



Caryn Kuhlman  
630-730-8027

# Out and About

January 2010



“Home is where your Story Begins..”

## Happy New Year!

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What a year it's been. With all the craziness going on around us, I have found myself focusing on what's most important in my life.

My faith, my family and my friends have not been changed. However, we have all been challenged by the economy, our 401k's, the bank and auto bailouts, high unemployment and the real estate market. All in all, when I look back on 2009, I feel blessed.

This year I watched my firstborn son, graduate from high school and head off to Ohio for Franciscan University.

Recently, my youngest son has decided to graduate high school a year early and join his brother this fall in Ohio. Life is constantly changing.

So, it means that next fall, my husband of 25 years and I will become empty nesters. Any tips on surviving this syndrome would be greatly appreciated.

Wishing each and every one of you a blessed New Year filled with much love and laughter.

And as always, when I am counting my blessings, you come to mind.  
Happy New Year.

## Recipe of the Month

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#### Stuffed Green Pepper Soup

- 1# extra lean Ground Beef
- 1 cup diced onion
- ½ tsp. Oregano & Basil
- 1-15oz can of Diced Tomatoes
- 1-15oz can of Tomato Sauce
- 2 cups chopped Green Peppers
- 3 cups water
- 1 Tablespoon Beef Bouillon
- 1 cup of cooked brown rice

Brown the ground beef with diced onion until onions appear translucent. Place in a slow cooker with the remaining ingredients on low for 6-8 hours or place in a large soup pot and simmer for one hour.

Delicious and Low Fat.

And if you are a weight watcher, 1 cup equals 1 point.

## Simplify!

Everyone is trying to economize and keep costs low right now.

So, more and more retailers are offering frequent discount cards to keep their current customers coming back.

From hardware stores to grocery stores it seems like everywhere you shop, they are offering you a discount if you sign up with your personal information. In return, they give you these colorful plastic tabs to hang off your key rings.

I don't know about you, but my key ring is beginning to look more decorative than useful.

The other day I found a useful site that allows you to consolidate up to six of your loyalty cards onto just one card. It's a free service and it's easy to do.

Go to [WWW.KeyRingThing.Com](http://WWW.KeyRingThing.Com)

They have a video that will guide you through to make the process quick and easy.

There is still time to cash in on the Tax Credit. It's good for current home owners and for first time buyers. To qualify, a purchase agreement must be signed by April 30, 2010 and closed by June 30, 2010.

Shoot for the moon,  
Even if you miss,  
You'll land among the stars!

Les Brown