



DeeDee and Mike Fleming

REAL ESTATE, RATES AND RECIPES

OCTOBER 2007

Service With an Old-Fashioned Touch

Managing Your Energy

How to Reignite the Fire

The busy holiday season is fast approaching, and that means keeping up with the hectic pace of life will get even more difficult. Trying to balance work, relationships and the demands of day-to-day life can exact a relentless toll.

The consequences often take the form of feeling pressured, overburdened, distracted, disengaged and ultimately, burned out.

How can you reignite the fire within and keep it burning bright? The answer lies in learning to manage our energy, to value, cultivate and regularly renew this precious resource.

To function at our best, we need to draw on four separate sources of energy.



Physical energy is fundamental and it is fueled by good nutrition, regular exercise and sufficient sleep.

Optimal emotional energy is fueled by connection to others, and the regular experience of joy and gratitude. It is characterized by security, confidence, empathy and optimism.

Mental energy fuels focus. Cultivate mental energy by taking time out to think about your long term goals, setting priorities and reading regularly.

Spiritual energy fuels passion, commitment and perseverance. It is grounded in a commitment to something larger than ourselves and an alignment between our most deeply held values and our everyday behaviors.

(Buffini Systems)

| Average Mortgage Rates (Source: FHLMC "Freddie Mac" www.freddiemac.com) | | | | |
|--|-------|-------|------------|----------|
| Oct 18, 2007 | 30-yr | 15-yr | 5/1-yr ARM | 1-yr ARM |
| Average Rates: | 6.40% | 6.08% | 6.11% | 5.76% |
| Fees & Points: | .5 | .6 | .5 | .6 |

Mini Pumpkin Butterscotch Muffins

INGREDIENTS:

- | | |
|-------------------------------|----------------------------|
| 1 3/4 cups all-purpose flour | 1/2 cup brown sugar |
| 1/2 cup white sugar | 1 teaspoon ground cinnamon |
| 1/2 teaspoon ground ginger | 1/2 teaspoon ground nutmeg |
| 1 teaspoon baking soda | 1/4 teaspoon baking powder |
| 1/2 teaspoon salt | 2 eggs |
| 1/2 cup melted butter | 1 cup canned pumpkin |
| 1-6 oz pkg butterscotch chips | |

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Grease mini-muffin pan with cooking spray.
2. Sift together the flour, brown sugar, white sugar, cinnamon, ginger, nutmeg, baking soda, baking powder, and salt into a large bowl. Whisk together the eggs, butter, and pumpkin in a separate bowl. Mix the flour mixture with the egg mixture. Stir in the butterscotch chips; pour into each cup of the muffin pan to about 3/4 full.
3. Bake in preheated oven until a toothpick inserted into the center of a muffin comes out clean, 10 to 12 minutes.

AND BY THE WAY...

If you know someone who's looking for a great realtor, whether close by or across the country, We Can Help!

Just give us a call!



Web: www.FlemingProperties.net

Fax: 480-821-8157

The DeeDee & Mike Fleming Team

(480) 239-7194

DeeDee@FlemingProperties.net

Mike@FlemingProperties.net