



# AROUND THE HOUSE

MAY 2012

NEWS FROM OUR FAMILY TO YOURS



## Happy Memorial Day!



### Our Services Include:

- Kitchen/Bath Remodels
- Basement Finishing
- Additions
- Whole House Remodeling or Build
- Siding/Windows
- Energy Efficient Makeovers
- Home Offices
- Certified Aging-in-Place Specialist
- Outdoor Kitchens

### Inside This Issue:

- Plan the Perfect Mother's Day
- Take Control of Your Blood Pressure
- Start a Container Garden

**Plus much, much more!!!**

Memorial Day was originally known as Decoration Day because it was a time set aside to honor the nation's Civil War dead by decorating their graves. It was first widely observed on May 30, 1868, to honor the sacrifices of Civil War soldiers, by proclamation of General John A. Logan of the Grand Army of the Republic, an organization of former sailors and soldiers. On May 5, 1868, Logan declared in General Order No. 11 that:

*The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village, and hamlet churchyard in the land. In this observance no form of ceremony is prescribed, but posts and comrades will in their own way arrange such fitting services and testimonials of respect as circumstances may permit.*

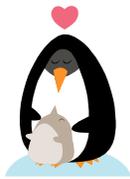
During the first celebration of Decoration Day, General James Garfield made a speech at Arlington National Cemetery, after which 5,000 participants helped to decorate the graves of the more than 20,000 Union and Confederate soldiers buried in the cemetery.

This 1868 celebration was inspired by local observances of the day in several towns throughout America that had taken place in the three years since the Civil War. In fact, several Northern and Southern cities claim to be the birthplace of Memorial Day, including Columbus, Miss.; Macon, Ga.; Richmond, Va.; Boalsburg, Pa.; and Carbondale, Ill.

In 1966, the federal government, under the direction of President Lyndon Johnson, declared Waterloo, N.Y., the official birthplace of Memorial Day. They chose Waterloo—which had first celebrated the day on May 5, 1866—because the town had made Memorial Day an annual, community-wide event during which businesses closed and residents decorated the graves of soldiers with flowers and flags.

By the late 1800s, many communities across the country had begun to celebrate Memorial Day and, after World War I, observances also began to honor those who had died in all of America's wars. In 1971, Congress declared Memorial Day a national holiday to be celebrated the last Monday in May

Today, Memorial Day is celebrated at Arlington National Cemetery with a ceremony in which a small American flag is placed on each grave. Also, it is customary for the president or vice-president to give a speech honoring the contributions of the dead and lay a wreath at the Tomb of the Unknown Soldier. About 5,000 people attend the ceremony annually.



## Celebrate Mothers Sunday, May 13

Mother's Day is a day set up to celebrate mothers and all of their contributions to their families and the community. The following is a look at some of the fun things you can do to celebrate this day set up for moms around the world.

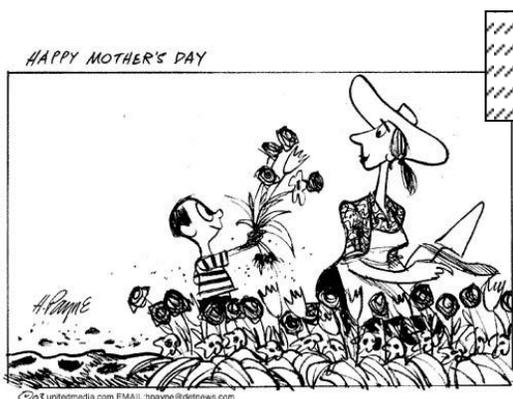
**Eat.** Let's face it; most fun activities include food in some way or another. One of the best things you can do for Mother's Day that will be fun is a nice brunch or meal of some kind. You can have a meal out, or you can have a meal at home, but make it special. For example, consider having a three-course fondue dinner, with a cheese course, a broth or oil course, and a dessert course of caramel or chocolate. This is a fun, long lasting meal that will give you plenty of time for conversation, etc. Or, take your mother to her favorite restaurant, and make it extra special for her.

**Spend time with family.** A fun thing to do for Mother's Day is spend time with family. You can have a BBQ in your backyard, or go to a movie, or play a round of cards, etc. The point is, no matter what you do, do it as a family, and spend the time honoring your mother, and helping her to see how wonderful her family is. Spend time with family and make sure that you do not fight, and make it un-fun for mom.

**Favorite memories.** A fun thing to do on Mother's Day is sit around and discuss your personal favorite memories of your mother. For example, you could get a notebook out, and start with a topic, then everyone has to share the first memory with their mom that has something to do with the topic. For example, the topic might be ice-cream. Then go around your family and each one takes a turn sharing a memory that involves mom and ice cream. The whole family will get into the walk down memory lane, and mom will love hearing the memories and being reminded of the good times from the past.

**Things your mothers like to do.** Of course, a fun thing to do on Mother's Day is anything and everything your mom likes to do. Mother's Day is a personal holiday that requires some personalized activities. Not all mothers enjoy the same things, so think about what makes your mother unique, and plan activities around that, even if it means pulling weeds, and getting fresh soil on your pants as you plant brightly colored flowers in window boxes.

If the activity is something your mother enjoys, or provides a memory, or shared happy experience with your mother, it will be a perfect thing to do on Mother's Day. So, start thinking about what your mom likes to do.



### Just for Fun

#### Funny Mother's Day Quotes

Our Mom said she would like to win the mother of the year competition but she was too busy raising us.

The hand that rocks the cradle will probably have a very tired mom attached to it.

You know you're a mother when your child throws up and you run to catch it before it hits the rug.

Mom's menu consists of 2 choices: Eat it or don't.

Mothers have the uncanny gift of serving leftovers out of nothing. As a matter of fact, our mom is so good, the original meal has yet to be found.

## Christie's Design/Build Remodeling

### May Is:

- Foster Care Month
- National Barbecue Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- National Photograph Month
- National Recommitment Month
- National Salad Month
- Older Americans Month

### Bike to work Day: May 18th

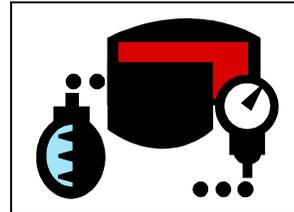
On a nice morning in May, you can join the tens of thousands of people who will be riding to work on a bike.

Many people live five miles or less from their workplace, a bike-able distance even for inexperienced cyclists.

Everyone who ditches a car will reduce air pollution, save money on gas and get some healthful exercise.



### Preventing and Controlling High Blood Pressure



Nearly 68 million people have high blood pressure, which is also called hypertension, in the U.S. Hypertension increases the risk for heart disease and stroke, the first and third leading causes of death.

You can maintain healthy blood pressure by changing your lifestyle or combining lifestyle changes with prescribed medications.

Key lifestyle changes include the following—

- Have your blood pressure checked regularly.
- Maintain a normal body weight (body mass index (BMI) of 18.5–24.9; BMI is kilograms divided by height in meters squared).
- Take at least 1 brisk 10-minute walk, 3 times a day, 5 days a week. Follow a healthy eating plan of a diet rich in fruits, vegetables, and low in sodium.
- Quit smoking.
- If you drink alcoholic beverages, do so in moderation (no more than 2 drinks per day for men and no more than 1 drink per day for women).
- If you have high blood pressure and are prescribed medication(s), take as directed.

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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. We would like to welcome you and wish you all the best!

***Samuel & Georgia Rothsburg of Denver  
Jason & Debra Wilson of Thornton***



**Container Garden  
News**

Patio, balcony and window-box gardeners will be pleased with some of this year's offerings. They offer a way to get edibles or blooms in smaller spaces.

EarthBox, a maker of self-watering plant containers, has a half-size version for growing herbs and salad greens on deck railings, patios, fire escapes or inside by a kitchen window.

About 20 million households do their growing in containers, usually in restricted spaces, according to the National Gardening Association.

Containers come in all shapes and sizes. They are portable, easy to reach across, and absorb more of the sun's heat for faster plant growth than in-ground gardens, but they do need fertilizer.

Self-watering plants have a water reservoir that wicks moisture to the root system, reducing the need for daily watering while boosting yields.

Gardener's Supply Co., Birmingham, VT., has raised beds that can be put right on a patio. Pepper, tomato plants and others come in bags.

In the fall, they can be wheeled from the driveway into the garage on frosty nights.



**Safe Boating Week: May 19-25**

Whether your boat is powered by oars or an engine, make sure it's in good condition before leaving the dock.

In addition to wearing a lifejacket and insisting passengers wear them, you should only operate your boat while sober. Make sure your boat has the required safety equipment onboard.

In many areas, water temperatures are still cool around Memorial Day. Take steps to prevent hypothermia.

**Have a Power Lunch**

- 1. Make the reservation in person. Pick a private table.**
- 2. Be sure the restaurant has your credit card number ahead of time.**
- 3. Get there a little early to make sure you have the table you want.**
- 4. Be known at the restaurant. Go there often before taking a client.**

## Observe National Barbecue Month in Style with Marinated Grilled Shrimp

### Ingredients

- 3 cloves garlic, minced
- 1/3 cup olive oil
- 1/4 cup tomato sauce
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh basil
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 2 pounds fresh shrimp, peeled and deveined
- skewers



### Directions

1. In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.
2. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

Recipe Source: AllRecipes.com

### Treat Arthritis with Smart Dietary Choices

You probably know that omega-3 fatty acids are good for your heart, but they are also good for reducing arthritis pain. These essential fatty acids are found in foods including coldwater fish, like salmon, tuna and halibut, flaxseeds and walnuts. They decrease inflammation in the body.

Olive oil contains a natural compound called oleocanthal, which blocks the same inflammatory pathways as ibuprofen and aspirin.

Green tea contains a natural antioxidant called EGCG that works to stop the production of certain inflammatory chemicals involved in arthritis.

Citrus fruits like oranges and grapefruit contain vitamin C, one of the nutrients most responsible for the health of collagen. Other C-rich foods are bell peppers, strawberries, pineapple, broccoli, kidney beans, and kiwi.

Cherries, all berries, red and black grapes and plums all contain a powerful antioxidant. It can defuse the dangerous free radicals that irritate body tissues and cause the inflammation that is typical in arthritis.

**Call Today to  
Learn How to  
Save on Your  
Next Home  
Project**

**(303)  
833-4715**

## **\*\*\$1,960 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!

This month, our friends and clients, Dennis & Geri Kowalski, won our **\$200 REFERRAL FEE** for referring *The Levin Family of Westminster* to Christie’s for a new master bath – thank you Kowalskis! Also, a **\$30 GIFT CARD** from Chili’s Grill and Bar has been awarded to our Friends of the Month, Mel and Rebecca Bauer of Firestone! Thank you Mel and Becky for your confidence in our company!

*You can be Christie’s Friend of the Month, too! Refer Christie’s for any remodeling work and watch for your name here in an upcoming month!*

## **\$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! \***
- ⇒ **Your referral will receive \$500 discount off their final payment\***
- ⇒ **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](mailto: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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Services.com

# CHRISTIE'S REMODELING

## Money Saving Coupon

\$\$\$\$\$\$\$\$Take Advantage of Our \$\$\$\$\$\$\$\$

### OUR MAY SPECIAL

**\*\*\*A FREE GRILL\*\*\***

**WE'RE EXTENDING OUR APRIL SPECIAL  
- SIGN A CONTRACT FOR A NEW DECK  
OR OUTDOOR KITCHEN- GET A NEW  
GRILL, UP TO A \$600 VALUE!!**

**HURRY - CALL NOW!! 303-833-4715**  
CONTRACT MUST BE SIGNED BY  
JUNE 30, 2012

**\*COUPON MUST BE PRESENTED AT FIRST APPOINTMENT\***



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

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 ~ Basement Finishing ~ Bath Remodeling ~ Kitchen Remodeling ~ Additions ~