

Chit Chat

News for Home and Living

NOVEMBER 2004

How To Give Thanks For Your Blessings

While you're sharing good times at Thanksgiving, share some wisdom from ancient and modern thinkers on the subject of gratitude:

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. — Melody Beattie

They are not poor that have little, but they that desire much. The richest man, whatever his lot, is the one who's content with his lot.

— Dutch Proverb

I had the blues because I had no shoes, until upon the street I met a man who had no feet. — Denis Waitley

Gives thanks for a little and you will find a lot.

— The Hausa of Nigeria

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If the only prayer you say in your life is "thank you," that would suffice. — Meister Eckhart

When a person doesn't have gratitude, something is missing in his or her humanity. A person can almost be defined by his or her attitude toward gratitude.

— Elie Wiesel

Gratitude is not only the greatest of virtues, but the parent of all the others.

— Cicero

Real life isn't always going to be perfect or go our way, but the recurring acknowledgement of what is working in our lives can help us not only to survive but surmount our difficulties.

— Sara Ban Breathnach

*Wishing you many reasons to be grateful
this Thanksgiving!*

Tara and April

Holiday Turkey Safety

Here are some tips for cooking your holiday bird safely:

A food thermometer is essential: Cooking a stuffed turkey is riskier than cooking one not stuffed. Harmful bacteria can survive in stuffing that has not reached the safe temperature of 165°F, possibly resulting in food-borne illnesses. Therefore, it is essential that you always use a food thermometer to check the temperature of the stuffing. For safety and uniform doneness, cook stuffing separately in a casserole.

Prepare stuffing safely: The ingredients for the stuffing can be prepared ahead of time. Keep wet and dry ingredients separated; chill. Mix wet and dry ingredients just before putting stuffing into a casserole or filling the turkey cavity. The stuffing should be moist, not dry, since heat destroys bacteria more rapidly in a moist environment.

Cook stuffing safely: The safest way to cook stuffing is in a casserole in a 325°F oven. The internal temperature of the stuffing must reach 165°F.

Stuffing your turkey: If you choose to stuff your turkey, make sure it is stuffed loosely. Cook the turkey immediately after stuffing. Use a food thermometer to check the temperature in the innermost part of the thigh and in the center of the stuffing. Even if the innermost part of the thigh has reached a safe internal temperature of 180°F, the center of the stuffing inside the turkey may not have reached 165°F. Continue to cook the stuffed turkey until the stuffing has reached 165°F.

Standing time: For quality, you may choose to let the turkey stand for 20 minutes to let juices set. If your turkey is stuffed, the temperature of the stuffing will also continue to rise during this time. Remove all the stuffing from the turkey immediately after standing time.

Handling leftovers: Refrigerate stuffing in shallow containers. Use leftover stuffing within one to two days for best quality.

—Adapted from www.fsis.usda.gov

Turkey Q & A

Q: Which side of the turkey has the most feathers?

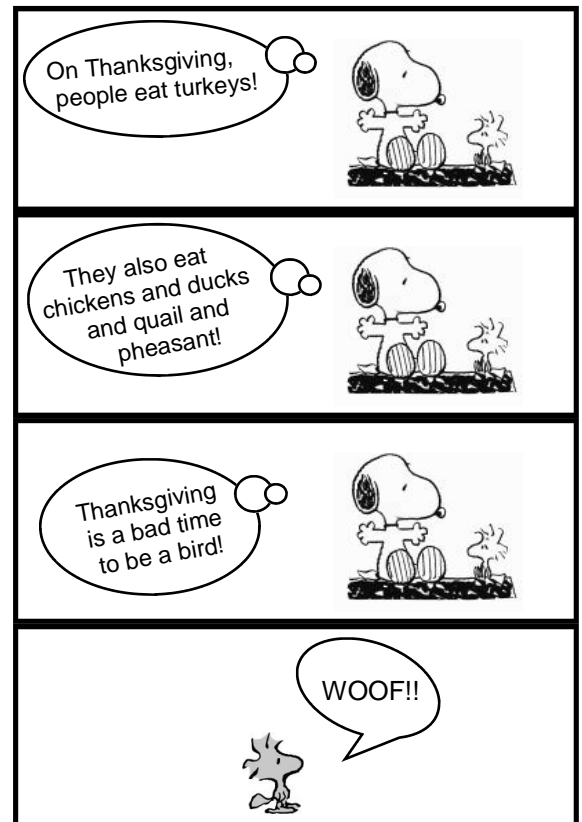
A: The outside.

Q: Why did the police arrest the turkey?

A: They suspected it of fowl play.

Q: How do you keep a turkey in suspense?

A: I'll let you know next week.



Have a Soy Thanksgiving Dinner!

Whether you're a vegetarian, a meat-eater trying to get more healthy soy into your diet, or just looking for a new twist on some old traditions, here are some soy-based recipes you may want to try for Thanksgiving. These recipes, and many more, are from *The Whole Soy Cookbook*, by Patricia Greenberg, B.S., Dietitian. Or go to the following website: <http://www.ivillage.com/food/celebrate/winterhol/articles...>

Soy Meat Loaf Serving: 6 Prep time: 15 minutes Cook time: 30 minutes Total time: 45 minutes

3 14-oz package beef flavor soy sausage 1 tsp ground black pepper 1 1/2 cup tomato paste 1 cup tomato sauce 2 1/2 cup plain bread crumbs 1 chopped large carrot 1 chopped medium onion 6 minced clove garlic 2 tsp dried basil 2 tsp dried thyme 2 tsp oregano 2 tsp dried tarragon	<ol style="list-style-type: none"> 1. Preheat oven to 350°F and lightly grease a medium baking pan. 2. Crumble soy sausage in a large mixing bowl. Add bread crumbs, carrots, onions, garlic, basil, thyme, oregano, tarragon, salt and pepper, mixing thoroughly. 3. Stir in the tomato paste thoroughly. 4. Shape the mixture into two small loaves, and place in the baking pan. 5. Bake the loaves for 30 minutes. 6. Brush the top of each loaf with tomato sauce, and bake for 5 more minutes. 7. Meanwhile, heat the remaining tomato sauce in a separate pan. 8. Remove meatloaves from oven, slice and serve hot. Pass the warmed tomato sauce on the side.
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Garlic Mashed Potatoes With Soy Milk Serving: 6 Prep time: 15 minutes Cook time: 20 minutes

3 large baking potatoes 1 tsp. vegetable oil 6 cloves garlic finely minced 3/4 cup soy milk 6 tbsp. soy margarine Garnish: chopped fresh parsley	<ol style="list-style-type: none"> 1. Peel and dice the potatoes. In a steamer basket set over boiling water, steam the potatoes for 15 minutes, until cubes are soft. 2. While the potatoes are steaming, heat the oil on medium heat in a small saucepan and lightly sauté the garlic, about 30 seconds. 3. Add the soy milk and reduce to a simmer. Continue to cook the mixture while the potatoes finish steaming. 4. When the potatoes are soft, mash them with a potato masher and stir in the soy milk mixture and the margarine, adding just as much as needed to reach the desired consistency. Garnish with parsley and serve.
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Pumpkin Tofu Cheesecake Serving: 16 Prep time: 15 minutes Cook time: 110 mins Total time: 125 mins

2 9" graham cracker pie crusts 1 1/2 lb silken tofu 1 canned or fresh cup cooked pumpkin 1 1/4 cup sugar 1 tsp cinnamon 1/2 tsp nutmeg 1/4 tsp ground cloves 12 ounces soy cream cheese 1 tbsp pure vanilla extract	<ol style="list-style-type: none"> 1. Have all the ingredients at room temperature. Preheat oven to 325°F. 2. In a blender or food processor, purée the tofu and pumpkin until smooth. 3. Add sugar, spices, soy cream cheese and vanilla, processing until smooth. Scrape down the sides as necessary. 4. Pour the tofu mixture into prepared pie crusts and bake for 50 minutes. 5. Turn the oven off, leaving the cake in the oven for 1 hour. 6. Remove and cool to room temperature. Refrigerate the cheesecake overnight. Serve cool. Makes two 9" cheesecakes.
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Welcome New Clients!

Here are some of the new clients who became members of our "Real Estate Family" recently. We'd like to welcome you and wish you all the best!

Margaret Charlton (referred by The Goetz Family, past and treasured clients)

Noe and Michelle Ramirez (selling a home in the "Wood Streets")

Rick and Anita Chaffins (selling a home in the "Wood Streets")

Suzie Hemphill (selling a home in the "Wood Streets")

We love giving recognition to our new friends and our wonderful existing clients who are kind enough to refer their friends and relatives to us.

November Quiz Question

Where is the world's tallest tree?

Everyone responding by calling or e-mailing us with the correct answer will be entered into a drawing for:

A \$30 gift certificate for a store of your choice!

Drawing to be held on 12/15/04



October Quiz Answer

Question: What is the approximate population of Riverside County (not the City), California?

Answer: 1,782,650

Source: <http://quickfacts.census.gov/qfd/states/06/06065.html>

**Congratulations to
Nancy Dempster**

Your name was selected at random from all of the correct quiz entries and you'll receive a \$30 gift certificate to a store of your choice!

See An Interesting Home?

No need to wonder about the price. No need to call a high-pressure sales agent who will just make you feel obligated. Our computers can send you the information quickly and easily, for any house, listed or sold, anywhere.

Just ask "The Sister Team"!

**It's all part of our
Free, No-obligation
Home Finder Service.**

Call Tara or April any time:
(951) 205-4428 or (951) 205-4429

We'll fax, mail or e-mail you the information on that listing within 24 hours.

The Pet Page

THE OVERWEIGHT PET

A recent survey indicated that 40% of America's pet population is overweight. If you or your veterinarian feel that your pet would benefit from a reduction in body weight, this discussion should help you achieve your objectives.

Very simply put, if your pet is overweight it is taking in (eating) more calories than it needs. Set all excuses aside ... excessive weight in an otherwise healthy pet is a direct result of consuming unnecessary amounts of food. If your pet is overweight it should be examined for heart, thyroid or other metabolic disorders. A detailed history should be taken with emphasis on frequency of exercise, amount and type of food being provided and other parameters relative to calorie requirements.

To begin, let us set the record straight on some common misconceptions regarding obesity. Healthy dogs and cats do *not* need to eat *every* day; the pet food industry has painted the picture for us of the "eager eater." The impression is that a happy, healthy pet will eat every meal with gusto. Please do not try to entice your pet to eat if it isn't interested. If you provide a good quality food and a liberal amount of water, your pet will eat when it wants, and do better than having to eat when you want.

Another common myth maintains that spaying or neutering causes obesity. This is absolutely false. Any pet, neutered or not, will gain weight if it is overfed relative to its energy requirements. The surgical procedure may slightly slow the pet's metabolism, as will normal aging, and it will then burn calories off more slowly; therefore it may require less food. Keep in mind the surgery doesn't cause the weight gain — eating too much does and YOU have control over that.

The main reason for feline obesity (as well as obesity in other mammals) is the consumption of too much food. Many cats are fed "free choice", which means that food is available all the time and the cat eats whenever it wants. This is unnatural for a true carnivore that evolved as a hunting machine! Free choice feeding has probably been the biggest single factor contributing to feline obesity. Feed two to six small portions daily and control the amounts fed so that over a period of time the cat does not gain weight.



A 23 pound cat!!!

REMEMBER....

Spaying and neutering is the most important thing we can do to help dogs and cats.

"The Sister Team" is willing and able to confidentially help those who are unable to spay or neuter their companion (or stray) animals.

Please contact us and we will donate our time and money to this most-important cause!

--Tara and April

Because of metabolic idiosyncrasies that are different from dogs, **putting a cat on a reducing diet should never be done without the close supervision of a veterinarian.** Cats are prone to developing a dangerous condition called Hepatic Lipidosis if their caloric intake is suddenly restricted. Read the articles about *Feline Obesity* and *How To Get a Cat To Reduce Weight* at <http://www.thepetcenter.com/imtop/overweight.html>.

Be sure your veterinarian evaluates Thyroid Gland function in any overweight dog or cat. Hypothyroidism is a very common instigator of excess weight in pets and this needs to be corrected or your attempts to reduce your pet's weight will probably fail. So even if your veterinarian thinks your dog doesn't "look like a Hypothyroid case", request the blood test for hypothyroidism anyway.

Good luck in your pursuit of a healthy pet(s). Please read more at the website listed above, or contact your local veterinarian.

—Tara and April

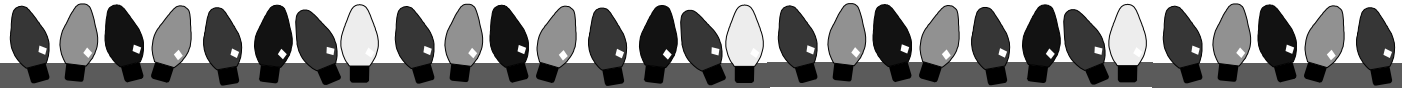


Holiday Lights Safety

If lighting up your yard, shrubs and the exterior of your house is part of your holiday season, here are some tips to help keep you shining — and safe:

- Before you start hanging lights, check all light strands for broken sockets, frayed cords and loose connections. Replace faulty strands with new ones. Don't spend too much time repairing your lights; most are made to last only a few seasons.
- Read the directions on the box of lights for guidelines on the number of sets that can be safely hooked together. The limit is usually three.
- Avoid overloading a single wall outlet or extension cord. Most outlets can accommodate up to only 1,500 watts. Add up the wattage of the bulbs on the string and don't exceed the limit.
- Use good-quality outdoor extension cords that can handle moisture.
- When wrapping tree trunks, don't use a staple gun or nails. The sap can ooze out and sink into the wires, causing a short circuit.
- Label the string lights for next year, indicating which window or portion of the house or yard they're used for. For more complicated light schemes, take a photo or draw a map.

— Adapted from the *San Diego Union-Tribune*



How To Stop Sales Calls

If you haven't signed up for the National Do Not Call Registry, you might want to do so. It seems to be working. Congress passed the Do Not Call Implementation Act in Feb. 2003, and under it a telemarketer can be fined \$11,000 each time a number on the list is called. In a poll, 92% of the respondents reported receiving fewer calls after they signed up.

Most telemarketers should not call your number once it has been on the registry for three months. If they do, you can file a complaint. You can register your home or mobile phone for free.

To subscribe to the National Do Not Call Registry, call **1-888-382-1222** or go to **www.donotcall.gov**. Your registration will be effective for five years.

Chanukah is Dec. 8-15

Chanukah, the "Festival of Dedication" or "Festival of Lights," commemorates the victory of the Maccabees over the Syrians in 165 BCE (Before the Common Era). It honors the memory of the rededication of the Holy Temple in Jerusalem, which had been defiled by the Syrians. According to tradition, when the temple was recaptured, only one small vessel of consecrated oil — enough for just one day — was found. Miraculously, that small jar of oil burned for eight days until new oil could be prepared. Since then, Jews have observed a holiday for eight days in honor of this historic victory and the miracle of the oil.



PLEASE POST THIS ON YOUR BULLETIN BOARD AT WORK

GORGEOUS 1940's "WOOD STREETS" SHOWPLACE



\$459,999



Need bedrooms? This immaculate "Wood Street" beauty has 4-5 bedrooms, 2.5 baths, 2400 sq ft, drop-dead gorgeous remodeled kitchen with preparation island and tile floor, 400 sq ft loft could be two rooms—currently being used as master. Grand formal dining room, enclosed sunroom with French doors, elegant see-thru fireplace, crown moulding, remodeled bathroom, large bedrooms, some energy-efficient windows, indoor laundry, 2-car garage and spa. Poly High School

IT JUST DOESN'T GET ANY CUTER THAN THIS "WOOD STREET" TUDOR



\$274,990

Built in 1931, this 2 bedroom cutie has central air/heat, 4-yr-old roof, beautiful hardwood floors, indoor laundry, 1-car detached garage currently used as office.

CHARMING HOME IN "WOOD STREET" NEIGHBORHOOD



\$369,900

Built in 1939, this home features almost 1600 sq ft with 3 bdrms, 2 baths plus a 325 sq ft basement! Fireplace, formal dining room with built-in hutch, and 2-car garage.



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Chit Chat

Referral Reward Program ...

We want to thank those of you who have participated in our Client Referral program! Marketing for new clients costs us tons of time, money and energy. Like any company, we need new clients to stay in business. Over the years we've found that looking for new clients takes away from the time we would rather be spending focusing on your goals, explaining your options, and providing the excellent service you expect.....*and deserve!*

If you refer your friends and relatives to us, everyone benefits. We can serve you better. We send you a nice gift. And we assure you that we'll take the very best care of anyone you refer to us.

If you want any friends, coworkers, relatives or business acquaintances to receive a free subscription to this newsletter, please contact us and we'll put them on the mailing list immediately.

It is our desire to build a business based on strong and lasting relationships.

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