

AROUND THE HOUSE

AUGUST 2013

NEWS FROM OUR FAMILY TO YOURS



"Our Services"

Include:

Kitchen/Bath Remodels

Basement Finishing

Additions

Whole House
Remodeling or Build

Energy Efficient
Siding/Windows

Home Offices

Certified Aging-in-
Place Specialist

Four Season Rooms/
Patios

Outdoor Kitchens

Inside This Issue:

- **Create a Space to Keep Teens Entertained**
- **Why Slower May Be Better**
- **Update Your Kitchen Without Emptying Your Wallet**

Plus much, much more!!!

Didaskaleinophobia ... and Some Interesting Back to School Facts

Summer break around the world: Think eight weeks of summer vacation is too long? In Chile, summer vacation lasts from mid-December to early March, meaning Chilean children are off for about 12 weeks. And in Ethiopia, vacation is 12 to 15 weeks, depending on the school. Germany, however, only has a very short six week vacation.

Shopping: In the US, \$7.7 billion was spent for back-to-school clothes shopping last August (2011). Add on the \$2.4 billion spent in bookstores that same month, and you notice how many people go shopping right before schools let back in.

Crayons: Everyone's favorite coloring utensil, the crayon, ranks #18 on the list of most recognizable scents, according to a study done by Yale University.

In the Color Census of 2000, blue was voted the favorite crayon color. The worst? Tan, tumbleweed and spring green.

By the time a little one turns 10, they will have worn down approximately 730 crayons and will have spent about 28 minutes per day coloring (on average).

Summer vacation: Before the school calendar became national, geography determined when students attended classes. In small, rural areas, school went from December to March and May to August so that kids could help plant in the spring and harvest in the fall. In the urban centers, schools feared spread of disease in hot, crowded schoolrooms and gave their children summers off.

Buses: Approximately 480,000 yellow school buses carry 25 million US children to and from school every weekday. That's a lot of buses!

Biggest school: The biggest school in the world (in terms of pupils, not area) is the City Montessori school in Lucknow, India.

The school was set up by the Ghandi's in 1959 and has more than 32,000 students! That's more than a lot of universities (not to mention a lot of towns...)

School phobia: Didaskaleinophobia is the fear of going to school. Yes, it actually exists, and 2.4% of school-aged children are considered to have it, on an international level.

Give Teens Cool Spaces to Hang at Home

Home designers say they're responding to parents who want their teens and preteens to spend more time at home. They are setting up areas, from a one-bedroom size to a thousand square feet or more where kids can relax, play games and entertain their friends.

Those who have the space may include a ping-pong table or a billiard table, a recording studio, a pinball machine, a kitchen or a theater for movies and videogames.

Parents tend to make computer screens large so they can keep an eye on what kids are watching.

As part of a whole-house remodel, Christine Markatos Lowe designed a kid's lounge off one home's kitchen. The clients' two sons say it's fun to go there after a long day at school. They can relax on the couch and play video games or watch television.

Family experts at The Wall Street Journal report that, as families grow smaller and many homes are large, the teen room has evolved into a social center in its own right.

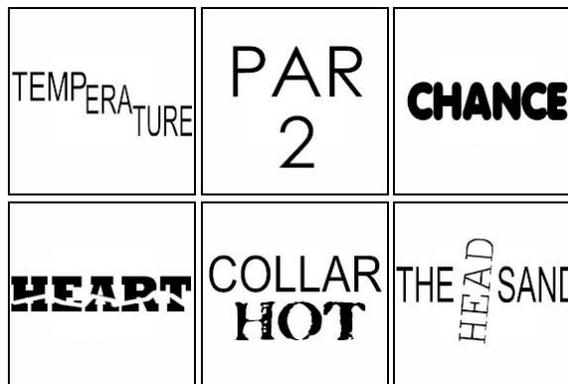
Psychologists believe that parents today spend more time with their children than ever before. This is a loving and conscientious generation of parents.

One mother of two turned the pool house into a teen lounge for her son's 16th birthday. One goal: to encourage him to spend more time at home after he got his driver's license.

Parents say the tween and teen room can help maintain peace throughout the grown-up areas of the house. Kids need space to hang out and parents need tranquility so they can relax.

Real estate experts recommend that the teen spaces should be designed in a way that makes it relatively easy to convert them back into the house. One appraiser says a teen room is an amenity that doesn't add much value when selling a home.

Just for Fun



A wuzzle is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each wuzzle is meant to represent.

Answer page 8

Why was the cafeteria clock always running slow?

Answer page 8

What is it that the person who makes it doesn't need it. The person who buys it does not need it for themselves and the person who uses it doesn't know it?

Answer page 8

CHRISTIE'S DESIGN/ BUILD REMODELING

August Is:

- Admit You're Happy Month
- Family Fun Month
- National Catfish Month
- National Eye Exam Month
- National Golf Month
- Peach Month
- Romance Awareness Month
- Water Quality month
- National Picnic Month

Health Advice & Social Networking Come Together

From websites to phone apps, medical information seems to be abundant in every corner of the internet.

Some new startup companies think **we** need more and aim to bring a social and networking aspect to medicine.

Social networking among patients has been going on for years with many groups on Yahoo and others dedicated to sharing information on specific diseases.

These new social networking sites combine medical knowledge and social networking, according to Fortune.

PatientsLikeMe.com is one of the most extensive sites. It was started by two MIT engineers after their brother was diagnosed with ALS (Lou Gehrig's disease). They were frustrated by the lack of reliable information and support online. Their website aims to answer those problems in a site where visitors can share with people who have the same diseases. The site now has 200,000 users and covers about 1,800 diseases. Members fill out online forms, giving permission for the site to sell data to research institutions.

One of the newest networks, HealthTap, links 1.2 million doctors worldwide to patients asking questions about symptoms and diseases. The questions range from mysterious (How can I sprain my ankle? I'm not trying to get out of anything) to serious (Is biopsy the best diagnostic tool for brain cancer?)

Settle Your Sleep Debt (or Bank a Few Hours)

About 50 million Americans report getting an insufficient amount of sleep, according to the Centers for Disease Control and Prevention.

Seven to nine hours of sleep are recommended but many people get closer to six. As the week wears on, they build up a sleep debt.

Recovery sleep

New research shows, contrary to previous information, sleeping later on Saturday morning can count as recovery sleep. It works best for owls who normally stay up late.

If you're a lark who wakens early, a nap later in afternoon would work better. Larks tend to wake at dawn. People generally rank somewhere between an owl and a lark.

Recovery sleep works in the short term, says the American Academy of Sleep, but it will only pay a sleep debt created over two to four days. Sleep you lost two weeks ago is gone forever.

Sleep banking

Here's a new idea. Recent data suggest that banking sleep in advance of a long night can prevent upcoming sleep deprivation. If you know you'll be up until the wee hours of the morning on one or more days, you can prevent sleep deprivation by sleeping longer on a few nights before the event.

Scheduled naps

Doctors at Stanford University Sleep Clinic say scheduling naps during the day would be better than disrupting your usual sleep pattern by sleeping late on weekends. The best naps are about 25 minutes long.

The effects of changing sleep patterns from weekdays to weekends can confuse the body and result in grogginess. Still, those who do it are better at tasks than the sleep deprived.

		6		5		4	3	
9								
	1				7		5	2
		9	4					7
	3						2	
7					1	5		
3	8		6				9	
								5
	5	2		1		3		

To solve a sudoku, you only need logic and patience. No math is required.
Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

**WE WELCOME THIS MONTH'S NEW CLIENTS TO THE
"CHRISTIE'S REMODELING FAMILY"**

Here are some of our new clients that became members of the "Christie's Remodeling Family" this past month. I'd like to welcome you and wish you all the best!

Mark and Amy Smith from Longmont

Ben Silver with Central Foreign Auto in Westminster

We are giving recognition to our new clients and our superb friends who are kind enough to refer their neighbors and relatives to us.

Slow Down! (You Move Too Fast)

The minute someone urges you to decide now, Norm Brodsky of Inc.'s Street Smarts advises one thing: Slow down.

Decisions that can impact your bottom line, decisions that could hurt people if things go sour, these are the decisions that take time and thought.

Don't rush into a decision before you consider all the relevant issues. Whether you're the business owner or a manager, you will make mistakes in your career, but nonex should be because you were forced to make a premature decision.

Most people spend more time planning their vacations than their future, according to Peter Hawkins in The Art of Building Windmills.

* Take the time. Some decisions should take you days or even weeks to study and make. With sufficient time you can fully understand the ramifications of your choices.

* Advice can be crucial in big decisions. Get advice from other entrepreneurs and trusted business people.

Your employees may well have some good advice. See it from their perspective and make sure you understand all sides of the situation. Be objective and listen.

* Keep the big picture in mind. Always try to make sure it is a win-win situation. You can make sure of this by, again, looking at others' opinions.

* Don't make decisions that impact another person. In particular, when making a decision for another person, be sure that they are part of the process. Without their input, they won't try very hard to make it work.

Big decisions can have a lasting impact on your life and your business. It makes sense to do your research before making them.

Tear Down That Wall ... With Caution

Removing a wall between the kitchen and dining room, or between two bedrooms, can give you a more open floor plan and more living space.

It's a relatively inexpensive project if it's not a loadbearing wall. All you have to do is bring down the wall and fill the gaps in the ceiling and drywall, then smooth out the patch job and paint.

Always get a contractor or construction engineer to certify that the wall is, in fact, nonloadbearing.

Removing a loadbearing wall could cost thousands of dollars for installing the structural work. The project could be ten times more expensive.

Kitchen Updates That Won't Break You

Focus on the feeling you want, down-home, vintage, or modern.

Workflow: If your sink, stove and fridge don't form the recommended work triangle, think about how to improve efficiency and workflow.

Lighting: To bring more life to the room, layer your lighting. Use pendant fixtures as well as fixtures that go under cabinets and on the ceiling. LED light bulbs lower the electric bill and last longer so you won't need to change bulbs as often.

Comfortable seating: Either at the countertop or with a long built-in bench: soften the feel with cushions and pillows.

If you have the space, consider using a table that seats up to six people. Use padded chairs with arms. Wheels are a plus. The table offers plenty of space for reading the mail, spreading out the newspapers you're reading, or for homework.

Flooring: Pick a floor covering that's durable for heavy traffic and comfortable to stand on. Experts at floorbiz.com say cork flooring is environmentally friendly, thermal insulating, fire resistant, sound absorbing, extremely durable, and best of all, the most comfortable floor you'll ever walk on.

Oven Baked Catfish

Ingredients

- 1 ½ pounds catfish fillets
- ½ cup yellow cornmeal
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- 1 teaspoon salt
- ½ teaspoon celery seed
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper
- ½ cup skim milk
- Cooking spray



Directions

- Preheat the oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil and coat with cooking spray.
- In a shallow dish, stir together the cornmeal, paprika, thyme, salt, celery seed, onion powder, garlic powder, and pepper. Dip the catfish fillets in milk, then place them into the cornmeal mixture and coat liberally; place on the greased baking sheet. Coat the tops of the fillets with cooking spray until wet.
- Bake for 15 minutes in the preheated oven, or until fish is easily flaked with a fork.

Recipe Source: Food.com

Dessert Nachos

- 1/3 cup peanut butter
- 2 tablespoons confectioners' sugars
- ½ cup chocolate chips
- 2 ½ cups mini round corn tortilla chips
- ¼ cup miniature marshmallows
- ¼ cup sweetened flaked coconut
- Preheat your oven's broiler.
- Combine the peanut butter and confectioners' sugar in a microwave-safe bowl. Heat the mixture until the peanut butter melts, about 1 minute. Place the chocolate chips in a separate microwave-safe bowl; melt the chips in the microwave, about 1 minute.
- Arrange the tortilla chips into an even layer on a baking sheet. Drizzle the peanut butter mixture and the melted chocolate over the chips. Scatter the marshmallows and coconut over the chips.
- Place under preheated broiler until the marshmallows begin to brown, 2 to 3 minutes. Serve hot.

**Call Today
To Learn
How To
Save On
Your Next
Home
Project**

**(303)
833-4715**

****\$1,100 Remaining****

Each year, because of the nature of our business, we spend thousands of dollars on advertising, much of that money wasted over the past years learning what works for our company. Since referrals from our clients and friends have always been the best source of new business, we thought, "Why waste our money on unproductive advertising and spend some of our advertising dollars on what works best - referrals"? It's our way of saying, "Thanks for the Referral" and giving recognition to our good friends and clients who help support us!

Last month, our friends, **Wendy Hofmann** our **\$200 REFERRAL FEE** for referring **Sean Galvin and Melinda Cullen** to Christie's for a Basement remodel in Longmont- thank you!

\$2,500 Give Away!

CHRISTIE'S DESIGN/BUILD REMODELING is asking for your help. When you send your referrals, you are helping the business grow. To say, "Thank You" Christie's is offering these special rewards for you and your friends and family.

Here's how it works:

You'll receive \$200 for each referral. That's \$200 for referring your friends, family, and your neighbors, etc. WOW that's easy money! *

There is no limit to the amount you can earn! Refer as many times as you want.

You or your referral can call, fax, or email their contact information to us and we'll take it from there!

Our rewards program runs until the \$2,500 is gone or until the end of the year (12/31/2012), whichever comes first! Watch for future newsletters for the future balance.

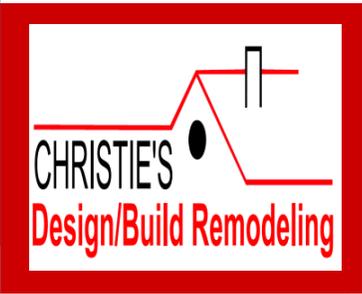
Rest assured, at **CHRISTIE'S DESIGN/BUILD REMODELING** we'll treat your family, friends, neighbors, and co-workers with the care and professionalism you've come to trust.

Call: (303) 833-4715

Fax: (303) 325-7344

Email: Office@ChristiesCompleteServices.com

****We must receive the referral information in our office or we won't know to give you credit for the referral. To receive the \$200.00, the contract minimum is \$5,000.00. A contract must be signed and deposit received by Christie's before the referral compensation will be issued. There is no limit to the number of times you can receive compensation.**



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2	7	6	1	5	8	4	3	9
9	4	5	3	6	2	8	7	1
8	1	3	9	4	7	6	5	2
5	2	9	4	8	3	1	6	7
1	3	4	5	7	6	9	2	8
7	6	8	2	9	1	5	4	3
3	8	1	6	2	5	7	9	4
6	9	7	8	3	4	2	1	5
4	5	2	7	1	9	3	8	6

Wuzzle Answers

1. Falling Temperature
2. Two Under Par
3. Fat Chance
4. Broken Heart
5. Hot Under the Collar
6. Head in the Sand

Answer to riddle:
Because every
lunch period it
went back four
seconds!

CHRISTIE'S REMODELING
Money Saving Coupon

**Tired of looking at those old
dingy kitchen cabinets???**

LOOK WHAT CHRISTIE'S IS OFFERING FOR
THIS MONTH'S COUPON

**We are offering a \$1000 off kitchen cabinets
with purchase of \$20,000 or more in cabinets.**

EXTENDED OFFER!

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CONTRACT MUST BE SIGNED BY

August 31, 2013

Your project must be a complete patio finish. This coupon must be presented at
first appointment



**Basement Finishing ~ Bath Remodeling ~
Kitchen Remodeling ~ Additions ~ Whole House
Remodeling ~ Siding ~ Windows ~ Outdoor
Kitchens ~ Decks ~ Energy Efficient Makeovers
~ Tenant Finishing ~ Handicap Accessibility
Remodeling ~ Certified Aging in Place Specialist
(CAPS) Remodeling ~ Home Offices**