



Holladay Brothers Construction, Inc

Around The House

FEBRUARY, 2009

NEWS THAT HELPS THE FAMILY.



Homeowners Like Solar!

Congress has renewed and increased the tax credit for wind power, solar power, geothermal and other energy saving power plans.

Buyers of green homes will benefit, but homeowners who install solar power in their present homes will get a 30 percent one-time investment credit in 2009. If you install a typical \$25,000 solar panel system on your roof, you will get \$7,500 in income tax credits. That's up from a \$2,000 credit under the old arrangement.

Homebuilders are finding that including solar power attracts more buyers. Big builders such as Centex and Pulte are including them more often. Even in a soft housing market, when Standard Pacific Homes put solar systems in a group of new models in a development, they sold out. The builder decided to put solar panels on all 304 homes in the development.

Sun power is most attractive in markets where energy costs are the highest, such as California, Connecticut and New Jersey. At OnGrid Solar, an industry research firm, they predict that the pretax rate of return on a typical solar system in these areas will be better than 15 percent each year.

The Lawrence Berkeley National Laboratory, which studies the effects of eco-features on real estate values, says more homeowners now view solar panels as a long-term asset.

Our Services Include

- Design
- Planning
- Additions
- Kitchens
- Bathrooms
- Remodels
- Insurance Repair
- Commercial

Inside This Issue:

- Instant Knee Pain Relief
- How To Build "Sweat Equity"
- Get Rid of Bad Doggie Breath Today!

Plus much, much more!!!



"Just curious, Lenny. How come you never participate in 'Casual Friday?'"

How To Build 'Sweat Equity' In Your Home

Homeowners usually have a mental list of projects and improvements they would like to make.

Some are still in the dream stage. Others would be possible if the costs weren't out of reach right now. There might be one or two under serious consideration, projects that would improve the value of your home.

Sweat equity is a term usually used when you help with the finishing of a new home. It works just as well for a home improvement and could save up to 75 percent of total costs.

On some projects, you can assume labor cost would be about equal to material cost. On others, labor could be up to twice-material cost.

A few vacation days would give you the time you'll need. You also need tools. Once you have them, they can be used for other projects.

Say you want to remove a wall between the kitchen and dining room. You'll need a circular saw to cut through wood and wallboard. You could work on a sawhorse, but a Black & Decker

Workmate, \$95, would be better.

A rotary cutter is a palm-size tool that uses a spinning bit to slice ceramic tile, wallboard, or laminate flooring. It can cut a notch or a curve. Rotozip at \$60 is a good choice.

For this and other projects, you may need a cordless drill and hand tools. They would include your basic hammer and three sizes of screwdrivers in both Phillips and slotted heads, and a putty knife for spackling compound.

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Protect Yourself And Valuables

If thousands of dollar signs fill your head when you think of a home security system, here's good news: New wireless systems are effective and can cost as little as \$200.

The systems cannot only help authorities catch a burglar (and keep your family safe), they can warn one not to enter in the first place. Professional burglars say they stay away from homes that are protected by a system and move on to easier prey.

A Web search will turn up several wireless systems. The GE Security's Simon XT is one of them. It costs about \$200, more for the deluxe version, plus \$30 a month for monitoring.

The system can track activity in 40 zones of the house, such as windows or doors equipped with sensors. Like many systems, the sensors can be programmed to alert a homeowner by cell phone when one is triggered.

If you connect a digital video camera to the Simon XT, it can send images to you from the sensors. You could see who is by the front door or who is opening your liquor cabinet.

Any system should include sensors for all perimeter doors, doors leading to a garage or storeroom, and several motion detectors.

The system should also include outside and inside alarms to scare

off intruders. And it should have a silent alarm code in case someone forces the homeowners to shut down the alarm.

If a monitored system is not for you, consider Armor Concepts Door Jamb Armor. It reinforces all parts of the door that can break so it can't be kicked down. A full set costs about \$125.

Holladay Brothers Construction, Inc.
Around The House Tip Of The Month:

***“Design A Pantry For Your New Home Or Part Of
Your Remodeling Project”***

One aspect of your new home plan requires a very personal touch from you. The pantry is a most-important adjunct to your kitchen.

Here are some tips from designers.

Shallow shelves –

Keep your inventory in sight with shelves that are a maximum of 18 inches deep. Allow enough space at the top so you can see everything on the shelves or so you can stack cans or cartons one on top of another.

Allow plenty of space on the floor –

You'll need it for large packages of paper towels, bottled water and 24-packs of soda. About two feet is enough, unless you buy cartons of toilet paper at a big-box store.

Build a pass through window to the kitchen –

When you need several items, you won't have to carry them out to the kitchen. The window is also handy for passing groceries from the kitchen to the pantry.

Create a place for bulky appliances –

Cubby holes for the food processor, blender, toaster and portable oven allow for more counter space.

If your pantry is small, pullouts, bins, back-of-the door racks and adjustable shelves can help you use the space more effectively.

Drawers and pullout bins work in small pantries and large pantries alike. They are good for storing potatoes and onions or bags of dried beans, rice and peas. Pullout bins are great for anything that doesn't come in a box.

Allow a space for wire baskets where you can store fruit and keep it in sight.

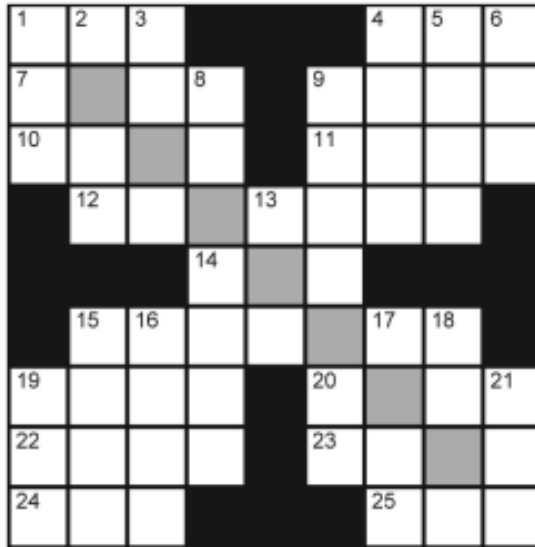
**Handy Tip Of
The Month: “HOW
TO REMOVE CORK
PIECES FROM A
BOTTLE OF
WINE...”**

It even happens to the best of us... if you run into this predicament, simply insert a long plastic drinking straw into the bottle over the cork crumb, hold your finger over the end of the straw and lift out the piece of cork.

Sixteenth President

Across

- 1. Mire
- 4. Buddy
- 7. Alliance
- 9. Radio operators
- 10. History Muse
- 11. Battery contents
- 12. Ticked off
- 14. TV agency
- 15. Stem the flow of
- 19. "Ah, me!"
- 20. Attired
- 22. Strengthen, with "up"
- 23. Giving
- 24. "Yikes!"
- 25. Rover, for one

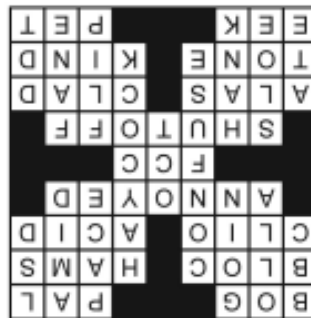


Down

- 1. "Monty Python" ailer
- 2. Earthen pot
- 3. Enter
- 4. Rate
- 5. During
- 6. "Acid"
- 8. Befuddle
- 9. Found in a farmer's field
- 13. Columbus Day mo.

- 15. ___ gin fizz
- 16. Aaron or Williams
- 17. Gymnast's feat
- 18. Temple; Arch.
- 19. Did lunch
- 21. Banned pesticide

The headline is a clue to the answer in the diagonal.



Cure Doggie's Dandruff And Bad Breath

Did you ever pet your dog and discover a waxy film on your hands? Some breeds, such as cocker spaniels, tend to develop a greasy skin. Even worse, that can lead to bacteria growth, which causes an odor.

Something else can happen as well; your dog can have what looks like dandruff. The cures for common cases of these conditions is a shampoo. Try Selsun Blue, the dandruff fighter people use, and it will make a big difference. Wash the dog once a month or more.

How about doggie breath? A dog's breath will never be sweet, but cleaning his teeth once or twice a month will help. The University of Minnesota College of Veterinary Medicine suggests putting gauze or panty hose around your finger. Add toothpaste and rub the sides of the dog's teeth.

LET'S WELCOME OUR NEW CLIENTS THIS MONTH

INTO OUR "HOLLADAY BROTHERS CONSTRUCTION, INC. FAMILY"

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

Rather than listing this months new customers here, HBC would like to thank all our many friends and customers. We look forward to serving you all in the future.

Instant Knee Pain Relief

Researchers have found that rubbing anti-inflammatory (NSAID) cream on your painful knees is as effective as taking a pill and has fewer side effects.

Studies reported in the journal Health Technologies Assessment show NSAID creams to have an equal effect. And those who used them had no side effects such as indigestion, increased blood pressure or asthma flare-ups.

Doctors do say, however, that people with more widespread pain would benefit more from a pain-relieving pill. A study of people age 40 to 75 by the Postgraduate Medical School in Prague, Czech Republic, showed that pain strips containing about 200 mg of ibuprofen were good pain relievers.

Old-time medications may still work for your knee pain. Absorbine Jr claims to be America's top-selling pain reliever since 1892.

Sold at drug stores, the bottle has a sponge on top so it can be spread without getting any on your hands. It's especially handy for relieving pain at night.

Absorbine's active ingredient is menthol. It puts deep heat on the knee to relieve pain.

Some studies show that taking fish oil seems to prevent some joint pain.

Here's News About Your Heart And Vitamin D

You may already be watching your vitamin D intake because it's needed to help your body absorb calcium. The D and calcium together protect your bones.

Now, many studies point to the fact that lack of this sun-derived nutrient is tied to increased heart disease risk.

Reporting in Business Week, Dr. James O'Keefe says low vitamin D levels are associated with major heart-risk factors such as high blood pressure, diabetes, and stiffening of the left ventricle of the heart and its blood vessels.

A low vitamin D level is also associated with increased inflammation, a big heart risk.

According to O'Keefe, about half of all adults and 30 percent of children are vitamin D deficient. There are several ways to get more.

Just ten minutes of sun exposure between the hours of 10 a.m. and 3 p.m. each day is enough for whites to reach the recommended level. People with darker skins need somewhat longer exposure.

If you will have more than 15 to 30 minutes of sun exposure, be sure to wear sun block.

Salmon and deepwater fish are rich in vitamin D. Milk is fortified, but you would need to drink 10 to 20 glasses of milk to get enough D, says O'Keefe

Dr. Robert Simpson, professor of pharmacology at the University of Michigan, whose group was the first to identify vitamin D receptors in heart cells, says vitamin D isn't just another vitamin. It is a precursor to a hormone that is a cardiovascular regulator.

He recommends supplementation because you probably won't get enough vitamin D from food.

WHEN REDUCED FAT ISN'T THE HEALTHIEST CHOICE

You may find this hard to believe, but reduced-fat peanut butter isn't as healthy as regular peanut butter.

The reduced-fat variety contains less monounsaturated fat than regular peanut butter. Monounsaturated fat is great for your heart and may actually help reduce the risk of heart attack.

To call their product "reduced-fat", major food companies replace the fat with additional sugar. So you end up with just as many calories eating reduced-fat peanut butter as you do eating regular peanut butter but without the benefit for your heart.

Mardi Gras – Yesterday and Today!

The many parades of New Orleans' carnival season are highlights to the famed Mardi Gras Day celebration. They have an extensive history of their own.

While origins of the Louisiana festival date back to Medieval Europe, the people of New Orleans have spent 150 years adding special events to pre-Lenten traditions, reflecting the French, Spanish, Caribbean and African influences of its people.

The early French settlers brought the concept of masked costume balls from France. The balls quickly sifted into local culture, especially in regard to race. In the early period, people defined themselves strictly by their racial heritage. Pre-

Lenten costume and formal balls in the late 1700s and 1800s became important social occasions where young women were introduced to society and to suitable mates.

Today the ball tradition is part of the parade 'krewes' -- organizations, often-secret ones that hold an annual parade and ball. Each krewe has its own traditions, sometimes ancient. The Mystic Krewe of Comus and its Merrie Monarchs of Mirth, the oldest krewe, formed in 1857. It is a secret organization that today holds a ball, but does not parade

In 1872, the new Krewe of Rex came into existence naming a king and queen of Mardi Gras each year. During this period, torch-lit night parades of

revelers appeared.

Another popular krewe is Zulu, formed by a group of laborers in 1909. Dressed as tramps with tattered trousers, it encompassed a jubilant singing quartet as part of its show.

Besides parading krewes there are walking krewes and partying krewes. The three 'super krewes' stage massive parades, enormous parties, and throw lots of goodies to the crowd.

This year, Mardi Gras parades began on Saturday, Jan. 6, led by the Krewe du Vieux, and ending with the appearance of Krewes of Rex, Zulu and five others in various parts of the city on Fat Tuesday, February 24.



Easy, Fast Silver Cleaner

You can make your own cleaner for silverware using washing soda (not powdered detergent), which is sold at grocery stores.

* Gather your silver pieces. Line a plastic (not metal) basin with aluminum foil, shiny

side up. Place the silver inside, making sure all pieces are touching the foil.

* Add 1/4 cup washing soda.

* Boil one gallon of water and pour it over the silver. As it soaks, it will

cause the tarnish to release from the silver and cling to the foil.

* Wearing rubber gloves, remove the pieces, rinse, and buff with a soft cloth. For very tarnished items repeat, say the editors of Good Housekeeping.

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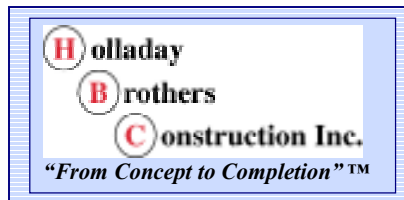
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