



AROUND THE HOUSE

AUGUST 2012

NEWS FROM OUR FAMILY TO YOURS



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Inside This Issue:

- **The Importance of Immunization**
- **Increase Your Productivity**
- **Tasty Catfish Recipe**

Plus much, much



Back to School: Easing the Transition

Going back to school after two months of summer holidays can be either a happy time or something to be dreaded, depending on the child and his or her experience with school. Whether going back to school is happy or not, gradually moving back towards fixed bedtimes and wake-ups in the weeks before school begins, purchasing new supplies and clothes for the year ahead and having an end of summer celebration can help a child transition from summer to autumn.

Back to School Bedtimes

During the summer, parents and children can afford to become relaxed about enforcing bedtimes and often leave the alarm clock switched off. It is important to allow children some flexibility during the long daylight hours of midsummer, but gradually enforcing earlier bedtimes as school approaches will make that early morning waking up easier. If a child's bedtime has drifted to an hour or more, later than it will need to be to allow him enough sleep during school, shift it back by 15 minutes every couple of days instead of moving it suddenly.

Preparing School Supplies and Clothes

Help children prepare for their year ahead by bringing them with parents to purchase school supplies and new clothes. Choosing a new pencil case and notebooks can help some children get excited about going back to school, and most will have their own opinions about the kind of clothes they want to wear. Practice laying out clothes and supplies the night before so that it will be a routine by the time school starts.

Preparing for Changes and Separation

Going back to school is often a time of many changes, with new schoolmates, classrooms and teachers. This is especially true for children going to preschool or kindergarten for the first time, or for older children moving from elementary to secondary school. Talk with children about what they can expect in their new school. Young children going to preschool or kindergarten for the first time may need a parent to help them make a gradual transition to staying at school by themselves, especially if the child is shy or is unfamiliar with a childcare setting away from home.

End of Summer Celebrations

Having a party, beach BBQ or end of summer family camping trip can help children use ritual to say goodbye to the dog days of summer and welcome the changes in the year ahead as they go back to school. Choose a celebration as a family and consider inviting a few friends from the child's new school so that he will see some familiar faces on that first day back in the classroom.

Whether a child is going to school for the first time or entering the final year of high school, making the transition from summertime to the school routine can be difficult if it is very sudden or unprepared. Help children prepare to go back to school by introducing earlier bedtimes gradually, involving them in choosing new clothes and school supplies, talking about having a new classroom, teacher and classmates, and celebrating the end of the summer together.

Immunize!



In the month of August, many of our thoughts turn to summer coming to a close and getting our lives ready to return to school. I would strongly encourage you to shift your attention to something else... vaccinations! Most of us born in the 20th century take vaccinations for granted; we might even have forgotten the importance of being vaccinated. That is why August has been designated Immunization Awareness Month. Like testing your fire alarms in conjunction with daylight saving time, Immunization Awareness Month comes with the start of the school year. With children and adults going back to school in the fall, many schools require immunizations to be up to date in order to enroll. The purpose of Immunization Awareness Month is to promote the benefits of immunization.

Immunization is touted as one of the most significant public health achievements of the 20th century. It is thought to have begun in 17th or 18th century and was believed to be initially focused on the eradication of small pox. Thankfully it worked! Vaccines have eradicated small pox, polio and greatly decreased the number of individuals who get measles, diphtheria, rubella, whooping cough and other diseases. Rotary International continues to do amazing work in this area and recently has publicized its work to eradicate polio Their goal is to "...wipe this disease off the face of the earth forever." Check out how the effort is going and how being immunized helps to get rid of this disease and improve the communities' overall health.

It is important to have everyone vaccinated, especially children and older adults, in order to ensure healthy lives. There are many nonprofit organizations that provide immunization information including institutions that administer "free vaccinations" and concerns about vaccines. A simple search on the Internet will often produce information about where to get vaccinated in your community. Additionally, check with the Center for Disease Control's website, which provides details about a vaccination schedule and other pertinent information. Also remember, when you go to the doctor regularly you not only keep up to date on your vaccines, but also on your health in general. Most regular checkups start with a blood draw. Doctors can screen for a lot of things based on your blood draw and can catch disease in early stages when this is done regularly. This simple step can save a life and improve the health of the community.

Just for Fun



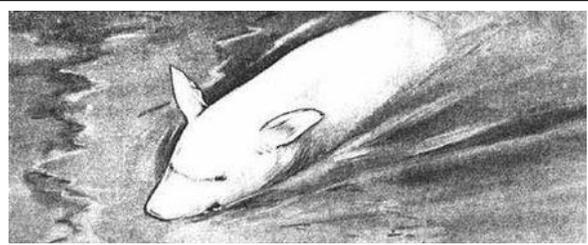
1. Sonny Crockett and Rico Tubbs were cops on what TV series? a- Miami Vice, b-Hill Street Blues, c-NYPD Blue, d-The Streets of San Francisco.

2. Who defeated Sonny Liston in 1964 to become the world heavyweight boxing champion? a-George Foreman, b-Muhammad Ali, c-Ingemar Johanssen, d-Rocky Graziano.

3. What TV show's theme song includes the lyrics "Sunny day, chasing the clouds away, on my way to where the air is sweet?" a-The Jeffersons, b-Good Times, c-Sesame Street, d-The Mary Tyler Moore Show.

4. Singer Sonny Bono served as the mayor of what California city? a- Oakland, b-Beverly Hills, c-Palm Springs, d-Pasadena.

5. Sonny Jurgensen played most of his NFL career as a quarterback for what team? a-Dallas Cowboys, b-San Francisco 49ers, c-St. Louis



Can pigs swim? Not entirely sure – but look closer and you'll see another creature that is more in its element.

Christie's Design/Build Remodeling

August Is:

- Admit You're Happy Month
- Family Fun Month
- National Catfish Month
- National Eye Exam Month
- National Golf Month
- Peach Month
- Romance Awareness Month
- Water Quality month
- National Picnic Month
- Immunization Awareness Month



Be More Productive

Don't multitask. Focus is key to productivity. "These people who think that they can multitask are wrong," says Kate Wendleton, president of career coaching firm The Five O'Clock Club. Focus on one thing, get it done, and move on. "The people who are able to focus and get something done well are the people who are most productive," she says.

"Multitasking can eat up 40 percent of your workday," says Marla Tabaka, a life and business coach who helps entrepreneurs in achieving their business and life goals. "Employers want people who can focus."

Instead of doing two things at once, block out time to do certain tasks. "You're not putting things off, you're scheduling things," Tabaka says.

More Reasons to Exercise



You might know the common benefits of exercise: it makes you feel great, protects your heart and makes you look better. But somehow these benefits haven't nudged you into doing it.

Maybe these new discoveries will.

* Exercise may erase your genetic risk for Alzheimer's disease. A Washington University study of people aged 45-88 identified those with a genetic risk for Alzheimer's. But the risk carriers who were physically active and meeting the American Heart Association guidelines for regular exercise showed no buildup of amyloid plaques.

* Both leisure and on-the-job activity protect against heart attacks. A Swedish study, reported by Tufts University, shows both light and moderate work activity created a reduced risk of heart attacks when compared to sedentary people.

As expected, all leisure time physical activity was associated with a reduced heart attack risk.

* Even 15 minutes of daily exercise prolongs your life. An eight-year study of 416,175 people in Taiwan showed that 15 minutes a day of physical activity, or 90 minutes a week, benefited both men and women.

It showed a 4 percent lower risk of death from any cause during the study period.

A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.

Hugh Downs

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

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!

***Jason & Kelly Hernandez of Westminster
Melissa & Jacqueline Morrison of Louisville***

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

Naming the New Generation: What's the Rush?

Individuals, journalists, academics race to name the new generation

Previous generations lasted 20 years or more. They include:

The Greatest Generation, also known as the GI Generation, born from 1901 to 1924. They experienced the Roaring Twenties, the Great Depression, the New Deal and World War II.

The Silent Generation, also known as Traditionalists, were veterans and mature people born from 1925 to 1945. They experienced the Depression, World War II, and the Korean War.

Baby Boomers, born from about 1946 to 1964, are huge in numbers. They experienced the Vietnam War; assassinations of John F. Kennedy, Martin Luther King, Jr., and Robert Kennedy; the civil rights movement and the women's movement.

Generation X consisted of those born from 1965 to 1981. Many were latchkey kids or children of divorce.

Millennials, also known as Generation Y or Echo Boomers, were born from 1982 through the early 2000s. They experienced the Sept. 11 attacks and the rise of the Internet.

Today, demographers say there is a frantic race on to name the new generation. There's no official contest. The new name will come to life automatically when it's used most often in press releases and by writers and marketers.

"No one knows who will name the next generation," says Neil Howe, who, with his deceased business partner, is credited with naming the Millennials. "The heart of the next generation," he says, "is still in nursery school."

Psychologist and author Jean Twenge referred to it as "iGen" before the iPhone came out. The i was for Internet. Now she likes Multi-Gen because the generation will be multicultural, multimedia, multiracial and multifamily.

Scott Hess of Teenage Research Unlimited likes PostGen. He says it will be post recession, post Obama and the generation that posts on Facebook.

USA Today says ad man Jack MacKenzie suggests "The Pluralistic Generation," because the Plurals will be most positive about America becoming ethnically diverse.

Zesty Oven-Blackened Catfish

Ingredients

- 2 teaspoons cayenne pepper
- 2 teaspoons lemon pepper
- 2 teaspoons garlic powder
- 2 teaspoons salt
- 2 teaspoons pepper
- 1 pound catfish fillets
- 2 tablespoons butter
- 1 cup Italian-style salad dressing



Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- In a shallow, medium bowl, mix cayenne pepper, lemon pepper, garlic powder, salt and pepper.
- Brush both sides of catfish fillets with butter. Rub fillets with the cayenne pepper mixture on both sides.
- Heat a large heavy skillet over medium-high heat until really hot. Add fillets, and fry approximately 2 minutes on each side, until slightly blackened.
- Arrange blackened fillets in a single layer in the prepared baking dish, and coat with Italian-style salad dressing. Bake 30 to 35 minutes in the preheated oven, until fish is easily flaked with a fork.

Recipe Source: AllRecipes.com

A Department of Agriculture study shows it costs less to eat fruits, vegetables and healthy foods than those that are high in fat, sugar and salt. That means bananas, carrots and beans cost less per portion than French fries, soft drinks, ice cream, potato chips and hamburgers.

Refreshing Peach and Pineapple Sorbet

- 3 peaches, peeled and diced
- 1 1/2 tablespoons orange juice
- 1/2 cup diced pineapple
- 1/2 cup simple syrup



Combine the peaches and orange juice in a food processor; puree until smooth. Add the pineapple; puree again until smooth. Pour the simple syrup into the peach mixture; blend to combine.

Pour mixture into an ice cream maker and freeze according to manufacturer's instructions.

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833-4715**

****\$1,500 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, Jim & Krystal Simmons won our **\$200 REFERRAL FEE** for referring *The Hernandez Family of Westminster* to Christie's for a new Four-Season patio— thank you Simmons'! Also, a **\$30 GIFT CARD** from Chili's Bar and Grille has been awarded to our Friends of the Month, Ed & Amy Boddecker, of Amy's Consignment Closet in Firestone! Thank you Ed & Amy 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.

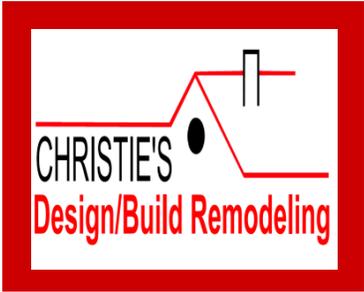
Rest assured, at **CHRISTIE'S DESIGN/BUILD REMODELING** we'll treat your family, friends, neighbors, and co-workers with the care and professionalism you've come to trust.

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.



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CONTRACT MUST BE SIGNED BY
September 30, 2012

Minimum contract amount \$25,000

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



**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**