



DeeDee and Mike Fleming

REAL ESTATE, RATES AND RECIPES

NOVEMBER 2006

Service With an Old-Fashioned Touch

Allergy-Proofing the Home

According to the American Academy of Allergy, Asthma and Immunology, a large percentage of allergens come from our own homes.

Dust Mites

These bedroom dwellers find our mattresses and pillows to be ideal places to feed on shed skin. You can protect yourself by sealing these items in anti-allergen coverings and washing your bedding and curtains frequently.

Mold

Mold thrives in high humidity areas like kitchens, bathrooms and basements. Your best prevention is to pay prompt attention to cracks where water seeps in; leaky hoses, dishwashers and toilets; and under carpets that are frequently exposed to moisture.



Cockroaches

Despite its nasty persona, it's not the cockroach that people are allergic to but rather the protein in its droppings. These creatures are attracted to humid, dark locales and exposed food sources. Preventive measures include keeping food tightly sealed and garbage containers closed (or kept outside of your home), fixing leaky pipes when they occur, and vacuuming and/or sweeping floors frequently to make sure food crumbs are swept away. Other options include strategically placed "roach motels" and calling an exterminator if your problem is especially bad.

For the entire article, including room-by-room cleaning tips, visit the "Reading Room" at www.FlemingProperties.net.

OH, BY THE WAY...

With our nation-wide network of realtors, you're never too far away for us to help you. We can find an agent just right for you, *just give us a call!*

Average Mortgage Rates

(Source: FHLMC "Freddie Mac" www.freddiemac.com)

Nov 16, 2006	30-yr	15-yr	5/1-yr ARM	1-yr ARM
Average Rates:	6.24%	5.94%	6.04%	5.53%
Fees & Points:	.5	.5	.5	.5

Easy Decadent Truffles

- Simple and very rich! Make different varieties from the same batch.
- INGREDIENTS:
 - 1 (8 ounce) package cream cheese, softened
 - 3 cups confectioners' sugar, sifted
 - 3 cups semisweet chocolate chips, melted
 - 1 1/2 teaspoons vanilla
- DIRECTIONS:
 - 1. In a large bowl, beat cream cheese until smooth. Gradually beat in powdered sugar until well blended. Stir in melted chocolate and vanilla until no streaks remain. Refrigerate for about 1 hour. Shape into 1 inch balls.
 - Roll truffles in ground walnuts (or any ground nuts), cocoa, coconut, confectioners' sugar, candy sprinkles, etc.
 - To flavor truffles with liqueurs or other flavorings, omit vanilla. Divide truffle mixture into thirds. Add 1 tablespoon liqueur (almond, coffee, orange) to each mixture; mix well.

(www.allrecipes.com)



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