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News on the House



Safety first!



SAFETY AND YOU

Security is something we take for granted. A sudden breach leads to loss of property and peace of mind, also reducing the long-term value of the neighborhood. Here are some simple methods of ensuring you remain safe at home.

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 has left 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 or appliances, I would like to leave you with a warm note to talk to me about your home buyer protection plans.



Think Lock Security!

During the exciting time of having your house built or remodeled, make sure to consider one of the most important features that will keep you and your family safe for years to come: security.

According to the National Crime Prevention Council, about six out of 10 completed burglaries take place without any sign of forced entry, suggesting that either a door or window was left unlocked or that a duplicate key was used to open one.

Residential burglary is one of the most frequently reported crimes. It also is the most preventable. Locking your windows and doors and having proper lock security is the easiest and most cost-efficient way to prevent burglary.

The first step in securing your remodeled or newly built home is to deadbolt exterior doors. Deadbolts are available in several formats. Some are key operated from both inside and out, key operated from the outside and open with a



thumbturn on the inside, or solely operated with a thumbturn on the inside. Check with your local crime prevention authority to determine what kind of lock is recommended in your area. For maximum protection, choose high-security locks. Some locks incorporate

features that protect against drilling and picking. Keys for these locks can only be made by authorized dealers after you show proper identification.

Sliding glass doors tend to be an easy point of entry. Special locks and bars are available to prevent lifting and prying of the door. You also can put a wooden dowel or broom handle in the door track.

When thinking lock security, don't forget about your windows.

Traditional double-hung windows, which have a top and bottom sash that slides up and down, continue to be the most popular window type installed in remodeled or newly built homes. To secure these windows, install a window sash lock, a lock that's attached to the sashes of a double-hung window to keep in a shut position.

[More information at www.ncpc.org](http://www.ncpc.org)

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.

PORTION DISTORTION









Food portions in America's restaurants have doubled or tripled over the last 20 years, a key factor that is contributing to a potentially devastating increase in obesity among children and adults.

"We Can!" (Ways to Enhance Children's Activities and Nutrition), a new program from the National Institutes of Health, offers parents tips to help their families maintain a healthy weight.

"Super-sized portions at restaurants have distorted what Americans consider a normal portion size, and that affects how much we eat at home as well," said Dr. Elizabeth G. Nabel, director of NIH's National Heart, Lung, and Blood Institute. "One way to keep calories in check is to keep food portions no larger than the size of your fist."

Larger portions mean more calories, which can easily add up to extra weight. Consider, for example, if you had today's portions of the following meals:

- Breakfast: a bagel (6 inches in diameter) and a 16-ounce coffee with sugar and milk.
- Lunch: two pieces of pepperoni pizza and a 20-ounce soda.
- Dinner: a chicken Caesar salad and a 20-ounce soda.

Portion Distortion	
20 Years Ago	Today
Bagel	
 3 inches (diameter)	 6 inches (diameter)
Cheeseburger	
 4.5 ounces	 8 ounces
Popcorn (medium bag)	
 5 cups	 11 cups
Soda	
 6.5 ounces	 20 ounces
Source: National Heart, Lung, and Blood Institute	

In one day, you would consume 1,595 more calories than if you had the same foods at typical portions served 20 years ago. Over the course of one year, if consumed daily, the larger portions could amount to more than 500,000 extra calories.

Controlling portion sizes and eating smarter can help you and your family avoid extra calories. Here are some tips from the NIH:

- Bring a healthy, low-calorie lunch to work and pack a healthy "brown bag" for your children.
- When eating out, order an appetizer instead of an entree, share an entree or eat half of a meal and bring the rest home.
- Cut high-calorie foods like cheese and chocolate into small pieces and eat fewer pieces.
- Substitute a salad for french fries.
- For snacks, serve fruits and vegetables instead of sweets.

"We Can!" is designed to assist parents in helping children between the ages of 8 and 13 maintain a healthy weight through improving food choices, increasing physical activity and reducing television and recreational computer time.

For a free parents' handbook and other resources, visit <http://wecan.nhlbi.nih.gov> or call 866-35-WECAN.



**First American
Home Buyers Protection
Corporation**

Concrete driveways and sidewalks take a lot of abuse. Look down and you're likely to find dirt, oil and even rust stains. But some simple tips can keep all the concrete around your home looking clean and new.

Most dirt and grime stains can be cleaned away with a power washer. Power washers are relatively inexpensive to purchase, or may be rented. For oil and grease stains, spread a thick layer of cat litter over the grease to absorb grease or oil on the surface. Allow it to sit for a day, then simply sweep away the litter and the surface stain.



**SPOT-FREE
DRIVEWAYS**

Rust stains are more difficult to remove. One effective solution is called Super Iron Out. To remove rust stains on concrete, wet the driveway with water. Next apply the stain-fighting solution directly to the stains with a brush or sponge. Then, simply rinse the stains away.

Super Iron Out can be found at most grocery, home improvement or mass retail merchandise stores. To learn more, visit www.ironout.com.