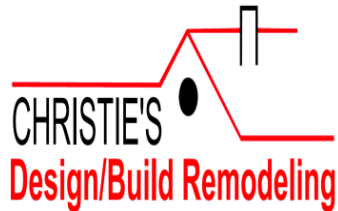




AROUND THE HOUSE

SEPTEMBER 2012

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
- Specialized Patio Covers
- Outdoor Kitchens

Inside This Issue:

- Learn About National Preparedness Month
- What Does Your Waist to Height Ratio Say About Your Health?
- Get a Project Rolling With Crowdfunding



Labor Day Fun Facts

The sun is setting on summer as the Labor Day weekend arrives. In addition to being the last official day to **wear white**, Labor Day is a day dedicated to the achievements of American workers. Check out these Labor Day Fun Facts below.

Father Labor Day. Peter McGuire, an Irish-American cabinet maker and pioneer unionist, is considered the founder of Labor Day. He proposed a day dedicated to all who labor at a meeting of the Central Labor Union on May 18, 1882.

Taking a Stand. In September 1883, New York workers staged a parade up Broadway to Union Square. Few, if any, workers got the day off. Most were warned against marching in the parade with the threat of getting fired. Despite the warning, more than 10,000 workers showed up for the march.

Thank you, Canada. Most Americans consider Labor Day a uniquely American experience, but Labor Day actually has its origins in Canada. Stemming from 1870's labor disputes in Toronto, a parade was held in 1872 in support of a strike against the 58-hour workweek. Twenty-four union leaders who were responsible for organizing the event were arrested under anti-union laws.

Third place. With 57 percent of Americans taking part, Labor Day is the 3rd most popular grilling holiday behind July 4th (71 percent) and Memorial Day (57 percent).

Dog Days. According to the National Hot Dog & Sausage Council, hot dog season begins on Memorial Day and ends on Labor Day.

Best Boss Ever - 10.3 million workers are self-employed and 5.9 million people work from home.

So much for equality. In 2009, the annual median income for male year-round workers was \$47,127. The annual income for women? More than \$10,000 less at \$36,278. As of July 2011, there were 153.2 million people 16 and older in the nation's labor force.

Grilled to perfection. The most popular foods for cooking on the grill are, in order: burgers (85 percent), steak (80 percent), hot dogs (79 percent) and chicken (73 percent).

On the side. The most common side dishes prepared on the grill are corn (41 percent), potatoes (41 percent) and other vegetables (32 percent).

First Waffle House opens on Labor Day. In 1955, in Avondale Estates, Georgia, the very first Waffle House opened its doors to the public. 25 states and 50 years later, Waffle House now counts over 1500 establishments.

Pulling an all-nighter. About 16.5 million commuters leave for work between midnight and 5:59 a.m., representing 12.4 percent of all commuters.

Mustaches on the River is an annual event that takes place Labor Day weekend. Traditionally participants grow mustaches for this float down the Russian River in Healdsburg, California. Mustaches are judged at the end of the day and all proceeds benefit charity.

Thirty minutes or less. The average commute to work is 25.1 minutes. New York and Maryland have the most time-consuming commutes, averaging 31.4 and 31.3 minutes. About 3.2 million workers face extreme commutes to work of 90 or more minutes each day



National Preparedness Month

Since its inception in 2004, National Preparedness Month is observed each September in the United States of America. Sponsored by the Federal Emergency Management Agency (FEMA) within the Department of Homeland Security, Preparedness Month encourages Americans to take simple steps to prepare for emergencies in their homes, businesses, schools, and communities. FEMA's *Ready Campaign* educates and empowers Americans to prepare for, and respond to emergencies, including natural disasters and potential terrorist attacks.

History

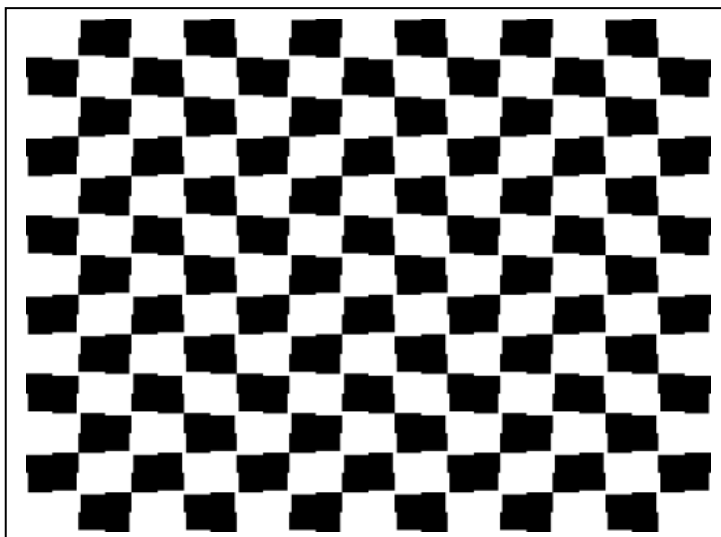
National Preparedness Month is a part of the committed effort to strengthen the United States' preparedness capabilities. The national preparedness architecture encompasses the full spectrum of prevention, protection, response, and recovery efforts to prepare the United States for all hazards – whether terrorist attack or natural disaster.

Since September 11th, the US Government has taken steps to encourage all citizens to make their own survival preparations. September was chosen as National Preparedness Month, as the tragedies of September 11th highlighted to the nation the importance of being prepared.

Individuals

As of 2009, the Citizen Corps National Survey revealed that only 57% of Americans surveyed report having supplies set aside in their homes just for disasters, and only 44% have a household emergency plan. National Preparedness Month serves to encourage individuals across the nation to take important preparedness steps including: getting an emergency supply kit, making a family emergency plan, being informed about the different emergencies that may affect them, as well as taking the necessary steps to get trained and become engaged in community preparedness and response efforts.

How quickly a company is able to get back to business after a terrorist attack, a tornado, a fire, or a flood often depends on emergency planning and preparation done before the disaster strikes. The Ready Campaign highlights three steps to Business Disaster Preparedness: 1) Plan to Stay in Business; 2) Talk to Your People; and 3) Protect Your Investment. These steps underscore how important it is for businesses to document their property/equipment, back up business-critical information, and put a response team in place.



During a crazy weekend of paintball, four friends were having great fun. The paint came in blue, green, yellow and red. Coincidentally, the friends had T-shirts in those same colors. Brenda used blue paint balls. The person in the green T-shirt used yellow. James was not wearing a red T-shirt. Diane used green paint balls and wore a blue T-shirt. Simon was the only person who used paint that was the same color as his T-shirt. Can you tell which paint they each used and the color of each person's T-shirt?

See page 8 for answers

**Is the checkerboard straight?
Use a ruler to see for yourself!**

Christie's Design/Build Remodeling

September Is:

- National Preparedness Month
- National Chicken Month
- Self-Improvement Month
- National Courtesy Month
- National Honey Month
- Classical Music Month
- National Hispanic Heritage Month
- National Yoga Month
- National Guide Dog Month

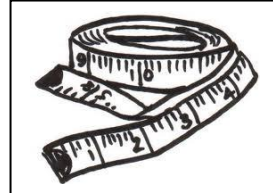


Aw Honey Honey

Honey has long been among the top superfoods used to treat countless health conditions and boost overall health. Similar to how the benefits of apple cider vinegar range far and wide, honey can be used to help treat an array of health issues experienced daily. This amazing bee-product possesses antibacterial, antifungal, antiseptic, and antioxidant properties – making it one of the most beneficial foods to consume. The top 5 health benefits of eating raw honey are:

1. Digestive aid
2. Natural allergy remedy
3. Anti-carcinogenic properties
4. Sleep aid
5. Skin healer

New Screening Tool: Waist to Height Ratio



The size of your waist can tell doctors a lot, says a researcher, even whether you are at risk for heart disease.

A British Nutrition Foundation scientist recently presented the finding at the 19th Congress on Obesity in Lyon, France.

Study leader Dr. Margaret Ashwell, former science director of the foundation, says an acceptable height-to-waist ratio can help increase life expectancy for every person in the world.

Her findings show that waist size should be less than half of height. A woman who is 64 inches tall should have a waist circumference of 32 inches or less.

The finding was derived from an analysis of 300,000 people. It showed that weight to height ratio was better able to predict high blood pressure, diabetes, heart attacks and strokes than body mass index (BMI).

Cardiometabolic risk factors include LDL cholesterol, high C-reactive protein, smoking, physical inactivity, unhealthy eating, stress, depression and high blood sugar, in addition to race, age and family history.

It is very important to generate a good attitude, a good heart, as much as possible. From this, happiness in both the short term and the long term for both yourself and others will come.

Dalai Lama

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

***Chris & Shannon Stillman of Denver
Rick & Tarah Ramirez of Broomfield***

Crowdfunding?

Got a big idea? What if you could get a million people to give you a buck to get the project rolling. That's the idea behind the internet craze called crowdfunding.

It's an idea that started in the early 2000s when the first crowds were fans who got together to finance tours for little-known musicians. The idea has caught on and new websites feature a myriad projects started by folks like artists, entrepreneurs, writers, and filmmakers who need startup or expansion money.

If don't have an idea, but you do have a buck, you can become a patron of the arts, the first guy to get a cool new toy, or one-of-a-kind book in exchange for your promised contribution.

Websites such as Kickstarter.com feature thousands of projects from the humble to the complex. Others specialize. Quirky.com is for inventors. Believersfund.com is for mobile apps.

One store owner used the Kickstarter site to request \$6,000 to buy equipment for her children's clothing store. In the next 60 days, she received \$6,050, according to the Indianapolis Star.

Another Kickstarter user wanted to raise \$25,000 to start producing clocks that use LED lights on the hands. In the next 45 days he raised \$49,365.

On the same site, Pebble Technology of Palo Alto, Calif., wanted \$100,000 in funding to help them produce a smart wristwatch that connects with Apple iPhones or Google's Android phones. Within 28 hours, Pebble raised more than \$1 million from people who were willing to pay \$115 each to preorder the watch. In all, it raised \$10.27 million, making it the most successful crowdfunding start-up in dollar terms, according to The Wall Street Journal.

How crowdfunding typically works

Make an application to the website that is best for your idea. Most sites won't accept just any proposal. Charity and begging are usually not allowed.

If approved, you set your price, a crucial step. At kickstarter you don't get any money if not enough people contribute to your minimum. Other websites create milestone goals to meet.

You offer your 'investors' a tempting reward for donating. If enough people want the reward, and like your idea, then their credit cards will be charged and you'll get a check.

New law for crowdfunding

Under Congress's Jumpstart Our Business Startups Act, companies can raise up to \$1 million through crowdfunding in a 12-month period, but they need to register and work with an intermediary approved by the Securities Exchange Commission. Most of the plan won't be finished or used until next year.

Chicken and Bacon Shish Kebobs

Ingredients

- 1/4 cup soy sauce
 - 1/4 cup cider vinegar
 - 2 tablespoons honey
 - 2 tablespoons canola oil
 - 10 large mushrooms, cut in half
 - 2 green onions, minced
 - 3 skinless, boneless chicken breast halves - cut into chunks
 - 1/2 pound sliced thick cut bacon, cut in half
 - 1 (8 ounce) can pineapple chunks, drained
- skewers



Directions

- In a large bowl, mix the soy sauce, cider vinegar, honey, canola oil, and green onions. Place the mushrooms and chicken into the mixture, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.
- Preheat grill for high heat.
- Remove the mushrooms and chicken from the marinade and shake off excess. Pour the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low and simmer for 10 minutes; set aside.
- Wrap the chicken chunks with bacon, and thread onto skewers so that the bacon is secured. Alternate with mushroom halves and pineapple chunks.
- Lightly oil the grill grate. Arrange skewers on the prepared grill. Cook 15 to 20 minutes, brushing occasionally with remaining soy sauce mixture, until bacon is crisp and chicken juices run clear.

Recipe Source: AllRecipes.com

When it comes to salad dressing, low-fat isn't best. New research published in Molecular Nutrition & Food found that higher-fat salad dressings poured over a fresh green salad released more vitamins and nutrients into the digestive system than low-fat dressings. Scientists prepared salad dressings based on canola oil, soybean oil and butter at three different levels. They contained 3 grams, 8 grams or 20 grams of fat per serving. When all three fats were compared, study subjects absorbed significantly more carotenoids from eating salads with dressing containing 20 grams of fat. Carotenoids are pigments found in fruits and vegetables. They are associated with reduced risk of macular degeneration, cancer, and other diseases.

Honey Nutters

- 16 graham crackers
- 1 cup crunchy peanut butter
- 2/3 cup honey
- 1/2 cup nonfat dry milk powder
- 1 cup coconut



- Crush the graham crackers between two pieces of wax paper with a rolling pin or in a food processor.
- Combine the peanut butter, honey and powdered milk in a large mixing bowl. Mix well.
- Make small balls with mixture and place on wax paper. Roll balls in shredded coconut.

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Learn How To
Save On Your
Next Home
Project**

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833-4715**

****\$1,300 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, Garret & Carol Jones won our **\$200 REFERRAL FEE** for referring *The Stillman Family of Westminster* to Christie's for a Basement remodel thank you Jones'! Also, a **\$25 GIFT CARD** from Bed Bath & Beyond has been awarded to our Friends of the Month, Matt & Carrie Clammer, in Denver!
Thank you Matt & Carrie for your confidence in our company!

\$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.

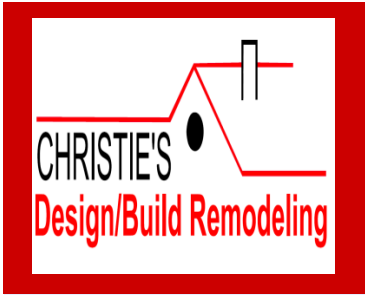
Rest assured, at **CHRISTIE'S DESIGN/BUILD REMODELING** we'll treat your family, friends, neighbors, and co-workers with the care and professionalism you've come to trust.

Call: (303) 833-4715

Fax: (303) 325-7344

Email: Office@ChristiesCompleteServices.com

****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.**



114 8th Street, #105
Dacono, CO 80514

(303) 833-4715
(303) 325-7344 fax

Office@Christies
CompleteServices.com

www.ChristiesComplete
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8	1	5	6	7	4	3	2	9
7	2	9	3	1	5	6	8	4
2	9	7	1	6	3	4	5	8
5	3	1	8	4	2	7	9	6
6	8	4	9	5	7	1	3	2

Simon wore red and used red paint.

Brenda wore yellow and used blue paint.

James wore green and used yellow paint.

Diane wore blue and used green paint.

CHRISTIE'S REMODELING

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**\$\$\$\$\$ Take Advantage of Our \$\$\$\$\$
September Special**

**20% OFF ANY KITCHEN OR BATHROOM
CABINET ORDER**

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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**