don’t have some already. Light up your doorways and walkways.
- 3. Add landscaping.** The right landscaping will make all the difference in the world. Plant a tree. Nothing will appreciate more than a tree.
- 4. Replace a worn-out garage door with a new model.** This will have a big impact, especially if you have a front-facing garage. Manufacturers offer many designs and accessories, so it’s easy to find a new door that matches your taste and house.
- 5. Illuminate your landscape.** This will completely change the look of your property at night. Angle low lighting pointing up at trees and bushes and pointing down along a pathway for safety. Keep it simple. Use solar lights that charge during the day and you will save energy and you won’t have to run wires.



How to Brew a Great Pot of Tea

1. Rinse out the teakettle and start with fresh, cold water. Never boil anything but water in your teakettle.
2. Bring the water to its first rolling boil. Never over boil! Over boiling takes the oxygen out of the water, which in turn creates a flat beverage.
3. Take the teapot to the teakettle and rinse out the pot with the boiling water from the kettle. Never take the kettle to the teapot, as you lose one degree of heat per second. Water for black tea must be 212 degrees and 170 degrees for green and white teas.
4. Use one teabag or teaspoon of loose tea per cup. Leaves enter the warm teapot and the infusion begins when the leaf opens.
5. Pour hot water gently over the leaves. (Never bruise the leaves.)
6. Allow the tea to brew for three to five minutes, according to the blend of tea and how strong you like it.

Excerpted from <http://www.loose-leaf-teas.com>

GLAZED LEMON TEA BREAD

- 1 1/2 c. sifted flour
- 1 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/3 c. shortening
- 1 c. sugar
- Finely grated rind of 1 lg. lemon
- 2 eggs
- 1/2 c. milk
- 1/2 c. finely chopped pecans

Sift flour, baking powder and salt into medium bowl. Beat shortening, sugar and rind in another bowl. Beat in eggs, one at a time. Add sifted dry ingredients, alternating with milk, beginning and ending with dry ingredients. Fold in pecans. Bake at 350 degrees for 50 minutes in 9 x 5 x 3 inch pan.

GLAZE: Mix 1/3 cup sugar and juice of 1 large lemon. Pour glaze over warm bread. Cool and slice.

