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News on the House



A Welcome Spring break

Spring is in the air. The pleasant season allows you to rediscover and reinvent. It is a good time to re-evaluate your home surroundings and your personal space too. The valuable tips in this issue help you reorganize your ambience and create a family portrait for the good times ahead.

I hope you enjoy this month's newsletter that is full of tips and ideas for you as a homeowner. My time as a real estate professional enlightens me with keen insights into my clients' needs and challenges, and I want to let you know that my experience is at your disposal. Please feel welcome to talk to me about any of your real estate needs.

To ensure that you live without worries about your home's appliances, I would like to leave you with a warm note to talk to me about your homebuyer protection plans.



Spring Cleaning Ideas For Outdoor Living

Before the spring season gets into full swing, take a weekend to get your home ready for outdoor living with some cleaning tips.



- Give the garage a makeover. First, tackle the junk pile. Rid your space of unwanted items such as broken tools, rusty fishing tackle and old magazines.

To keep those extra freezers and refrigerators clean and odor free, unplug appliances and defrost the freezer. Remove all stored food and interior compartments, washing inside walls with a warm water and baking soda solution.

- Let the sun shine in with sparkling windows. For spotless windows and glass doors, wash



surface with mixture of five drops of liquid dish detergent to 2 gallons of water. Wipe dry and buff to shine with crumpled newspapers for lint-free results.



- Prepare your lawn and patio for a party. Before you put grimy window and door screens back in place for the summer months, hose them down on a flat surface and scrub them with a solution of baking soda and water; rinse thoroughly.

To clean fabric cushions or a patio umbrella, combine 1-teaspoon mild dishwashing detergent and 1 tablespoon Borax with warm water in a 12-ounce spray bottle. Spray solution on cushions or umbrella and allow to sit for 15 minutes; rinse thoroughly. Place cushions or umbrella in direct sunlight to dry.

DID YOU KNOW...



Having **the right home protection plan** helps ensure that **your home & your budget is protected.**

Call your Real Estate Professional today to find out how you can **save time and money** on home repairs.

Fighting Disease with Candy?

One of the most-often-heard buzz words about health today is “antioxidant.” As the name implies, antioxidants counteract the damaging, but normal, effects of wear and tear in our bodies. Antioxidants are nutrients (vitamins, minerals and compounds) as well as enzymes, the small proteins in the body that assist in chemical reactions. They are believed to play a role in preventing the development of such chronic conditions as cancer, heart disease, stroke, Alzheimer's disease, Rheumatoid arthritis, and cataracts.

A recently discovered source of antioxidants is the Noni fruit from South Asia. Used for ages as a natural supplement, Noni - also known as Indian Mulberry - is now becoming a mainstay in the diets of many health-conscious Americans. Is Noni rich in antioxidants? Yes. The University of Illinois is studying this recent import to determine just how many antioxidants Noni



contains and what effects they have on the body. Preliminary results are promising.

Noni also is being tested by the University of Hawaii as a possible treatment for cancer. The Noni fruit is opening a lot of doors in today's medicine.

While you'll find Noni in a variety of supplements on the market, one Dallas-based company has adopted a unique approach to adding Noni to your diet: a raspberry-flavored candy. “Noni has a lot of what we need; candy is what we want,” said Charles Townsend, chief executive officer of Mosaic Nutraceuticals. “We put the need and the want together in a soft candy chew full of Noni.”

Put Comfort on Your Picnic Menu

Spring weather is the time for outdoor fun and good food to satisfy appetites sharpened by open-air activities. Whether you're planning a barbecue, patio party or picnic, potato salad is a classic comfort food that can take the edge off hunger pangs brought on by fresh air and exercise.

Hot or Cold Layered Potato Salad

4 servings

4 hard-cooked (boiled) eggs, sliced

4 medium red potatoes, cooked, peeled and thinly sliced

2 cups shredded carrots (about 8 oz.)

1 cup chopped zucchini (about 3 small)

1 cup chopped tomato (about 1 large)

1/3 cup bottled creamy salad dressing (any variety)

Parsley sprigs, optional

Reserve a few center egg slices for garnish.

In 10 x 6 x 1 1/2-inch baking dish or casserole (ovenproof for



heated version), evenly layer 1/3 of the potatoes, the carrots, another 1/3 of the potatoes, the zucchini, the remaining 1/3 of the potatoes, the unreserved egg slices and the tomatoes. Evenly drizzle with dressing.

To serve cold: cover and chill to blend flavors, several hours or overnight.

To serve hot: bake, covered, in preheated 350 degree F oven until heated through, about 20 minutes.

Garnish with reserved egg slices and parsley, if desired. For each serving, serve a portion of all layers.



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Is Your Car Ready For Spring Break?



Spring's fast approaching, and for many that means making plans for the traditional family getaway at the mountains or with distant relatives. For most it means packing the kids, luggage, food and equipment into the family vehicle and hitting the highways. Smart

families know they should get their vehicles checked out beforehand to help ensure worry-free summer travel. But today's busy schedules leave little time for backyard, do-it-yourself tinkering. Here is some advice on locating a good repair establishment to summer proof your car.

- Start shopping for a repair facility before you need one.
- Ask your friends and associates for their recommendations; consult local consumer groups.
- Arrange for alternate transportation in advance so you will not feel forced to choose a shop based solely on location.
- Look for a neat, well-organized facility, with vehicles in the

parking lot equal in value to your own and modern equipment in the service bays.

- Look for a courteous staff, with a service consultant willing to answer questions.



- Look for policies regarding estimated repair costs, diagnostic fees, guarantees and acceptable methods of payment.

- Ask if the repair facility specializes or if it usually handles your type of repair work.

- Look for signs of professionalism in the customer service area, such as civic, community or customer service awards.

- Look for evidence of qualified technicians: trade school diplomas,

certificates of advanced courses and ASE certification. Also look for the ASE sign.