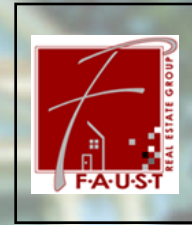




On The Move



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January 2007, Vol. 6 Issue 1

As we begin 2007, we can look forward to a New Year full of opportunity. May this New Year fill your home with happiness, your heart with love, your soul with strength, your body with good health, and your life with possibilities!

Minestrone Soup

Makes 6 servings:

Ingredients:

- 4 tablespoons margarine
- 3/4 cup chopped onion
- 1/4 cup chopped celery
- 1/2 cup chopped carrots
- 1 (19 ounce) can Cannellini bean
- 1/2 cup shredded cabbage
- 1 (14.5 ounce) can stewed tomatoes
- 1 tablespoon tomato paste
- 1 1/2 cups cubed potatoes
- 1 quart chicken broth
- 2 cloves garlic, minced
- 2 tablespoons dried parsley
- 1 teaspoon salt
- 1/2 cup elbow macaroni
- 1/2 cup grated Parmesan cheese



Directions:

- Melt butter or margarine in a heavy pot over medium heat. Add onion, celery, and carrots; Sauté for a few minutes.
- Add beans, cabbage, tomatoes, tomato paste, potato, stock, garlic, parsley, and salt to the pot. Bring to a boil, cover, and reduce heat. Simmer for approximately 1 hour until vegetables are barely tender.
- Add pasta, and simmer for 30 minutes more. Correct seasoning and serve hot with grated cheese.

January Quote:

Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better man.

~ Benjamin Franklin

The 2007 Housing Market is Upon Us

According to the National Association of Realtors[®] (NAR), "The Voice for Real Estate", 2007 expects a gradual rise in existing homesales from current levels. David Lereah, NAR's chief economist, says, "Most of the correction in home prices is behind us, but general gains in value next year will be modest by historical standards." He goes on to explain, "Buyers, especially first-time buyers, with the combined benefits of seller flexibility and an unexpected drop in mortgage interest rates, have a window of opportunity."

How To Reface Your Kitchen Cabinets

Refacing your kitchen cabinets can give your kitchen a fresh look. Cabinet refacing can denote a substantial upgrade in look but cost about half of a traditional kitchen remodel. Companies that specialize in cabinet refacing will have hundreds of styles to choose from. Once you approve the plan, they will take care of everything to your specifications. If you choose to do it yourself, the large home improvement stores are a great resource for materials. So bring home a brand new kitchen for a fraction of the cost!

3 Ways to Sleep Better than Ever

1. Lavender promotes relaxation. So sprinkle lavender water on just washed sheets and pillowcases!
2. Buy a new pillow! Studies show that pillows with an indent in the center can enhance sleep quality and reduce neck pain.
3. Eat a handful of walnuts before bed. You'll give yourself a boost of fiber, essential fatty acids and the amino acid tryptophan, which is a natural sleep inducer.



If your house is already listed with a Realtor[®] please disregard this offer.