



AROUND THE HOUSE

MAY 2018

NEWS FROM OUR FAMILY TO YOURS



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Inside This Issue:

- Remember the True Meaning Behind Memorial Day
- No Yard? Plant a Container Garden Anywhere!
- Keep Your Blood Pressure in Check!

Plus much, much more!!!

Give Mom What She Really Wants for Mother's Day!

Jewelry, flowers, and chocolates are great, but here's a list of what moms we polled really want for Mother's Day. We've even included some extra-credit tips for overachievers. Or you could go with one mom's response, which pretty much sums it up: "I want a Wonder Woman cape, preferably made out of diamonds, along with the statement: 'You were right about everything, and we'd be lost without you.'"

Mother's Day Wish #1: Clean House Being a mom is stressful, and coming home to a clean house, even if it only lasts 10 minutes, is like a little slice of heaven for us. You don't have to hire a professional to give mom the clean house she deserves. Instead, try buying organization supplies like this bundle from Tidy Living, and tackle the mess around the house.

Mother's Day Wish #2: Sleep When you're a mom, getting a full night's rest without waking up to an alarm clock or a hungry child in the morning is not only a dream come true, it's unheard of. Try treating Mom to a full night's rest on a new mattress. Lucid creates beds for the whole family, but when she wakes up feeling so refreshed she's not going to want to share.

Mother's Day Wish #3: A Really Good Workout Working out after baby can help boost confidence, fight postpartum depression, and act as a huge mood booster for any mama out there. But with a baby in tow it can be hard to find time to get in a good workout. Offer to take care of the kids once a week so she can go to Zumba class, or sign her up for an online program like Aaptiv where she can choose bodyweight training, yoga, and even meditation classes. Bonus, Aaptiv even has programs for expecting mothers and low-impact postpartum recovery to make sure she can fit a workout into her crazy schedule.

Mother's Day Wish #4: Spa Day A massage, mani/pedi or facial are all wonderful gifts to show us how much we're appreciated. Older kids could get creative and set up a home spa with candles, homemade scrubs, etc. **Extra credit:** A whole spa day full of pampering.

Mother's Day Wish #5: A Day Free from the "Mom Routine" We love being mamas; we really do. But we would also love a day free from the "mom routine." That means no dishes, laundry, chauffeur duty, dressing little ones, etc. Instead, show moms how much they're appreciated with a beautifully curated gift box from Give Lovely. Pair this box with a break from all of the little things she does every day and you will win Mother's Day.

Mother's Day Wish #6: Car Wash A vehicle free from crumbs and clutter is like a commuting oasis. Take a few minutes to clean up the stray chicken nuggets and the sippy cup that rolled under the seat. If you're going for Partner of the Year award, vacuum up the carpets and wipe down the seats.

Mother's Day Wish #7: The Best Things in Life Are Free The gifts we will treasure forever are the homemade cards, handprints, and photo frames from our children that remind us what a blessing it truly is to be a mom. Gather some craft supplies and make cards or these salt dough handprints as a family.

*A Mother is she who can take the place of all others
but whose place no one can take*

Honoring Our Fallen Heroes on Memorial Day

Memorial Day, which will be celebrated on Monday, May 29 this year, is one of the most important holidays in the American calendar. Observed annually on the last Monday of the month, it honors the men and women who have died while serving in the United States Armed Forces. Though the tradition is believed to have been started by local communities in the late 1800's, the first official Memorial Day celebration is credited to Waterloo, New York. On May 5, 1866, the town's residents organized a community-wide event to pay respects to perished soldiers by decorating their graves with flowers and flags.

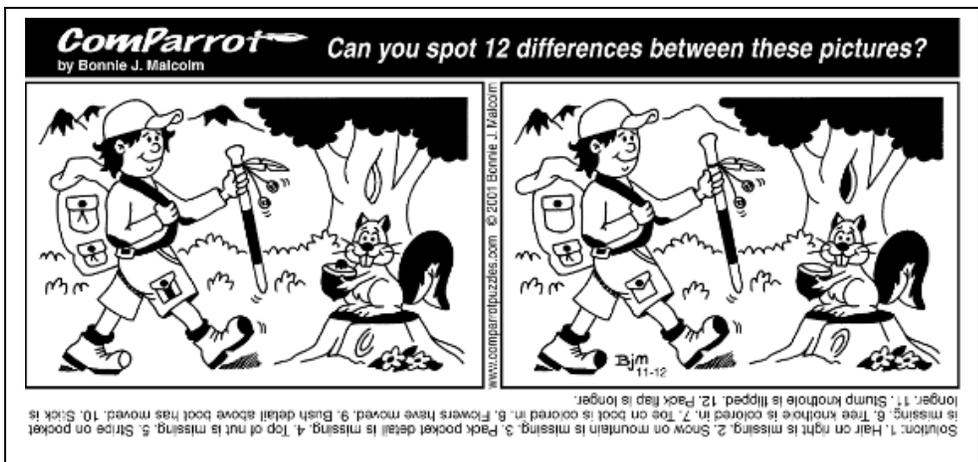
Two years later, on May 5, 1868, General John A. Logan decided to combine the various celebrations by declaring a national day of remembrance later that month, on May 30. Logan, the then Commander-in-Chief of the Grand Army of the Republic, called it Decoration Day and hoped it would help unite the residents of the Northern and Southern States who were still recovering from the aftermath of the American Civil War (1861-1865). The occasion was celebrated by placing small American flags and flowers on the graves of the 20,000 Union and Confederate soldiers buried at the Arlington National Cemetery in Virginia.

By 1890, Decoration Day had become an official holiday in all the Northern States. The Southern States, however, continued to honor their dead on different days. They only began celebrating Decoration Day after World War I, when the holiday was extended to honor all soldiers who had sacrificed their lives for the country's freedom. Many, however, continue to honor perished Confederate soldiers with a second holiday dubbed Confederate Heroes Day. The date of the celebration ranges from January 19 (Texas) to the final Monday in April (Alabama and Mississippi) to June 3 (Louisiana).

The tradition of wearing artificial red poppies began in 1918 when American professor Moina Michael sold a few to her friends and co-workers to raise money for service persons. Madam Guerin, a French woman visiting the US, loved the idea so much that she adopted it in her home country to raise money for war orphaned children and widowed women. In 1921, Guerin joined forces with the Franco-American Children's League and the poppy fundraising project went national in France and America. Unfortunately, the alliance lasted only a year. Not one to give up, Guerin convinced the US-based Veterans of Foreign Affairs (VFW) to take up the cause. Today, VFW "Buddy Poppies," as they are now called, are assembled by disabled, needy, and aging veterans, helping them earn a living.

In 1968, the US Congress declared Decoration or Memorial Day as it was now called, a federal holiday and moved the date to the last Monday of May so that Americans could enjoy a three-day weekend. The change, which went into effect in 1971, has resulted in the holiday losing some of its significance. Kids think of it as the beginning of summer or the day when swimming pools open, while adults view it as an opportunity to host barbecue parties and shop for bargains.

Concerned that people were starting to reason behind the holiday, in December 2000, former US President Bill Clinton signed "The National Moment of Remembrance Act." The law urges Americans to observe a minute of silence at 3:00 pm (local time) to honor the heroes who have sacrificed their lives for the safety and freedom of our country. So, on May 29, set aside those burgers and root beer floats for a few minutes and reflect on all the brave men and women who are no longer around to enjoy the three-day weekend with their families.



What do you call a small mom?

Answer on last page

May Is:

- Gifts from the Garden Month
- Foster Care Month
- National Barbeque Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- National Salad Month
- Older American Month
- Lupus Awareness Month
- National Strawberry Month

High Blood Pressure: Prevention and Control

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.

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.

Suspect a Gas Leak? Proceed with Caution

If you smell gas in your home or business, leave immediately and get far enough away so you no longer smell gas.

Before leaving, do nothing that could create a minor spark, which could trigger an ignition if gas has significantly accumulated.

Everyone knows better than to light a match, but these are some steps you may not be aware of.

- * Don't use a phone or cellphone before leaving. If you notice the leak while talking on the phone don't hang up.
- * Don't turn any lights, appliances, or anything electrical, on or off.
- * Don't open or close windows.
- * Don't start a vehicle if it's in an attached garage, and don't use the garage door opener.

Call the utility company as soon as possible from a phone in a different location.

Switching a wood-burning fireplace to gas.

If you like the coziness of a burning fireplace but don't like to find wood and store it, or the task of building a fire, you may be among homeowners who decide to switch to a no-fuss gas fireplace instead.

The Chimney Safety Institute of America recommends that the chimney be thoroughly cleaned before installing a gas-burning unit. With gas, creosote doesn't build up as quickly, but the chimney needs to be inspected for cracks.

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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!

Nick & Cindy Baker – Denver

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

Ugly Driveway? No Problem!

You might not think so, but a driveway that's filled with cracks, stains or pot holes can be unsightly and even unsafe! If you'd like to give your asphalt driveway a "makeover," just follow these quick and easy steps...

Stain Removal: To remove grease stains, mix one cup of laundry detergent in one gallon of hot water. For really stubborn stains, you can pick up a professional-grade asphalt stain remover.

Small Cracks: For small, hairline cracks of ½ inch or less, you'll want use an asphalt-based caulk. Your first step is to clean the crack with a wire brush. After you remove the dirt and debris with the brush, rinse the crack with a hose. After the crack has been thoroughly cleaned, apply the caulk. Note: Before you fill the crack, measure the depth of the crack. If it measures more than a ¼ inch deep, you'll first want to partially fill the crack with sand. Pack the sand with water and let it dry. After the sand has dried, apply the caulk. For cracks that are a ½ inch or wider, you'll need to fill the gap with a mixture of sand and asphalt sealer. Following the directions on the asphalt sealer, mix the sand and sealer into a putty-like substance. Use a disposable container to make the mixture in. A pie tin would work well for this. Place the mixture into the gap and smooth over the surface with a metal trowel. If your first application sinks down, be prepared to apply another coat.

Pothole Repair: Potholes are formed when water gets into small cracks in the asphalt surface, softens the soil beneath, and makes the driveway unstable. If you don't have extensive pothole damage, you can fix the problem yourself. The first step in fixing a pothole is to remove all of the damaged paving. You may have to dig down between 2 and 6 inches to do so. Next, fill the hole with gravel to within 4 inches of the surface. Using a 4 x 4 piece of wood, mash down the gravel.

Now you'll need to apply a cold-mix asphalt patching compound in 1-inch layers. Use a shovel and trowel to apply the compound. After each 1-inch layer has been applied, use the 4 x 4 to mash down the compound. Continue applying the compound until it's built up to ½ inch above the surrounding, undamaged area. At this point, apply a thin covering of sand to the area. Finally, slowly drive your car tire over the patched area to smooth it over. You'll want to be sure that the patched area is level with the surface of the driveway.

If you'd really like to give your asphalt drive the best protection, apply an emulsified asphalt sealer to your driveway. This sealer will help prevent cracks and staining. It's easy to do, just follow the manufacturer's directions.

RUN! (Or at Least Walk) for Your Life

OK, not everyone can run. But most people can walk pretty fast or do other weight-bearing exercise to strengthen bones, tendons and muscles. Those who do it will probably have a longer, more enjoyable life.

A remarkable new study by Stanford University followed middle-aged males beginning in the 1980s. One group of men in the study were runners and the others were not.

Over time, there were just half as many deaths from all causes among the runners' group versus the non-runners. Even more significant, disabilities in the runners occurred 12 to 16 years later than in the non-runners.

Doctors at Stanford were surprised by the longevity effect and especially surprised by the quality of life the runners experienced.

At the time the project began, those who opposed it predicted that the men who ran every day would suffer serious injuries and many would require knee replacements. As it turned out, the result was just the opposite. Runners did not have higher rates of osteoarthritis and total knee replacements.

The study was one more example of how simple things like exercise make a big difference in future health.

Those who are inspired by the runners' story should check with their doctors before starting to exercise and go slow at first.

As the old saying goes, you have to walk before you can run.

Barbequed Thai Style Chicken

Ingredients

- 1 bunch fresh cilantro with roots
- 3 cloves garlic, peeled
- 3 small red hot chili peppers, seeded and chopped
- 1 teaspoon ground turmeric
- 1 teaspoon curry powder
- 1 tablespoon white sugar
- 1 pinch salt
- 3 tablespoons fish sauce
- 1 (3 pound) chicken, cut into pieces
- ¼ cup coconut milk



Directions

1. Cut cilantro roots off at the stem, and mince thoroughly. Set aside a few leaves for garnish. In a blender or food processor, combine cilantro roots and leaves, garlic, chili peppers, turmeric, curry powder, sugar, and salt. Process to a coarse paste. Pour in fish sauce, and blend until smooth.
2. Place chicken in a large shallow dish. Rub with the cilantro paste. Cover, and marinate in the refrigerator at least 3 hours, or overnight.
3. Preheat grill for high heat.
4. Lightly oil the grill grate. Place chicken on the prepared grill, and brush liberally with coconut milk. Grill chicken 8 to 15 minutes on each side, depending on the size of the pieces. Turn only once, and baste occasionally with coconut cream. Cook until browned and tender, and juices run clear.

Source: Allrecipes.com



Rhubarb Strawberry Crunch

- 1 cup white sugar
 - 3 tablespoons all-purpose flour
 - 3 cups sliced fresh strawberries
 - 3 cups diced rhubarb
 - 1 ½ cups all-purpose flour
 - 1 cup packed brown sugar
 - 1 cup butter
 - 1 cup rolled oats
1. Preheat oven to 375 degrees F (190 degrees C).
 2. In a large bowl, mix white sugar, 3 tablespoons flour, strawberries, and rhubarb. Place the mixture in a 9x13 inch baking dish.
 3. Mix 1 1/2 cups flour, brown sugar, butter, and oats until crumbly. You may want to use a pastry blender for this. Crumble on top of the rhubarb and strawberry mixture.
 4. Bake 45 minutes in the preheated oven, or until crisp and lightly browned.

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HAS A FRONT FRAME 3/4"
THICK X 1 1/2" TO 3" WIDE

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

Riddle Answer:

A minimum!

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