

Over the Fence

NEWS FROM YOUR REAL ESTATE PROFESSIONAL...

Triumph Property Services



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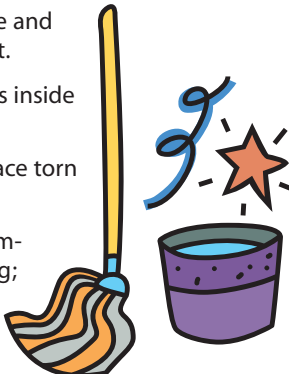


REFRESH Your Home and Spirit with a Little Spring Cleaning

Spring is on its way! Winter is loosening its cold grip, wildflowers are beginning to bloom and sunshine is peeking into windows. It's time to brighten up, rearrange furniture and welcome the return of warmer weather. A few hours of old-fashioned spring cleaning can refresh and revitalize your home and your spirit!

Where to Start?

- Move furniture and vacuum under it.
- Wash windows inside and out.
- Repair or replace torn screens.
- Bring out warm-weather clothing; clean and store heavy winter wear.
- Inspect, clean and repair outdoor furniture.



- Clean out the garage to create space for sporting goods, camping equipment and garden tools.
- Clear away dead foliage and weeds to make room for new growth.
- Check interior, exterior and grounds for any needed seasonal maintenance.
- Have cooling systems inspected so they are ready for action.
- Schedule a garage or yard sale to dispose of unwanted items and turn your trash into cash!
- Clean gutters and downspouts and inspect for proper drainage.
- Wash house exterior to remove dirt and mildew.
- Clean and replace air filters.
- Reprogram thermostat settings for warmer temperatures.
- Check pool and spa equipment.
- Clean and seal wood decks and fences.



Spring Cleaning Tips: A Few New Ideas to Try

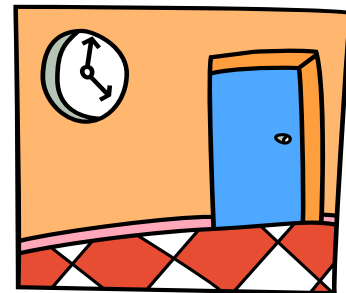
1. Dusting with a paintbrush can be an effective way to get into those hard to reach doorjambs, etc.
2. Are your shoes smelly? Here's a solution. Put some tea leaves into a pair of stockings and stuff each into a shoe. Leave for a day or two and the smell vanishes.
3. Treat stubborn bathtub stains with a mixture of cream of tartar and hydrogen peroxide. By the time the paste dries, the stain should be gone.
4. To remove sticky residue/glue, try one of these: mayonnaise, peanut butter, nail polish remover, "Goo Gone", or any oil.

5. Erasers will remove black heel marks on floors and Artgum erasers will clean bone colored shoes.

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Homemade All Purpose Cleaner

Dissolve 4 tablespoons of baking soda in 1 quart of warm water and apply with a sponge or spray bottle. Rinse with water. It can be used to clean and deodorize kitchen and bathroom surfaces and it's earth friendly!



Spring Forward on March 14th

Daylight Saving Time (DST) begins for most of the United States at 2 a.m. on the second Sunday of April. States which do not observe DST include Hawaii, a portion of Indiana, and most of Arizona (with the exception of the Navajo Indian Reservation in Arizona).



March 14: Daylight Saving Time begins on the 2nd Sunday of March at 2:00 am

March 17: St. Patrick's Day

March 20: First Day of Spring





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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 itself on superior customer service, including quick response time and efficient solutions for homeowners’ problems and needs.



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.



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Start Spring— Enjoy two new grains and recipes filled with spring vegetables

Quinoa and Bulgur are two grains that make a great substitute for rice or couscous. Both grains are high in fiber, protein rich and go well with almost any dish. See below for more information and recipes.

Quinoa

(pronounced (KEEN-wah) is a protein rich grain which is also high in unsaturated fat and lower in carbohydrates than most grains. Quinoa has a light, fluffy texture when cooked, and its mild, slightly nutty flavor makes it an alternative to white rice or couscous.

Bulgur

(pronounced bul-ger) are kernels of wheat that have been boiled, allowed to dry and then crushed. Bulgur wheat comes in three different textures, fine, medium and coarse. The texture may be labeled as #1, #2, and #3 on packages. You may also find it to be sold in freezer bags in Middle Eastern stores.

VEGETABLE QUINOA PILAF

- 2 teaspoons olive oil
- ½ onion, chopped
- 1 cup quinoa
- 2 cups water
- 2 tablespoons vegetarian or chicken-flavored bouillon granules
- 1 teaspoon ground black pepper
- 1 teaspoon thyme
- 1 carrot, chopped
- 1 tomato, chopped
- 1 cup baby spinach

Heat the olive oil in a sauce pan over medium heat; cook and stir the onion in the hot oil until translucent, about 5 minutes. Lower the heat, stir in quinoa, and toast, stirring constantly, for 2 minutes. Stir in the water, bouillon granules, black pepper, and thyme; raise heat to high and bring to a boil. Cover, reduce heat to low, and simmer for 5 minutes. Stir in the carrots. Cover and simmer until all water is absorbed, about 10 minutes. Turn off the heat, add the tomatoes and spinach, stir until the spinach is wilted and the tomatoes have given off their moisture, about 2 minutes.

TABOULE

- 12 bunches of fresh parsley (1½ cup chopped, with stems discarded)
- 2 tablespoons of fresh mint, chopped
- 1 medium onion, finely chopped
- 6 medium tomatoes, diced
- 1 tablespoon salt
- ½ teaspoon black pepper
- ½ cup bulghur, medium grade
- 6 tablespoons lemon juice
- 6 tablespoons extra virgin olive oil
- Romaine lettuce or grape leaves to line serving bowl (optional)



Soak bulghur 1½ to 2 hours in cold water until soft. Squeeze out excess water from bulghur using hands or paper towel. Combine all ingredients, except for salt, pepper, lemon juice, and olive oil. Line serving bowl with grape leaves or romaine lettuce, and add salad. Sprinkle olive oil, lemon juice, salt and pepper on top. Serve immediately or chill in refrigerator for 2 hours before serving.