



# AROUND THE HOUSE

JULY 2018

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

## The Founders' Lessons for Entrepreneurs

Here are a few lessons learned from John Adams and all that signed us into history.

### 1. Stick your neck out.

When you're an entrepreneur, you can't be afraid to dive in, and you certainly can't be tentative. If you're going to go for it, then you have to stick your neck out there with all the energy you have and make your idea come to life. Then you have to stick with it through thick and thin. You may feel like you are putting your life on the line, and in many cases you are, but that shouldn't stop you from going for what's right.

### 2. Have a compelling argument.

Running a new business is no easy feat, nor was starting a country, so you have to start with a good proposition about why you have a better option. Sure, salesmanship helps, but without a compelling argument about why people should switch to you, you won't be taken seriously.

### 3. Be a good writer (or hire one).

Of course, no matter how compelling the argument, it's meaningless if it's not well articulated. Is there anything more eloquently written than the *Declaration of Independence*? Your own brand story also needs to be told with clarity, persuasion, and with your audience in mind -- just like Thomas Jefferson did!

### 4. Embrace your independence.

Wear your entrepreneurial spirit with pride and confidence. It's not an easy road and the grass is always greener when you look at what the bigger companies have, but remember that your independence is what makes you special and compelling to your customers, so embrace it at every turn.

### 5. Act like a brand.

On July 4, 1776, the United States of America not only became a country, it became a brand with both functional and emotional benefits for its citizens. The spirit of what John Hancock signed was in essence a brand positioning for the kind of country they were trying to create. You too should have that same spirit in mind as you create your business and turn it into a brand.

So as we look to celebrate our great nation, with all the things we love about it and all the things we'd love to change about it, let's also celebrate the entrepreneurial spirit that lives in us all and celebrate the work that you all do to keep this country alive and thriving.

Happy Fourth of July!

Source: Entrepreneur.com

## Inside This Issue:

- **Heed these Firework and Water Safety Tips for a Happy Holiday**
- **Is it Ready Yet? Know When to Harvest Your Vegetables**
- **Keep your Cool When the Temperatures Sizzle**

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

## Stay Safe on the 4<sup>th</sup> (and all summer long!)

We're all looking forward to the 4th of July holiday. Millions of us will watch fireworks, take a dip in a pool or enjoy a family picnic. The American Red Cross wants everyone to enjoy their holiday and offers the following safety tips.

**Fireworks Safety:** The safest way to enjoy fireworks is to attend a public fireworks show put on by professionals. Stay at least 500 feet away from the show. Many states outlaw most fireworks. If you are setting fireworks off at home, follow these safety steps:

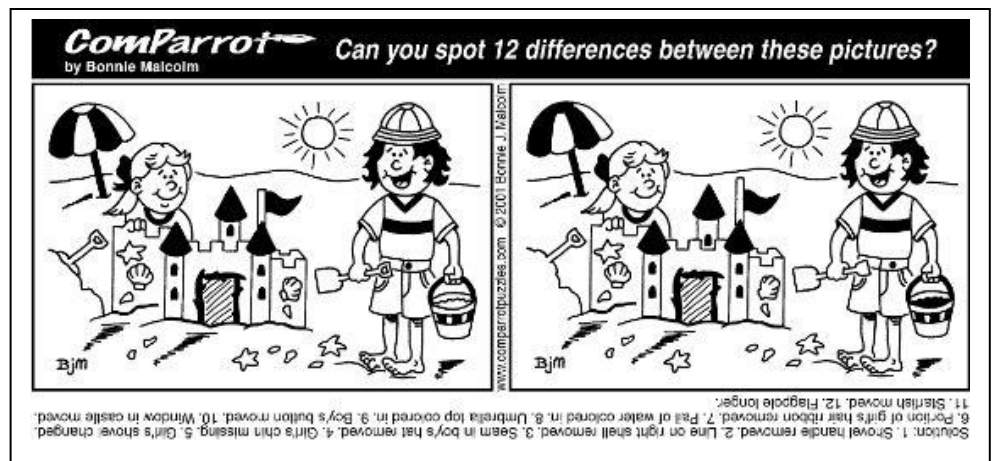
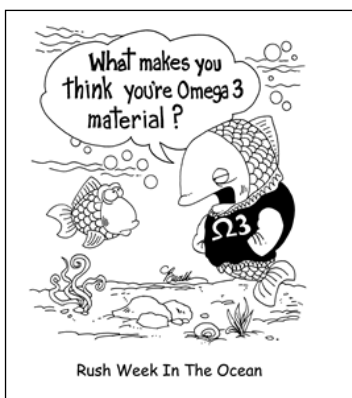
- Never give fireworks to small children, and always follow the instructions on the packaging.
- Keep a supply of water close by as a precaution.
- Make sure the person lighting fireworks always wears eye protection.
- Light only one firework at a time and never attempt to relight "a dud."
- Store fireworks in a cool, dry place away from children and pets.
- Never throw or point a firework toward people, animals, vehicles, structures or flammable materials.
- Leave any area immediately where untrained amateurs are using fireworks.

**Water Safety:** If your holiday plans include water fun, follow these tips to help stay safe:

- Do your part, be water smart! Ensure that everyone in the family learns to swim well.
- Adults: actively supervise children; stay within arm's reach of young children and newer swimmers. And kids: follow the rules.
- Don't fool with a pool: fence it in. Enclose your pool and spa with four-sided, four-foot fencing and use self-closing, self-latching gates.
- Don't just pack it; wear your U.S. Coast Guard-approved life jacket – always when on a boat and if in a situation beyond your skill level. Inflatable children's toys and water wings can be fun, but they are no substitute for a life jacket and adult supervision.
- Swim as a pair near a lifeguard's chair - everyone, including experienced swimmers, should swim with a buddy in areas protected by lifeguards.
- Reach or throw, don't go! Know what to do to help someone in trouble, without endangering yourself; know how and when to call 9-1-1; and know CPR.



## Just for Fun



What do you call an American drawing?

Answer on last page

### July Is:

- National Blueberry Month
- National Anti-Boredom Month
- Unlucky Month for Weddings
- National Cell Phone Courtesy Month
- National Hot Dog Month
- National Ice Cream Month
- National Picnic Month

### Oh My Aching Head

Millions of Americans see their doctors each year because of frequent or severe headaches. One of the main headache triggers, especially for migraines, is diet.

Sometimes a headache is caused by a combination of dietary triggers, such as stress combined with coffee or wine. Some people get headaches when they drink coffee. Regular coffee drinkers get headaches when they quit.

To discover triggers or combinations that cause headaches, keep a food and drink journal for a couple of weeks. Note circumstances such as stress, exercise, and changes in sleep. When you have compiled the list, review it for connections to your headaches.

#### Common triggers include:

- \* High-fat foods, particularly those with the saturated fats found in meat or fast foods, and trans fats found in baked goods, margarine, and snack foods.
- \* Aged foods such as red wine, cheddar or blue cheese, deli meats, and overripe bananas.
- \* Food additives such as monosodium glutamate (MSG) and nitrates.

Author and dietitian Elaine Magee says foods that help to avoid headaches are those with omega-3 fatty acids such as olive oil and fish, and magnesium as found in almonds and peanut butter.

### Pick no Vegetable Before its Time

The rows are straight. The weeds are pulled. But do you know when to pick your produce?

Pick vegetables that are grown for their shoot and leaves when they are young. Lettuce, spinach, and asparagus can become tough in texture if left to grow too long.

Keep leafy vegetables that form heads, like iceberg lettuce or cabbage, in the ground until their heads form. Gently squeeze the heads. If the head is firm, the vegetable is ready. Boston lettuce is an exception. It tastes best when the heads are still slightly loose.

Pull spring-sown carrot, beet, and radish roots anytime they are big enough to eat. Leave midsummer sowings of root crops in the ground to grow full size to eat through autumn and winter. Potatoes can be harvested at any time.

Pick summer squash, okra and beans as soon as they are big enough to eat and before the seeds are hard and ripe. Most peas are ready as soon as they have filled out their pods. Snow peas are ready when the peas just barely bulge within their flat pods.

Check the first few ears of corn by peeling back the husks and pressing your fingernails into a kernel. If the ear is ripe, the juice will be milky, not starchy or watery.

Pick unopened flowers that are the edible parts of broccoli and cauliflower before the flowers open.

**And what about the onion?** This is the easiest vegetable to harvest. It is edible at any stage.

### The Best Time to Buy a House? When you're Ready.

Trying to "time" a real estate market is not the best idea. Too many variables are involved. Real estate experts say the average price of a home will decline by 3 percent in 2007, but that average is for the entire country, not necessarily your home town.

Home sales are often triggered by the events of life such as an employment transfer, an increase in family size, a death, a divorce, or a pending foreclosure. These homes are available now, and people want to sell as soon as possible. Life's events are more likely to produce a favorable selling price than national statistics predict.

The best time to buy a home is when you are ready to do it. That means you have access to cash for a down payment totaling at least 5 percent of the selling price. An adequate down payment will bring a lower interest rate on your future mortgage.

Getting ready to buy includes checking your credit to avoid errors on your credit report and visiting a bank to determine how large a loan you will qualify for.

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

### How to Solve Sudoku Puzzles

No math is required to solve a Sudoku. You only need logic and patience.

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid.

The difficulty rating on this puzzle is easy.

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

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

*Chad Winterland & Jennifer Phares – Dacono*

*Jay & Andrea Erickson – Longmont*

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

### Grill Safety 101

The National Fire Protection Agency reports that about 1,000 structure fires and 3,400 outdoor fires were caused by barbecue grills in one recent year.

It's important to realize that safe grilling begins before the cooking starts.

With gas grills, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking. If you suspect a leak, put soapy water on the area and watch for bubbles to discover where it is. Never use a match to check for a gas leak, and never light the grill until the leak is fixed.

Position any grill on a level surface that is at least three feet away from other objects, including the house and shrubs or bushes. Keep children and pets away from the cooking area.

When you are ready to barbecue, protect yourself with a heavy apron and oven mitts that fit well over your forearm.

When the party is over, store the grill outside and away from the house. Make sure the valves are turned off.

For charcoal grills, use only starter fluids designed for that purpose. Never use gasoline. If the fire is slow, add dry kindling. Don't add more liquid starter or you could cause a flash fire.

Remember to soak the coals with water before you put them in the trash.

Never use a barbecue grill indoors or in an unventilated space. It's a fire hazard and could cause carbon monoxide poisoning.

**With 80 percent of the U.S. population sensitive to poison ivy, poison oak, and poison sumac, it's wise to be able to identify the plants.**

**\* Poison ivy: Three pointed leaves with smooth or toothed edges. It grows on the ground or as a vine.**

**\* Poison Oak: Three shiny leaves that resemble the leaves of an oak tree.**

**\* Poison Sumac: Has 7 to 13 slim leaves on each stalk. Produces berries, has red veins, and is like a shrub or small tree.**

### Feel the Heat? Play it Cool!

Though heat-related deaths and illnesses are preventable, there were 2,600 heat-related work injuries in one recent year, according to the Bureau of Labor Statistics.

Muggy or humid conditions add to discomfort. Excessively hot and dry conditions can create a more dangerous situation.

#### The CDC recommends:

\* Drink plenty of fluids regardless of your activity level. During heavy work in a hot environment or strenuous activity of any kind, drink two to four glasses of cool fluids each hour. Don't drink alcohol, beverages with a high sugar content or very cold drinks.

\* Replace salt and minerals lost through sweating by drinking a sports beverage. Discuss beverages with your doctor if you are on a low-salt diet.

\* Wear appropriate clothing. At home, wear as little as possible. When going out, choose light-colored, loose-fitting clothing. Wear a wide-brimmed hat and sunglasses with UVA and UVB protection.

\* Use sunscreen. Sunburn affects the body's ability to cool itself. It causes a loss of body fluids, skin damage and pain. Apply a product rated SPF 15 or higher 30 minutes before going out.

\* Pace yourself. When working or playing sports in a hot environment, begin slowly and pick up the pace gradually. If your heart begins to pound and you begin gasping for breath, STOP all activity. Move to a cool area or at least into shade to rest, especially if you feel lightheaded or weak.

\* Stay cool indoors. If you don't have air conditioning, go to a place that does. Even a few hours in air conditioning can help you stay cooler when you go back into the heat.

## Sesame Pasta Chicken Salad

### Ingredients

- ¼ cup sesame seeds
- 1 (16 ounce) package bow tie pasta
- ½ cup vegetable oil
- 1/3 cup light soy sauce
- 1/3 cup rice vinegar
- 1 teaspoon sesame oil
- 3 tablespoons white sugar
- ½ teaspoon ground ginger
- ¼ teaspoon ground black pepper
- 3 cups cooked, shredded chicken breast
- 1/3 cup chopped onion
- 1/3 cup chopped green onion



### Directions

1. Heat a skillet over medium-high heat. Add sesame seeds, and cook stirring frequently until lightly toasted. Remove from heat, and set aside.
2. Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente. Drain pasta, and rinse under cold water until cool. Transfer to a large bowl.
3. In a jar with a tight-fitting lid, combine vegetable oil, soy sauce, vinegar, sesame oil, sugar, sesame seeds, ginger, and pepper. Shake well.
4. Pour sesame dressing over pasta, and toss to coat evenly. Gently mix in chicken, cilantro, and green onions.

Source: Allrecipes.com



### No-Bake Blueberry Squares

- 1 ½ cups graham cracker crumbs
- 3 tablespoons white sugar
- ½ cup butter or margarine, melted
- 1 (8 ounce) package cream cheese, softened
- 1 cup white sugar
- ¼ teaspoon salt
- 2 teaspoons vanilla extract
- ½ teaspoon lemon juice
- 1 (8 ounce tub) frozen whipped topping, thawed
- 3 cups frozen blueberries

1. In a medium bowl, stir together the graham cracker crumbs and 3 tablespoons of sugar. Mix in the melted butter. Sprinkle evenly into the bottom of a 9 inch square baking dish, and pack down into a solid crust.
2. In a large bowl, beat cream cheese with 1 cup of sugar until smooth. Stir in salt and lemon juice. Fold in the whipped topping until well blended, then fold in the frozen blueberries. Spoon over the crust in the baking dish, and spread evenly. Cover with plastic wrap and refrigerate for at least 1 hour before slicing into squares and serving.

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

**(303)  
833-4716**



**\*\* 2,100 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!

## **\$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 (12/31/2017), 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.**

Home Phone \_\_\_\_\_

**Yes! Feel free to use my name as a reference when you contact the referrals!**

**Fax to: (303) 325-7344    Mail to: 8350 Colorado Blvd, #120, Firestone, CO 80504**



8350 Colorado Blvd Ste 120

Firestone, Co 80504

(303) 833-4715 Office

(303) 833-325-7344 Fax

Office@ChristiesCompleteServes

### Christie's Design/Build Remodeling Money Saving Coupon

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

#### JULY SPECIAL

30% off

Wellborn Cabinets

*Hurry – Offer Expires July 31<sup>st</sup>*

**As always you have our Personal  
Satisfaction Guarantee**

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



Riddle Answer:

A Yankee Doodle!

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