



January 2009



Plum-Raspberry Dessert Soup

New Year's Resolutions



Ingredients:

- 1-1/2 lbs (8 medium) fresh plums
- 1 cup fresh or frozen raspberries
- 3 (3-inch) cinnamon sticks
- 1-1/2 cup red dinner wine
- 1 Tbsp corn starch
- 2 Tbsp sugar

Directions: Combine plums, berries, cinnamon and red wine in saucepan. Bring to a boil, then reduce heat and simmer for 15 minutes. Whisk cornstarch with 1/2 cup water. Add to soup and cook, stirring until thickened. Add sugar to taste. Cool. Discard cinnamon then puree in electric blender. Chill until ready to serve. To serve, portion soup into shallow bowls. Add small scoop of low-fat frozen yogurt to the center of each bowl and garnish with mint, if desired.

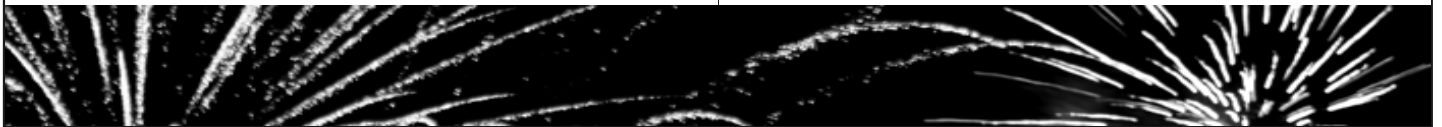
-fruitsandveggiesmatter.gov

Lose weight, eat right, save money, quit smoking, reduce stress, help others..seem to be just a few popular New Year's Resolutions this time of year.

We go to excess with food, fun, festivities and a fast approaching end of the year in December. So, it is only natural to view the New Year as a way to correct the craziness of the holiday excesses from the previous month.

New Year's resolutions help us get organized, get healthy, slow down, and approach the next year with new vigor.

However, if January 1st seems like a close deadline to make for your New Year's resolutions, remember the Chinese New Year - Year of the Ox - begins later on January 26th. Allowing some of us a little more time to get organized and re-pledge our commitment to improve in 2009.



Expenses, Deductions & Moving

Are you getting ready to move? Have you already moved in 2008? Here are some things to keep in mind about moving expenses and real estate deductions for your upcoming or previous move.

Moving Expenses

Your moving expenses may be deductible on your federal tax return if you meet certain tests relating to all three of the following requirements: Your move is closely related to the start of work at a new job location, You meet the distance test, and You meet the time test. However, if your employer reimburses you for the cost of the move, the reimbursement may have to be included on your tax return.

Buying a Home

Many people find that home ownership allows them to itemize deductions on their tax returns. If you're a first-time homeowner, you should know that mortgage interest, "points" paid to obtain the mortgage and real estate taxes are deductible expenses that can be itemized to help reduce the amount of taxes you owe. Other expenses that can be itemized and deducted include medical costs, certain state and local tax payments, charitable contributions, casualty losses and certain miscellaneous deductions. If the total amount of your itemized deductions is more than the standard deduction amount, you can usually benefit by itemizing.

New Tax Law 2009 First-Time Homebuyer Credit

Those who bought a main home recently or are considering buying one may qualify for the first-time homebuyer credit. Normally, a taxpayer qualifies if she didn't own a main home during the prior three years. This unique credit of up to \$7,500 works much like a 15-year interest-free loan. It is available for a limited time only — on homes bought from April 9, 2008, to June 30, 2009. It can be claimed on new Form 5405 and is repaid each year as an additional tax. Income limits and other special rules apply.

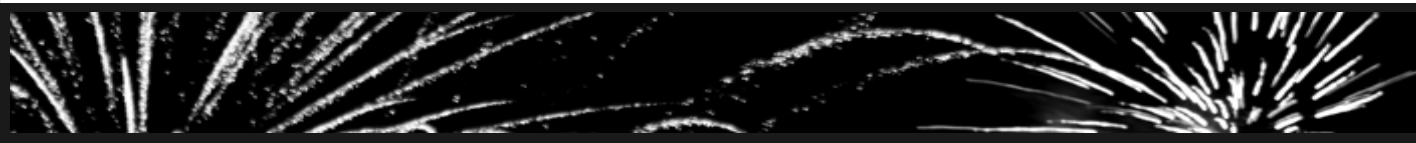
IRS publications and forms are available at <http://www.irs.gov>, or you can order a free copy by calling toll-free 1-800-TAX-FORM (1-800-829-3676).

Food Safety New Year's Resolutions

1. I will buy and use a food thermometer.
2. I will not leave pizza sitting out on the table or my "doggie" bag in the car overnight.
3. I will not defrost my turkey in the garage or in the trunk of my car.
4. I will wash my hands and all food preparation surfaces with soap and water before and after touching raw meat, poultry or fish.
5. I will not feed my dog or cat old "leftovers" or "take-out" food that's no longer fit for people.
6. I will not leave "take-out" or "ready-to-eat" food in the refrigerator so long that it's forgotten.
7. I will not lick the spoon or the bowl of homemade cookie dough or cake batter made with raw eggs.
8. When grilling outdoors, I will use a clean plate for the cooked hamburgers, hot dogs or other meat or fish. I won't use the same plate that held raw meat.
9. I will always put an ice pack in my child's lunch box and my own lunch bag if I have a perishable lunch, such as meat, poultry, fish, milk or eggs.
10. I will put meat and poultry packages in plastic bags at the meat counter before putting them in my grocery cart.

If I have a question about food safety, I will call the USDA Meat and Poultry Hotline toll free at 1-888-MPHotline or 1-888-674-6854, TTY: 1-800-256-7072.

-USDA Food Safety & Inspections Service



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

