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August 2007

Recipe Of The Month

Savory Fresh Apricot Bites



Recipe Summary:

Preparation Time: 10 minutes

Number of Servings: 12

Cups of Fruits and Vegetables Per Person: 0.5

Ingredients:

- 4 oz, fat-free cream cheese, softened
- 12 fresh apricots, halved
- 1/4 cup, pistachios, finely chopped

Directions: Stir cream cheese until smooth; pipe or spoon into apricot halves. Sprinkle tops with pistachios. Serve as an appetizer, snack, or dessert.

Kitchen Conversions

Cup	=	Fluid oz	=	Tablespoons	=	Teaspoons	=	milliliters
1 c	=	8 oz	=	16 tbsp.	=	48 tsp.	=	237 ml
3/4 c	=	6 oz	=	12 tbsp.	=	36 tsp.	=	177 ml
2/3 c	=	5 oz	=	11 tbsp.	=	33 tsp.	=	158 ml
1/2 c	=	4 oz	=	8 tbsp.	=	24 tsp.	=	118 ml
1/3 c	=	3 oz	=	5 tbsp.	=	15 tsp.	=	79 ml
1/4 c	=	2 oz	=	4 tbsp.	=	12 tsp.	=	59 ml
1/8 c	=	1 oz	=	2 tbsp.	=	6 tsp.	=	30 ml
1/16 c	=	1/2 oz	=	1 tbsp.	=	3 tsp.	=	15 ml

National Immunization Awareness Month

August is recognized as National Immunization Awareness Month (NIAM). The goal of NIAM is to increase awareness about immunizations across the life span, from infants to the elderly.

August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college, and healthcare workers are preparing for the upcoming flu season.

Why are immunizations important?

Immunization is one of the most significant public health achievements of the 20th century. Vaccines have eradicated smallpox, eliminated wild poliovirus in the U.S. and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases. But despite these efforts, today tens of thousands of people in the U.S. still die from these and other vaccine-preventable diseases.

Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their families and friends and their communities from serious, life-threatening infections.

To read more about "Immunization Awareness" visit the Centers for Disease Control and Prevention at

<http://www.cdc.gov/vaccines/events/niam/default.htm>

More Houses Have More Bedrooms

American homes are getting bigger — at least when measured by the number of bedrooms they have — according to a new analysis of data from the U.S. Census Bureau’s American Community Survey. In 2005, one in five occupied homes (20 percent) had four or more bedrooms, compared to 17.7 percent in 2000.

In 2005, Utah was the leader among states in this category, with four out of 10 homes (39.2 percent) having four or more bedrooms. Maryland ranked second at 28 percent. Colorado (26.2), Delaware (25.8), Minnesota (26.2), North Dakota (26.1) and Virginia (26.5) also have a large percentage of bigger homes.

Among counties with populations of 65,000 or more (the threshold for 2005 American Community Survey data), Davis County, Utah (49.4 percent); Fayette County, Ga. (45.5); Forsyth County, Ga. (48.5); Loudon County, Va. (44.6); Stafford County, Va. (43.8); and Utah County, Utah (45.7) had the highest percentage of homes with four or more bedrooms.

The bedroom data are among the dozens of housing topics that can be localized from the American Community Survey. One of the housing facts of interest :

Most common types of housing with four or more bedrooms.

Single-family homes	62.7%
Apartments with 10 or more units	12%
Mobile homes or other type of housing (RV, houseboat, etc.)	6.5%
Townhomes	5.8%

The 2005 ACS estimates are based on an annual, nationwide household sample of about 250,000 addresses per month, or 2.5 percent of the population a year. Geographic areas for which data are available are based on total populations of 65,000 or more. The ACS estimates released are for the household population and do not include populations residing in group quarters.

As is the case with all surveys, statistics from sample surveys are subject to sampling and non-sampling error. Estimates for states (or counties, cities, regions, etc.) in the same paragraph may not be significantly different from one another. Please consult the data tables for specific margins of error. For more information visit

<http://www.census.gov/acs/www/UseData/index.htm>

Safety Tips

10 SMART ROUTES TO BICYCLE SAFETY

1. Protect Your Head . . . Wear a Helmet
2. See and Be Seen . . . Wear Bright Colors or Reflective Stripes.
3. Avoid Biking at Night.
4. Stay Alert . . . Keep a Lookout for Obstacles in Your Path.
5. Go with the Flow. . . Ride WITH Traffic.
6. Check for Traffic. . . Be Aware of Traffic Around You. (Intersections, Driveways).
7. Learn Rules of the Road . . . Obey Traffic Laws.
8. Assure Bicycle Readiness . . . Is Your Bicycle Properly Adjusted?
9. Can You Stop It?. . . Check Brakes Before Riding.
10. Check Your Wheels . . . “Quick Release” Wheels Should Be Securely Fastened.

U.S. Consumer Product Safety Commission



If you are currently working with another Broker please do not consider this a solicitation.

