



# AROUND THE HOUSE

MAY 2014

NEWS FROM OUR FAMILY TO YOURS 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:

- **Get Fit AND Be Happy**
- **Maximize Your Productivity By Changing Your Workspace**
- **Ready to Retire? How to Stop Worrying About Insurance**

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

## Mom Is Unique – Treat Her Accordingly! (Sunday, May 11)

When you were a kid, it was easier to give a gift that would impress on Mother's Day. You likely made a classroom craft—some sort of popsicle stick frame or creative bookmark—that was guaranteed to tug on heartstrings. Maybe you burnt her toast for breakfast in bed and still managed to elicit a smile. Really, just going all day with good behavior and a few extra hugs could probably do the trick.

But now the May holiday may require a bit more thought and time. So we put together a few ideas to help you uniquely celebrate your mom this Sunday.

**Social media sap-fest.** For every hour of the day, post on Facebook or Twitter one more thing about your mother that you are grateful for. Be as specific as you can be, and get creative: Attach YouTube videos from last Christmas, or maybe a link to the song she always sang around the house. Heck, maybe Mom deserves a hashtag on this day.

**Memory menu.** Breakfast in bed is always delicious, but now that you (should) know your way around the kitchen, go all out and plan a day's worth of meals. And make them meaningful—the same breakfast from your first day of school, a soup she always needs when she gets sick, a dessert that reminds her of her childhood. Include a card with each dish explaining why it's significant.

**"If it wasn't for you ..."** Most likely, your greatest accomplishments were not possible without the help of a mother. So turn it into a unique memento for her. Frame the first poem you got published, a copy of your diploma or a home demo of a song you're proud of. Take a picture of your office desk, the front door of your new home or maybe a postcard from a country you were able to travel to, and let her know why you wouldn't be there without her. If possible, get other siblings to do the same.

**Picture puzzle.** Several companies now offer services that turn your photos into puzzles. Find your favorite image of you and your mom, and check out Printer's Studio, Portrait Puzzles or even a local drugstore photo lab to see how it's done. Offer to put it together with her on Mother's Day.

**Happy Mother's Year.** Maybe they only get one official holiday, but give your mom something that shows your gratitude for the other 364 days of the year. Make a custom calendar with personal photos, and mark it up with special days, anniversaries and favorite quotes and verses. Write down 52 memories—one for each week of the year—and put them in a decorative box. Give her a jar with 365 pieces of her favorite candy. Sign her up for year-long subscriptions to her favorite magazines.

**Video tribute.** Gather other friends, family, co-workers and neighbors who know your mom for on-camera interviews about her best qualities, their favorite memories with her and why they find her to be a good mother. Put together clips of their compliments and stories like one big, digital thank-you card.

**Long-distance quality time.** Can't be with your mom on Mother's Day? Schedule an extra-special Skype date. Dress up nice and eat dinner "together." Maybe plan to watch a favorite movie while online. Or make her think she'll just be talking to you, and instead invite other relatives and friends to greet her when the camera turns on. (Feeling ambitious? Arrange a time to be on Skype and instead show up at her front door.)

**You've Got Snail Mail.** Create custom postage stamps out of personal photos—maybe one of you as a baby, a snapshot of the two of you at a graduation or the most recent family picture. Give them to her in a card with the promise that you'll be snail mail pen pals once a week until the stamps run out.

### Focus on Fitness for National Physical Fitness and Sports Month

Clap along if you feel like a room without a roof.  
Clap along if you feel like happiness is the truth.  
Clap along if you know what happiness means to you  
Clap along if you feel like that's what you wanna do.

Pharrell Williams, Happy, from the album, Girl.

Recording artist Pharrell Williams became an internet sensation with his peppy 24-hour video of his song Happy, in which regular people do their own happy dances on camera. You can click on around-the-clock happy segments of the video at [24hoursofhappy.com](http://24hoursofhappy.com)

In May for National Physical Fitness and Sports Month, you can start feeling better now by spending 3.53 minutes doing your happy dance with Pharrell. Or just try doing some of the moves the other people do. They can be cool and tricky, too.

Dancing and walking accomplish many of the fitness goals of May's physical fitness and sports month.

If you want a bigger challenge, try the President's Challenge Adult Fitness Test, or try parts of it. Visit [www.adultfitnessstest.org](http://www.adultfitnessstest.org).

For the Aerobic Fitness Test, these are the instructions:

The 1-mile walk

You should only attempt to take this test if you are routinely walking 15 to 20 minutes several times per week.

The 1.5 mile run

You should only attempt to take this test if you are running at least 20 minutes continuously three or more times a week.

Other parts of the fitness test:

Muscular Strength and Endurance. Enough to do normal activities easily and protect the lower back. A half situp and pushup test.

Flexibility. The ability to move your many joints through their proper range of motion.

Body Composition. Checking to see if you have too much body fat, especially around the waist.

But, hey, fitness doesn't have to be a test. It can be fun too. Turn on Pharrell, do your happy dance or fire up the Wii and just move.

## Just for Fun

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"Hey hon, when you have a second we all need something at the exact same time."

1. Story - Fortune - Bank
2. Rough - Curtain - Fringe
3. Cows - Goats - Coconuts
4. Charities - Golfers - Computers
5. Flood - Pilot - Flash
6. Grass - Clay - Hard
7. Cross - Head - Tail
8. Taxes - Heat - Dough
9. Finger - House - War
10. Tooth - Ice - Guitar

### COMMONYMS

What's a commonym you ask?

A commonym is group of words that have a common trait in the three words/items listed. For example: A car - A tree - An elephant ... they all have trunks. These will make you think!

Answer page 8

**If April showers bring May flowers, what do May flowers bring?**

Answer page 8

# CHRISTIE'S DESIGN/BUILD REMODELING

## May Is:

- Foster Care Month
- National Barbecue Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- International Photograph Month
- Older American Month
- National Fitness and Sport Month

## Light Bulbs Go Flat

Used to be the only choice in light bulbs was 100 or 60 watt.

Now the light bulb market is like the soft drink market: an abundance of choices from diet to super charged caffeine.

The star today is the LED light bulb, which promises to last so long that, if you sell your house, take the light bulbs with you. You can have your regular LED bulb that you get for your sweet sixteen and trash when you go on social security. Or you can get an LED that responds to commands from your smartphone, should you still have your smartphone when you are on social security.

But the Korean appliance company LG has introduced a new light source with the unlikely name of Organic Light Emitting Diodes.

These light bulbs are no longer bulbs but instead can be flattened and formed into a sheet. That means even wallpaper, for example, can be a source of light.

But it isn't just the shape and style of lighting, it is the whole concept that is changing. According to CNET, a 16-year-old might well grow up today to buy houses that no longer have light switches.

Everything will be wireless.

## Working for the Insurance? Don't!

Americans are still putting retirement on the back burner, not just for financial reasons, but because they like working ... and they need the company's health insurance.

The good news is: not being able to get health insurance until they qualify for Medicare is no longer a concern. Because of the Affordable Health Care Act, you can get health care even if you have an existing condition.

Under the ACA, you can be assured of health care if you retire early.

You can leave a big company to join a small business, or start a business yourself. And if you're retired but your spouse is still working, he or she can quit and get ACA couples coverage for you both.

With your reduced income, you might qualify for a subsidy to help pay for the coverage. This year couples with annual incomes from \$15,000 to \$62,040 will qualify for a subsidy.

But that number has to include income from interest, dividends, capital gains and other sources.

To reduce your income, accept slightly less work or bill projects in late December so they'll be paid in January. Be sure to take all deductible expenses in the current year, and take a smaller amount out of your traditional retirement account.

If you have insurance and become seriously ill, you won't be a burden on the medical system or your family. And, according to advisor Jane Bryant Quinn, "You'll be healthier at age 65, when you can gratefully fall into the arms of Medicare."

## There's No Place Like ... the Office?

No matter what kind of office you work in, you can make some choices that will make you happier and more productive.

Decor. Okay so not everyone can paint the walls and choose curtains. But you can perk up your space with a small plant, a colorful clock, or picture. There is nothing wrong with some personalizing and it can make your space feel like your own.

Light. Natural light is best but the real key is sufficient light. If you can't open the curtains to let light in, consider a natural light office lamp.

Movement. If you feel droopy, walking is the best solution. Get up during the workday every hour or two for a short walk, if only to the coffee maker.

Sound and lack thereof. According to AARP magazine, soft music helps productivity. But quiet is often required for focus on difficult tasks. According to entrepreneur.com, to give full focus to a difficult task find (or create) a distraction-free zone in your office.

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

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!

*Vern & Shirley Knorr of Platteville*  
*Blake & Katie Wollenberg of Erie*  
*Kiyoshi & Janet Nakata of Northglenn*

**A Time to Honor Our Fallen Heroes**  
**Memorial Day – Monday, May 26**

We all know of someone. Someone who died in service of our country. That someone could be in our generation, a cousin, friend, brother or sister.

There are families who had a father or son killed in the Civil War, a long time ago, or a grandfather who fought in World War I or II. That someone we know could be a cousin or friend who died in Korea or Vietnam. And in our own time, hearts are still aching for those lost in Iraq, Afghanistan or in another distant assignment.

The centuries and generations come and go, seemingly with little regard for those they take with them, the young men and more recently the young military women.

They are missed and, fortunately, as time goes on we miss them less.

But now comes Memorial Day. Some of our loved ones are buried far away, and for them all we can offer is a memory and a prayer.

Those who are buried close by may have a friend or family member visit their graves and leave a flower or two in remembrance. But for all of these through time, we can at least remember them honor their sacrifice. Though some type of memorial day is celebrated in other countries, our Memorial Day has a special history. It began after the Civil War. Some say it was first held in the South when confederate soldiers were honored in a ceremony, often in the mountains.

In almost the same year, memorial services began in churches of the North. Now the country stands together on Memorial Day to honor all who gave their lives in the military.



**Volcano Damage? You May Be Covered**

Remember the commercial where the boss is telling new agents about the company's coverage? As a huge object crashes through the ceiling, he says "falling space junk, we cover that too," as a monkey in a parachute floats down.

It was funny, but the fact is that most other homeowner's policies do cover damage by falling satellites, according to AAA Nevada.

According to MSNBC, an insurance company once covered the cost of jewelry swallowed by a dog but not before the company claimed salvage rights to the dog and the jewelry within. After the dog owner sued, they paid for the jewelry and didn't take the dog.

Damage from the weight of snow on your roof is covered as is weather related cleanup to trees and gardens from violent weather.

Less known is coverage of vandalism of grave markers and mausoleums. Chris Hackett, director of personal lines policy with the Property and Casualty Insurers Association of America, says that homeowner's policies cover loss and vandalism to personal property and grave markers are considered personal property anywhere in the world.

Exploding things are covered. If something explodes and damages your house, your policy has your home covered but your auto policy probably covers your car.

If you are worried about damage from volcanos -- and who isn't? -- remember that if your house is hit by fire, ash, shockwave, lava flows or volcanic dust, you are covered. But if the volcano causes an earthquake, flood, land slide or mud slide that damages your home, you are on your own. Homeowner's insurance never covers flood or earthquake damage.

On the other hand, if the volcano causes electricity to go out and all your food spoils, you could get reimbursed. And it really doesn't have to be caused by a volcano. Any power outage will do. Of course, if you have a deductible of \$500, \$1,000 or higher, filing a claim could be pointless.

## Barbecue Meets Lasagna

### Ingredients

- 1 (16 ounce) package lasagna noodles
- 36 ounces pulled pork in barbecue sauce
- 1 (16 ounce) package shredded mozzarella cheese
- 1 (16 ounce) package shredded cheddar cheese
- 1 (16 ounce) container ricotta cheese
- 1 egg, beaten
- ½ teaspoon salt
- ¼ teaspoon black pepper



### Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil; cook the lasagna noodles in the boiling water until cooked through but still firm to the bite, about 12 minutes. Drain.
- Bring the pork in barbecue sauce to a simmer in a large pot over medium heat; keep warm at a slow simmer.
- Toss the mozzarella cheese and Cheddar cheese together in a bowl. Beat the ricotta cheese, egg, salt, and pepper together in a separate bowl until smooth.
- Spread a layer of the barbecue sauce into the bottom of a large, deep baking dish. Lay enough lasagna noodles over the sauce to cover the bottom of the dish. Spread an even layer of the pulled pork in barbecue sauce over the noodles; top with a layer of the ricotta mixture and the mozzarella and Cheddar cheese mixture. Repeat layering. Finish the assembly by topping with a layer of the ricotta mixture, a thin layer of the pork, and a light sprinkling of the cheese mixture. Reserve a small portion of the cheese mixture for later.
- Bake in the preheated oven for 40 minutes. Top the lasagna with the reserved cheese mixture and return to oven until the cheese is bubbly, about 5 minutes. Remove from oven and allow to rest for 15 minutes before serving.

Source: AllRecipes.com

### Grilled Peaches and Cream

4 peaches, halved and pitted	1 cup soft cream cheese with honey and nuts
2 tablespoons clover honey	1 tablespoon vegetable oil

Preheat grill for medium-high heat. Brush peaches with a light coating of oil. Place pit side down on grill. Grill for 5 minutes or until the surfaces have nice grill marks. Turn over and drizzle with a little honey. Place a dollop of the cream cheese spread in the hole where the pit was. Grill for 2 – 3 more minutes or until filling is warm. Serve immediately.

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Home  
Project**

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## **\*\*\$1,900 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!**

**\*Your referral will receive \$200 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 (12/31/2014), 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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4	1	9	2	5	8	3	6	7
5	2	7	3	6	9	4	1	8
6	8	3	7	1	4	2	9	5
3	5	1	8	4	2	6	7	9
9	4	6	5	3	7	1	8	2
8	7	2	6	9	1	5	4	3
1	6	5	9	8	3	7	2	4
2	3	8	4	7	6	9	5	1
7	9	4	1	2	5	8	3	6

Commonym Answer:

1. tellers
2. parts of a golf course
3. they produce milk
4. they have drives
5. lights
6. tennis court surfaces
7. winds
8. they all rise
9. paints
10. picks

Riddle Answer:

Pilgrims!  
(Mayflower)

## CHRISTIE'S REMODELING Money Saving Coupon

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