



**Tarbell,
REALTORS™**

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I hope that you enjoy this month's newsletter full of tips and ideas. My time as a real estate professional has left me with a keen insight into my client's needs and challenges. I want to let you know that my experience is at your disposal.

Rely on a Home Protection Plan

No one can predict the future. But a home protection plan protects against the failure of covered systems and appliances that might breakdown in that critical first year of ownership. As a buyer, you will be able to take advantage of the following benefits: customer service 24 hours a day and 365 days per year, easy access to a network of certified and insured contractors, and a sense of comfort knowing you've protected a good part of your investment. As a seller, make your home stand out with an added special feature. Rely on a home protection plan company with a 20 year history of service, value, and integrity.

I recommend...



If you have any questions on real estate in our community I want to let you know that my door is always open to you. I look forward to fulfilling all your real estate needs now and in the future.

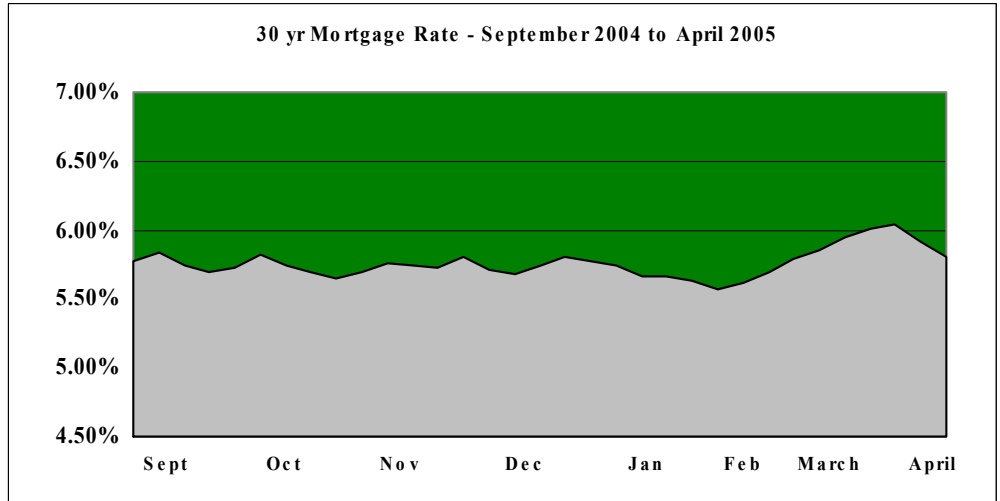
Alleviating Energy Woes

Are you dreading your next electric bill? It seems as if the cost of energy is always rising. I wanted to provide you with this list of tips on how to save money on your bill, while conserving energy at the same time.



1. During warm weather months, set your thermostat to 72 degrees or higher when occupying the room. You can save up to 3% for each degree the thermostat is set above 72 degrees.
2. Always keep the lights off when not occupying a room. Turn off lights, remove excess lighting and turn off other lights not necessary for security and safety.
3. Turn off office equipment or set it to "power down" when not in use. Setting computers, monitors, and copiers to use sleep-mode when not in use helps cut energy costs by approximately 40%.
4. On hot days, draw the curtains to keep the sun out. Remember to close doors to the outside to keep in cooler air.
5. Shade outdoor air conditioning units if possible. A unit in the sun will use up to 5 percent more energy than one that is shaded
6. To avoid humidity, reserve moisture-making jobs such as dishwashing, laundry and bathing for either early morning or at night, when it's cooler.

30 yr Mortgage Rate - September 2004 to April 2005



Recipe of the Month

Mushroom Chicken

Ingredients:

2 small chickens
1 cup sliced mushrooms
Butter
Flour
Vegetable oil
Vinegar
1 tablespoon crushed garlic
1 cup chopped parsley
Salt, pepper and cinnamon



1. Add seasoning and flour to the chickens from all sides, and inside.
2. Fry chickens with butter until brown from all sides. Leave on low heat, cover pan and cook until chickens are tender.
3. Fry mushrooms, garlic and parsley with more butter and 3 tablespoons vinegar. Cook for a few minutes.
4. Pour the garlic-mushroom mixture over the chickens and serve.
5. Serve with a green salad and your choice of white wine.

Health & Fitness

Tip of the Month:

Fight Cancer with America's Favorite Summertime Drink
The American Institute for Cancer Research (AICR) conducted a research study that turned up some surprising results. Tea contains antioxidants which neutralize "free radicals" that are thought to cause cancer. Next time you order refreshing iced tea, enjoy and know you may be fighting cancer.



Around the House

Here are some ideas you can use to reestablish the freshness of your refrigerator.

1. Remove all items from the refrigerator and freezer, dispose of any spoiled foods.
2. Wash interior walls and door liner with a solution of 1-2 tablespoons of baking soda to 1 quart of warm water. Wipe dry. Leave door open and let it air out well.
3. Spread cat litter in shallow pan in cabinet, turn on and run empty for a few days.
4. Pour several ounces imitation vanilla in a shallow saucer, put on shelf and let run empty for a few days.
5. Put fresh ground coffee in cereal bowls inside the refrigerator and let run empty several days.
6. If none of these ideas work, buy a commercial odor remover and follow the instructions exactly.



Maintenance and Repairs

Repairing Dripping Faucets:

Are you plagued with an eternally running faucet? Maybe one of the following tips will help you solve the problem!

1. Shut the water off, either at the pump or where the supply enters the house.
2. Remove the handle. Remove the screw on the top of the faucet and remove the handle. Lay the parts out in the order they come off, for easy reassembly.
3. Remove the bonnet.
4. Remove the valve stem by rotating the handle in the same direction as you would shut off the water.
5. Remove the screw on the bottom and pry out the old rubber washer. Replace the washer, or reverse the old one.
6. Check the valve seat to be sure it isn't scored.
7. Reassemble faucet.
8. Turn the water back on.

Mind Twisters

See whether your mind can work it's way around these puzzles:

1. What is special about the following sequence of numbers?
8, 5, 4, 9, 1, 7, 6, 10, 3, 2, 0
2. What would the next number be in the sequence below?
1, 1, 2, 3, 5, 8, 13, 21, 34, 55,...

answers: 1. The numbers are in alphabetical order. 2. 89. This is the Fibonacci sequence, where any number in the sequence is equal to the sum of the two previous numbers.

