



AROUND THE HOUSE

FEBRUARY 2015

NEWS FROM OUR FAMILY TO YOURS

5 Ways to Show the Planet Some Love This Valentine's Day

It's easy to think of Valentine's Day as a manufactured holiday designed to sell presents and cards. There is something kind of lovely about a day dedicated to telling people that you love them though – and it doesn't *need* to be about *buying* things (or about buying things without giving some thought to how and what you're buying). Here's a list of great ideas that you can do on Valentine's Day that celebrate love without destroying the planet *or* your budget.

1. Chalk a Sidewalk

Consider this alternative to a Valentine's Day card or really any greeting card: chalk the sidewalk outside of your Valentine's Day love's home. Chalk is natural, you won't create the waste of one-time use paper and your message will be truly unique. Of course, you're at the mercy of the weather, but if it rains you can always change your message to a serenade and sing in the rain instead!

2. Cook a Romantic Dinner

For many people, Valentine's Day means heading out to a restaurant for a fabulous dinner. You can be friendlier to the planet and friendlier to your wallet by cooking a romantic dinner at home. You can either choose to cook a meal for your Valentine, or you can cook together. Making food together can be both fun and sensual - and enjoying an adult beverage and feeding each other while you cook is a great mood-setter. Of course, try to opt for organic and free-range products for your meal, if possible. If you are headed out to a restaurant, try to make the extra effort to find a restaurant that embraces green practices.

3. Show Some Love to People Who Need It Most

Spread the love a little further this Valentine's Day. Before, after or instead of celebrating as a two-some, spend some time taking Valentine's Day treats, food, love and donations to places where people don't feel love often enough. Homeless shelters, children's homes and animal shelters are a great place to start. You'll be celebrating the true spirit of the season and your bond with your partner will grow from having made a difference together.

4. Purchase a Truly Unique and Handmade Gift

Not all purchased gifts are evil in nature! Purchasing a gift that supports an underserved population or that is truly unique and handmade isn't the same as purchasing from a big box store. Consider exploring [Etsy](#) for one-of-a-kind handmade or vintage options. For women, explore The Leakey Collection, which provides resources to Maasai women in Africa. You can also research local artisans in your hometown and make purchases from them. Not every gift is caving to materialism! Many gifts have unique and valuable stories that can add to your relationship and help the world around you.

5. Save an Animal

It's not just humans who need love! Not only can saving an animal from a shelter be a fantastic way to spread some love in the world, but pets make gifts of love that keep giving love. If you're buying a pet for a gift, make sure that you're reasonably sure that your gift recipient will actually want the pet. Nobody wants to see animals saved from shelters just to get sent back there. However, the gift of a rescued animal extends the love all the way around.



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Inside This Issue:

- Think Green this Valentine's Day
- And the Pantone Color of the Year is...
- Determine the Best lighting for Every Room in Your Home

Plus much, much more!!!

The Presidents' Day Dilemma

On Monday, February 16, the nation celebrates Presidents' Day. Or is it George Washington's Birthday? What about Abraham Lincoln? Confused yet? Everyone agrees that Monday is a holiday, but what should we call it? Some government offices call it Presidents' Day. Others say the holiday is officially Washington's Birthday.

The History Behind Presidents' Day

George Washington was elected the country's first President on April 30, 1789. Soon after, Americans began publicly celebrating his birthday.

Presidential historians say the actual date of George Washington's birth is February 11, 1732. A change in the calendar system 20 years later shifted all dates 11 days ahead, making Washington's birthday February 22. In 1879, Congress made Washington's birthday an official federal holiday. It was the first federal holiday to celebrate an individual's birth date.

In 1968, Congress passed the Monday Holidays Act, which moved the holiday to the third Monday in February. The new law did not change the holiday's name. It was still called Washington's Birthday, even though some lawmakers wanted to call it Presidents' Day to include Abraham Lincoln. Lincoln's actual birthday is February 12.

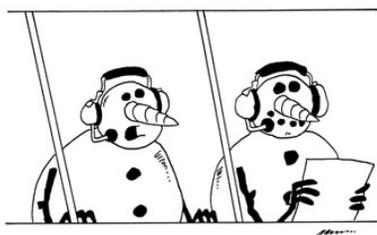
The Great Presidential Debate

Many people agree that the holiday should celebrate all past Presidents. They feel Lincoln should be honored for his role in preserving the nation during the Civil War and helping to free slaves. Others feel the holiday should only honor Washington, the country's first President. They say shifting the focus away from Washington would mean future generations of kids would not know about the Father of Our Country.

Laws have been introduced in Congress over the years to require use of the term "George Washington's Birthday," but none of those laws have passed. Meanwhile, many state governments and school districts now use the term "Presidents' Day." Many stores also use it to promote holiday sales.



"Aww, gee, Mom! None of the other kids wear cup sleeves when it's cold..."



"We're going to take another look at that play in snow motion."



1. Humans - Porcupines - Books
2. Head - Goat - String
3. A Year - A Mattress - A Car
4. An Arm - A Race Track - An Olive
5. Ear - Steel - Kettle
6. Coffee - Layer - Spice
7. Duck - Mini - Venetian
8. Days - Seas - Continents
9. Yellow Brick - Dirt - Private
10. Bell - Red - Green

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 9

What did the French chef give to his girlfriend on Valentine's Day?

Answer page 9

Precision Roof Crafters, Inc.

February Is:

- American Heart Month
- Black History Month
- Canned Food Month
- Great American Pie Month
- National Grapefruit Month
- National Weddings Month
- National Children's Dental Health Month
- National Cherry Month

Color Me Marsala

It's the next big thing and you are going to see it everywhere:

In the kitchen, on the patio, in the dinner plate pattern, in makeup, packaging, pillows, dishes. Everything.

Chosen by the color fashion wizards at Pantone, the new color of 2015 is called Marsala, a reddish, brownish, wine-like color that is hailed as both earthy and sophisticated.

Forecasters of the most popular colors in decor, fashion and graphic design have a cult-like following among designers and retailers. In 2013, consumers bought its Emerald color. In 2014 Pantone's Radiant Orchid became popular.

Marsala brings to mind farm-to-table cuisine, which is exactly the cultural phenomenon that Pantone and the design world are addressing here, according to The Wall Street Journal.

Fashion followers have been surprised at the decline in recent years of black in city wear. Marsala could (WILL!) be the bold neutral to replace black.

Kendra Scott is using it for her jewelry, though she calls it Goldstone. Scott says, "As a culture right now, we are going back to things that are simple."

To arrive at the color of the year, one of the things Pantone does is poll designers and creative types about what shades are on their minds.

Optimistic Outlook = a Healthier Heart

Having an upbeat outlook on life makes a big difference when it comes to heart health, a new study found.

In fact, research at the University of Illinois discovered that people with an optimistic attitude toward life were twice as likely as their more pessimistic counterparts to have the best cardiovascular health even when socio-demographic factors and poor mental health were taken into consideration.

Analysts assessed the cardiovascular health of more than 5,100 people based on seven metrics established by the American Heart Association: blood pressure, body mass index, fasting plasma glucose and serum cholesterol levels, dietary intake, physical activity and tobacco use. Individuals were given up to two points for each metric, with 14 being the best score.

The participants, between 45 and 84 years old, also filled out surveys about their mental health, attitude and physical condition.

When medical metrics were combined with the results from the surveys, researchers found that people who were the most upbeat were at least 50 percent more likely to have health scores in the intermediate range.

The study found an even stronger association between optimism and cardiovascular health with factors such as age, race and ethnicity, income and education were taken in effect. People who were the most optimistic were twice as likely to have ideal cardiovascular health.

Optimists had significantly better blood sugar and total cholesterol levels than their counterparts. They were more physically active, had better body mass indexes and were less likely to smoke, according to a paper, published in the journal [Health Behavior and Policy Review](#).

Prevention Plan

- Monitor your blood pressure. .
- Get your cholesterol checked.
- Eat a healthy diet.
- Maintain a healthy weight.
- Exercise regularly.
- Don't smoke
- Work with your health care team.

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

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 "PRECISION ROOF CRAFTERS' FAMILY

Here are some of our new clients that became members of the "Precision Roof Crafters' Family" this past month. I'd like to welcome you and wish you all the best!

Shoujun Xu, Houston

Tara Beasley, Humble

Sandy Pearson, Pasadena

Ivette Escobar, Houston

Kendra Evans, Houston

Leroy Floriano, Kingwood

Blake Jones, Houston

Valerie Troxel, Houston

Russell Young, Houston

Juan Delcid, Katy

Larry Garmezy, Bellaire

Viviana Carranza, Katy

John Torgersen, Sugar Land

Sue Larsen, Houston

Michael Holland, Houston

Jafari (Harry) Hadi, Cypress

Brent Johnson, Houston

Kenneth Miller, Houston

Ryan Konarik, Crosby

Michael Moore, Houston

Angela Ramos, Houston

Chris Losee, Houston

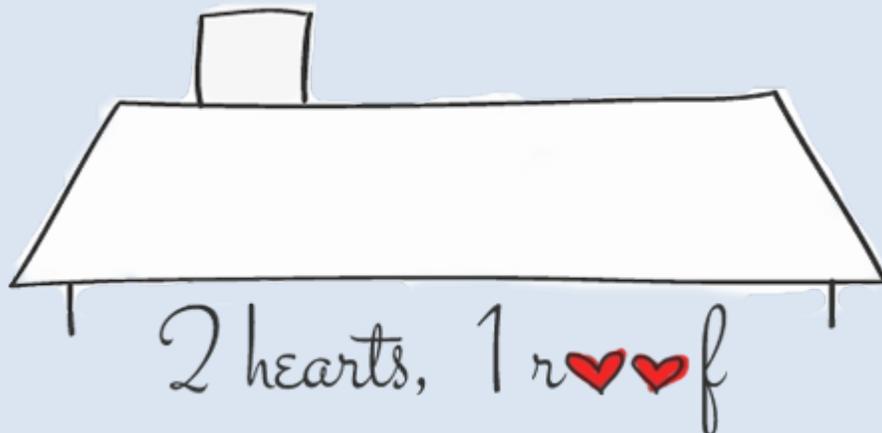
Beth Shriner, Galveston

Mustafa Rahman, Houston

Kathleen Jardine, Houston

Jean Kucel, Houston

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



The Right Light

Researchers are looking at how dialing up and down the brightness, color and richness of household lighting can help regulate our circadian rhythms. They are the mental and behavioral changes that occur in response to light cues over each 24-hour period.

In the living room: Where people gather to watch TV or play games, a whiter light is best. Turning off electronic devices and switching to a softer, warmer color of yellow or orange two hours before bed will help the body get ready for sleep.

The kitchen: The quality of light for cooking is a major consideration. Lights with high-color rendering help colors pop and bring out details of meat, vegetables and other ingredients. It helps the food look good.

Bathroom: Rich color rendering with over 90 CRI is desirable for applying makeup or shaving. We need more light to see as we age, so a dimmable light allows people to adjust the lighting.

Adult bedrooms: Dimmable lights with a warmer glow are ideal to minimize the disruption of melatonin, the hormone that makes us sleepy. It is produced when the lighting dims.

Hallways: Ultralow and warm lighting helps people navigate halls and stairs without affecting their night vision.

Organ Donor Day

The U.S. Department of Health and Human Services made a touching connection when it designated Valentine's Day as National Organ Donor Day. Valentine's Day symbolizes love, and there is no greater love for one's fellow Americans than signing up to be an organ donor.

The day has been recognized since 1968 to raise awareness of the number of lives that can be touched by one donor. You could possibly aid in saving the lives of up to 50 people.

Celebrate Valentine's Day by giving this gift of life. In the time it takes you buy a box of chocolates, you can register at organdonor.gov.

Let your doctor and your family know that you want to be a donor.

Reverse Mortgages: What Your Heirs Need to Know

There are several reasons why your parents wanted a reverse mortgage. Among them: to pay for home-health care, allowing them to age in place while invested in higher-yield securities, according to estate-planning law firms.

The majority of reverse mortgages are home-equity conversion mortgages insured by the Federal Housing Administration (FHA). But the FHA has stringent repayment rules lenders must follow upon the death of the last mortgage holder, says The Wall Street Journal.

Lenders must send a letter stating that the balance of the loan is due. The heir or estate administrator has 30 days to advise whether the loan will be repaid or the home is going to be sold. If there is no response in 30 days, foreclosure proceedings may begin.

According to the National Reverse Mortgage Lenders Association, you must respond with a clear letter stating that the loan will be repaid by the estate, if heirs plan to refinance with a regular mortgage, or if the home will be sold to repay the loan.

The FHA has provisions for lenders to provide extensions of time up to a year for the estate to take these actions. If the estate has circumstances that will delay repayment, it is especially important to contact the lender and explain.

The FHA has relaxed rules to allow a spouse, even if under age 62 who isn't a borrower on the loan, to remain in the home as long as he or she wants. But the spouse will not receive monthly payments from home equity and the loan interest will continue to accrue.

Estate planning firms say they find cooperation from lenders that allow them ample time to market the property so they can sell it at the highest price available.

Sweethearts' Seafood Melange

Ingredients

- 4 sole, patted dry
- 10 bay scallops, raw
- ¾ cup crabmeat
- ¾ cup cooked shrimp
- 1.2 cup shredded Monterey Jack cheese
- ½ cup butter
- 2 egg yolks
- 1 tablespoon lemon juice
- ½ teaspoon mustard powder
- 1/8 teaspoon salt
- 2 tablespoons chopped fresh parsley
- ¼ teaspoon paprika



Directions

- Butter two 2-cup au gratin dishes. Place 1 fillet on bottom of each, then layer with scallops, crabmeat, shrimp, cheese and a second fillet; set aside.
- Preheat oven to 450 degrees F (230 degrees C).
- Melt butter. In a medium mixing bowl, combine yolks, lemon juice, mustard and salt; mix on high and slowly add butter in a steady stream until sauce is thick and creamy. Pour sauce over fillets.
- Bake in preheated oven for 10 to 15 minutes; sprinkle with parsley and paprika. Serve.

Recipe Source: Allrecipes.com

Cherry Heart Dessert

Ingredients

- 1 (18 ounce) package refrigerated sugar cookie dough
- 1 (8 ounce) package cream cheese
- 1 cup confectioners' sugar
- 1 (21 ounce) can cherry pie filling
- 1 (8 ounce) container frozen whipped topping, thawed



Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Roll the cookie dough to 1/4 inch thick and form it into a heart shape. Place the heart shape on a cookie sheet.
- Bake at 350 degrees F (175 degrees C) for 10 minutes, or until the cookie is lightly brown on the edges.
- In a large mixing bowl, mix cream cheese with confectioner's sugar. Spread the mixture on cooled cookie dough. Cover with cherry pie filling and whipped cream.

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Client of the Month!

Every month we choose a Precision Roof Crafters' Client Of The Month. It's just our way of saying thanks and giving a little recognition to our good friends and clients who help support us!

This month's client of the month is **Brad Tolbert!** Congratulations! **Thank you** for referring Michael Holland to Precision Roof Crafters!



Brad Tolbert wins a **\$50 Gift Card!!!** Watch for your name here in an upcoming month! You can be the client of the month too!

SEND A REFERRAL: GET A PRIZE

For every referral you send our way that becomes a client, you will receive a gift from our company:

"A \$25 Pre-Paid American Express Gift Card"

By referring your family, friends & neighbors, you've helped our business grow. Offering these special rewards is our way of saying, **"Thank you, you're the best!"**

Without you, we couldn't do what we do. To take advantage of our Referral Reward Program, just fill out the enclosed referral sheet and either fax or send it in. That's all there is to it!

ROCKET REFERRAL REWARD PROGRAM!

If you use this form, we will be able to make sure you get credit for all of your referrals when they become clients. If you have any questions, just give us a call at (insert your phone number).

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Referrals: If you run out of room, please feel free to use a separate sheet of paper.

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Address _____

City, State, Zip _____

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City, State, Zip _____

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

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



Puzzle Answer:

1. They have spines
2. Cheese
3. They have springs.
4. They have pits
5. Drums
6. Cakes
7. Blinds
8. There are 7 of them
9. They are roads
10. Peppers

Riddle Answer:

A hug and a quiche!

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How about a refrigerator with a TV and DVD player built into the door? It's available.