



AROUND THE HOUSE

JANUARY 2016

NEWS FROM OUR FAMILY TO YOURS



Our Services Include:

- New Roof Installation
- Roof Repairs
- Metal Roofs
- Tile Roofs
- Flat Roofs
- Shingle Roofs
- Energy Efficient Roofs
- Roof Diagnostics & Evaluation
- Ventilation
- Fascia
- Gutter Repair/Installation
- Skylight

Inside This Issue:

- **The Benefits of Giving Blood**
- **Safety Tips for Bath Safety Month and Beyond**
- **Ceiling Fan Cleaning Made Easy!**

Plus much, much more!!!

Not Your Everyday (or Year) New Year's Resolutions

If your New Year always starts with you reeling off the same old dutiful commitments to join a gym, start a diet and give up all those bad habits, why not try something different next year to boost your happiness and revitalize your life? Here are our top 5 suggestions for alternative resolutions.

Get your photo taken in five interesting places

If you've got the travel bug and want to see a bit more of the world, why not make it a New Year's resolution to visit five interesting places you've always wanted to see? Even better, make a visual record of the year by making sure you get a photo of yourself taken in each place. Good photo opportunities include inside an igloo in Lapland, on the Great Wall of China, inside a volcanic crater or floating in the Dead Sea, but use your imagination to think of your own – the world's your oyster after all.

Learn a decent party trick

You know that party trick you've got, the one that always comes out after a couple of drinks? Think about it; is it really so impressive in the cold light of day? If the answer is no, it's about time you learned a new trick; one that will really impress. Mastering a new skill – no matter how pointless – can increase your self-esteem, as well as earning you some serious social kudos next time you reveal it in public. For a physical challenge, why not work on your flexibility for a spot of contortion, or give yourself a mental challenge and learn how to recite the alphabet backwards in less than 10 seconds.

Break a record

Want to give your confidence a boost and work towards a new challenge? Then make this the year that you break a record! You could aim at breaking a personal fitness record or, if you want to aim a little higher, set your sights on a world one. With lots of diverse (and bizarre) records there for the taking, this may not be as difficult as you think. Perhaps you could burn off some calories with the world's longest kiss, the longest time spent bouncing on a bouncy castle or the fastest one mile run completed wearing swim fins... Yes, these are all real world record titles if you fancy your chances!

Make a new friend a month

Fact: friends are great for your health, and the more you have of them the better. So, why not make it a New Year's resolution to start collecting them? To expand your social circle, try to make one new friend a month by making a conscious effort to attend more social events, chat to strangers and get introductions to friends of friends. Making friends with people with different personalities and interests from you can be particularly beneficial in helping you to broaden your horizons, explore different sides of your personality and find new ways to get the most out of life.

Develop a good relationship with your body

Many traditional New Year's resolutions center around improving our bodies in some way, whether by taking up a diet or joining a gym. Next year, make it your resolution to start to love the body you've got instead. While this doesn't mean you can't make changes to your diet and fitness regimen if your health requires it, it *does* mean starting to love who you are in the process. Work on improving your body confidence by focusing on the things you do like rather than those you don't, and learn to dress according to your body shape, showing off your favorite features.

Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending. ~ Carl Bard

MLK Day – More Than Just a Day Off

What is the Martin Luther King, Jr. Day of Service?

After a long struggle, legislation was signed in 1983 creating a federal holiday marking the birthday of Rev. Dr. Martin Luther King, Jr. In 1994, Congress designated the Martin Luther King Jr. Federal Holiday as a national day of service and charged the Corporation for National and Community Service with leading this effort. Taking place each year on the third Monday in January, the MLK Day of Service is the only federal holiday observed as a national day of service – a "day on, not a day off." The MLK Day of Service is a part of United We Serve, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a "Beloved Community."

Why Serve on MLK Day of Service?

Dr. King believed in a nation of freedom and justice for all, and encouraged all citizens to live up to the purpose and potential of America by applying the principles of nonviolence to make this country a better place to live—creating the Beloved Community. The MLK Day of Service is a way to transform Rev. Dr. Martin Luther King, Jr.'s life and teachings into community action that helps solve social problems. That service may meet a tangible need, or it may meet a need of the spirit. On this day, Americans of every age and background celebrate Dr. King through service projects that strengthen communities, empower individuals, bridge barriers, and create solutions.

Learn about Dr. King

Rev. Dr. Martin Luther King, Jr. was a vital figure of the modern era and a pivotal figure in the Civil Rights Movement. His lectures and dialogues stirred the concern and sparked the conscience of a generation. His charismatic leadership inspired men and women, young and old, in this nation and around the world. Following in the footsteps of his father, in February 1948, at the age of 19, Rev. Dr. Martin Luther King, Jr. entered the Christian ministry and was ordained at Ebenezer Baptist Church in Atlanta.

In 1954, upon completion of graduate studies at Boston University, he accepted a call to serve at the Dexter Avenue Baptist Church in Montgomery, Alabama. While there, he was an instrumental leader in the Montgomery Bus Boycott, made famous by the nonviolent resistance and arrest of Rosa Parks. He resigned this position in 1959 to move back to Atlanta to direct the activities of the Southern Christian Leadership Conference. From 1960 until his death in 1968, he also served as co-pastor with his father at Ebenezer Baptist Church.

Dr. King was arrested 30 times for his participation in civil rights activities. While Dr. King preached about justice, empowerment, love and peace, in the final months of his life, his attention was turned to fighting poverty. Sadly, more Americans live in poverty today than during Dr. King's lifetime. Forty-seven million Americans currently fall below the poverty line.

Dr. King was shot while standing on the balcony of the Lorraine Motel in Memphis, Tennessee and died on April 4, 1968. He had gone to Memphis to help lead sanitation workers in a protest against low wages and intolerable working conditions.



"Believe me, you're not the first customer who's dropped their phone in the litter box."



"Mommy doesn't need a thermometer. Let me feel your nose."

Just for Fun

1. Olive - Orange - Fig
2. Doors - Paintings - Eye Glasses
3. Picnic - Pool - Coffee
4. Rose - Potato - Taste
5. The Olympics - Leap Year - Presidential Elections
6. Masking - Red - Duct
7. Index - Pinky - Ring
8. Ice - Sugar - Rubik's
9. Jurors - Roses - Doughnuts
10. Seat - Whoopee - Pin

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!

Answers on page 9

What do snowmen eat for lunch?

Answer on page 9

Precision Roof Crafters, Inc.

January Is:

- **National Blood Donor Month**
- **National Braille Literacy Month**
- **National Hobby Month**
- **National Bath Safety Month**
- **Hot Tea Month**
- **National Oatmeal Month**
- **National Soup Month**

**Warning:
Xylitol is Toxic to Dogs**

Xylitol a sugar substitute often used by food manufacturers, causes liver failure in dogs, often resulting in death (it's not harmful to human beings).

Animal poison-control centers say they see a dramatic increase in xylitol calls. Ahna Brutlag, senior veterinarian toxicologist at the Pet Poison Hotline, says her center had 2,800 calls about known or suspected xylitol poisoning late last year.

It's one of the most dangerous food-related poisons her staff deals with. Brutlag says a lot of dog owners never heard of it, nor do they understand that an ordinary sweetener could be so toxic to pets. One pet saved from death, but the vet bill was \$5,000.

The substance is widely used in coated gum, mints, sweetened vitamins, toothpaste and baked goods.

Hershey & Co. says dog owners should check ingredients on items and discard those sweetened with xylitol.

Giving Blood: It Does a Body Good

It's time to roll up your sleeve and save a life — including yours.

Every two seconds, someone in the United States needs blood, with a total of 44,000 blood donations needed every day, reports the American Red Cross. One whole blood donation, which takes approximately 45 minutes to an hour, can come to the rescue of as many as three patients.

While the health benefits of recipients who receive blood transfusions are clear, altruistic blood donors too, can reap the benefits.

Preserves Cardiovascular Health

Blood viscosity is known to be a unifying factor for the risk of cardiovascular disease, says the Harvard Medical School Family Health Guide. How thick and sticky your blood is and how much friction your blood creates through the blood vessels can determine how much damage is done to the cells lining your arteries. You can reduce your blood viscosity by donating blood on a regular basis, which eliminates the iron that may possibly oxidize in your blood. An increase in oxidative stress can be damaging to your cardiovascular system.

Blood donation reduces the risk of heart attacks and strokes, too. In a study published in the Journal of the American Medical Association (JAMA), researchers found that participants ages 43 to 61 had fewer heart attacks and strokes when they donated blood every six months. The removal of oxidative iron from the body through blood donations means less iron oxidation and reduced cardiovascular diseases.

Reduces the Risk of Cancer

The reduction of iron stores and iron in the body while giving blood can reduce the risk of cancer. Iron has been thought of to increase free-radical damage in the body and has been linked to an increased risk of cancer and aging, says a study published in the Journal of the National Cancer Institute. Researchers followed 1,200 people split into groups of two over the course of 4 ½ years. One group reduced their iron stores by blood donations twice a year, whereas the other group did not make any changes. The results of the study showed that the group of blood donors had lower iron levels, and a lower risk of cancer and mortality.

The Miller-Keystone Blood Center says that the consistency of blood donations is associated with lower risks of cancers including liver, lung, colon, and throat cancers due to the reduction in oxidative stress when iron is released from the bloodstream.

Burns Calories

People burn approximately 650 calories per donation of one pint of blood, according to the University of California, San Diego. A donor who regularly donates blood can lose a significant amount of weight, but it should not be thought of as a weight loss plan by any means. To donate blood the American Red Cross requires donors to weigh at least 110 pounds and maintain healthy iron levels in the body.

Provides a Free Blood Analysis

Upon donation, donors are tested for syphilis, HIV, hepatitis, and other diseases. Testing indicates whether or not you are eligible to donate based on what is found in your bloodstream, says the American Red Cross. The organization also notes that a sample of your blood may be used now or in the future for additional tests and other medical research with your consent.

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

Bernardo A., Fresno	Brian L., Houston
Carlos A., Houston	Andy O., Houston
Teresa B., Houston	Anish Z., Sugar Land
Richard B., Friendswood	Brian S., Sugar Land
Beau B., Houston	Christi M., Humble
Terence C., Katy	Cung V., Houston
Tom C., Houston	Erica S., Pasadena
Adam C., Houston	Fred L., Missouri City
Robert C., Katy	George P., Houston
Jeff C., Houston	James R., Houston
Jennifer F., Katy	James R., Houston
Tony G., Pearland	Jamie S., Houston
Andrew G., Houston	Jessica W., Houston
Adam G., Houston	John S., Houston
Bob G., Humble	Jonathan Z., Bellaire
Randall H., Houston	Julie S., Houston
Carrie H., Missouri City	Kevin M., Houston
Ana H., Houston	Kirk S., Houston
Joshua H., Baytown	Linda R., Missouri City
Gary H., Kingwood	Matt S., Houston
Jolie H., Houston	Paul R., Houston
Catherine H., Houston	Raul M., Houston
Bob J., Houston	Thomas T., Houston
Vamsi K., Houston	Todd R., Houston
Linda K., Montgomery	Whitney W., Humble

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

Not a Dirty Fan Fan?

Cleaning ceiling fans is an aggravating job. You can get the blades clean, but the dust falls below onto the kitchen table or the living room floor. And you probably have to tackle fans in more rooms than one or two.

Cleaning ceiling fans

You can solve these problems by taking a few minutes to make your own cleaning tool. All you need is a new paint roller, an extension pole for the paint roller frame, a couple of dryer sheets, and two rubber bands.

Put the sheets around the roller, overlapping them, and wrap with a rubber band at each end.

Slide the roller onto the frame and attach the frame to the extension pole. Now you're ready to clean.

Carefully roll your tool over the top sides of the blades. Keep rolling over the blades from the center outward. The roller sheet will collect the dust without allowing it to fall.

Getting rid of cobwebs

When you're finished with the fans, change the dryer sheets. Then you can use your tool to get rid of cobwebs on the ceiling and in hard-to-reach places like around ceiling mounted lights and where the ceiling meets the wall.

Here's a tip for cleaning 2-inch wooden blinds or shutters at the windows. Advisor Shelly Miller Leer, writing in the Indianapolis Star recommends using wet Magic Eraser cloths from Mr. Clean.

Bath Safety 101: Water Hazards

Standing water, scalding hot water, hard and slippery surfaces, pretty poisons in the guise of toiletries and medications, razor blades, and electrical appliances - ordinary components of practically any bathroom - are hazards that warrant childproofing attention. Here's what you can do to make it safe.

Never let even a small amount of water stand in the tub. Children have been known to drown in as little as two inches of water. Toilet bowls and diaper pails pose similar drowning hazards to curios, top-heavy toddlers. Choose diaper pails with locking lids, and always close the toilet lid after use. Invest in a special child-safe toilet lock that is easy for adults to maneuver, but difficult for your child to figure out.

Water temperature in your water-heating system should not exceed 120 degrees F. Set the water heat to a maximum of 120 degrees F to prevent the possibility of scalds. For added protection, install an antiscald device. Double-check water temperature with a bath thermometer. If your house was built in the mid-1980s or later, antiscald valves may be built into your plumbing. If not, several different types of do-it-yourself retrofit devices that stop the flow of water when the temperature reaches 115 degrees F are available. Whole-value replacements maintain a maximum temperature of 115 to 120 degrees F and compensate for any changes in water pressure and temperature that may occur; they are best installed by a plumber.

Install childproof tub and sink knobs, so a child cannot turn the water on. Also use a faucet cover that pads the faucet and prevents burns caused by brushing up against it when it's hot. They are available in countless fun shapes, colors, and characters.

Hard, slippery surfaces. A wet tub or wet tile floor can be extremely slippery. Injuries can easily occur if a young child slips as she sits, stands in, or climbs in or out of a tub. Place a nonslip mat or appliques at the bottom of the tub and a nonskid rug or bathmat on the floor next to the tub. Always wipe up water that has splashed on to the floor quickly, so it will not add to the risk of slipping. Commercial padding is available that fits snugly over the top edge of the tub, cushioning the hard surfaces and preventing serious injury should a child fall against it. Or drape a thick damp towel over the tub side during your child's bath.

Avoid shock. Cap all electrical outlets not in use with safety covers. Make sure outlets are protected by ground fault circuit interrupters (GFCI) to safeguard against electrocution. Always unplug small appliances, such as hair dryers and curling irons, when not in use, and put them safely out of the reach of children. Remember, too, that some items can retain enough electricity to cause shock after they have been turned off. Don't use appliances near a bathtub or sink full of water and keep the toilet lid closed when small appliances are in use. As an added precaution against electrocution, do not use space heaters or extension cords in the bathroom.

Split Pea Soup

Ingredients

- 2 ¼ cups dried split peas
- 2 quarts cold water
- 1 ½ pound ham bone
- 2 onions, thinly sliced
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 pinch dried marjoram
- 3 stalks celery, chopped
- 3 carrots, chopped
- 1 potato, diced



Directions

1. In a large stock pot, cover peas with 2 quarts cold water and soak overnight. If you need a faster method, simmer the peas gently for 2 minutes, and then soak for 1 hour.
2. Once peas are soaked, add ham bone, onion, salt, pepper and marjoram. Cover, bring to boil and then simmer for 1 1/2 hours, stirring occasionally.
3. Remove bone; cut off meat, dice and return meat to soup. Add celery, carrots and potatoes. Cook slowly, uncovered for 30 to 40 minutes or until vegetables are tender.

Recipe Source: Allrecipes.com

Havreflarn



- 1/3 cup butter
- 1 1/8 cups rolled oats
- 2/3 cup white sugar
- ½ cup white sugar
- 1 egg
- 5 toasted bitter almonds, ground
- 1 tablespoon all-purpose flour
- 1 teaspoon baking powder

1. Preheat the oven to 425 degrees F (225 degrees C).
- 2.
3. Melt the butter, and pour it immediately over the oat-grain. Let the mixture cool down.
4. Add the sugar, the lightly whipped egg, and the ground bitter almond to the oat mixture. Combine the flour with the baking powder, and then stir into the dough.
5. Drop by spoonfuls onto oiled cookie sheets. Since the cookies float out, just put 6 to 8 spoonfuls on each sheet. Bake the cookies in the middle of the oven for about 6 minutes. Remove and cool.

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Home
Project**

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(800) 766-
3776**

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 **Jean Adams!** Congratulations! **Jean wins a \$50 Gift Card.**

You can be the client of the month too! 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).

Name: _____ Phone # _____

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

Name _____

Address _____

City, State, Zip _____

Home Phone _____

Name _____

Address _____

City, State, Zip _____

Home Phone _____



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

Fax To: 713.334.4458

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

Puzzle Answers

1. trees
2. they have frames
3. tables
4. buds
5. happen every 4 years
6. tape
7. fingers
8. cubes
9. they come in dozens
10. cushions

Riddle Answer:

Icebergers!

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