



# Holladay Brothers Construction, Inc

# Around The House

MARCH, 2009

NEWS THAT HELPS THE FAMILY.



## Many Choices in Bathroom Remodeling

It's not easy to design a bathroom that is free-flowing, simple yet elegant, and easy to clean at the same time.

Home renovation expert Bob Villa recommends sheet vinyl for the floors. If you must have tile, use the one-foot squares so there is less grout to clean. Tile is a good choice for walls because it resists mildew and staining.

The bathtub: Assess the individual bathing habits of your family. An expensive whirlpool tub won't be necessary if your family mainly takes showers. A standard bathtub can be jazzed up with shower accessories like a seat, multiple showerheads or pulsating body sprays.

The toilet: Chair-height toilets are widely available. Buy one that claims to save water and is quiet. If you have small children, put a lower toilet in the second bathroom or half-bath.

The sink or sinks: Before installing two sinks, consider how the bathroom is used. If only one person at a time uses it, only one sink is needed, allowing for more counter space for accessories or a beautiful plant. Select an under-the-counter sink so there is no raised ridge along the edge.

Or you may choose one of the new vessel sinks. They look like a big bowl standing on the countertop. One decorator used glass under the vessel sink. It was painted the color of choice on the reverse side. The cost was far less than the price of a granite countertop.

A bidet: Freestanding bidets are popular in Europe, but not in the United States. Those who like them could choose a toilet seat with the bidet included. Many, such as the TushyClean offered by Jacuzzi, can be seen on the Internet. They are simple to install.

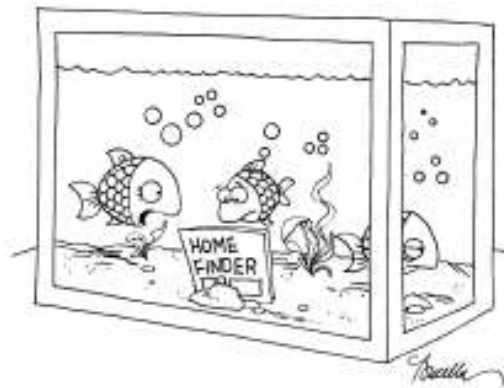
### Our Services Include

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

## Inside This Issue:

- Caffeine Boosts Performance
- Don't Forget Daylight Savings!
- Debunking Health Myths!

*Plus much, much more!!!*



"I know it's tough starting out. Your father and I started out in a plastic bag."

## Caffeine Shown To Enhance Athletic Performance

If your energy lags before 18 holes are finished, or you don't have the endurance to last through a pick-up basketball game, have a cup of coffee or three on the day of the game.

Recent research shows that caffeine consumed prior to an athletic event will increase performance at a game or decrease the time needed for timed activities like running a mile.

Though caffeine can

improve performance, moderation is important. A moderate consumption is considered to be 300 mg a day or three 8-ounce cups of coffee. Larger amounts could bring on jittery feelings that could be detrimental to performance.

According to the new International Food Information Council's Caffeine and Performance Fact Sheet, individual metabolism and sensitivities to caffeine vary, so you have to

determine how much works best for you personally. It could be less or more than 300 mg.

Some say that caffeine is dehydrating, but the study shows that the mild diuretic effect is typical of any fluid, including water. Additional research shows that caffeinated beverages actually contribute to hydration.

For more information, visit [ific.org/publications/factsheets/caferf.cfm](http://ific.org/publications/factsheets/caferf.cfm).

## Spring Is The Best Time To Sell Your Home

New jobs, retirement, and maybe just a taste for change, these are some of the life circumstances that make you want to sell your home.

Here's the good news:

There are buyers out there, and if you want to snag one, you have start with the beginner steps and move on to the advanced ones.

Traditional selling tips still apply, including:

Start now.

Spring is usually the best time to sell, but there will be no other timing advantages.

Fix up and clean up.

Don't do expensive renovations, but paint it and make it completely clean.

Declutter.

All of it. Keep only enough furniture to make the house livable and put the rest in storage. That includes knickknacks, family photos, and more.

Clean out your drawers and closets.

You want your closets and cabinets to be spacious. It can't be if it is filled with stuff.

**More advanced steps include:**

\* Set a realistic price. The housing market changes naturally over time. A good price involves many factors including the knowing recent sales prices in the neighborhood and understanding what features of your home

increase its value. A good real estate agent can set the price and make it attractive enough to attract serious buyers to your property.

\* Look for local Web sites. Remember, a huge number of individuals in your area have blogs and Web sites that attract local people. Find them. Advertise in them if possible.

\* Be sure your house is shown on real estate Web sites. Trulia, Zillow, Cyberhomes, Eppraisal and Realtor.com are some of the best ones.

\* Accept a reasonable offer. A house is only worth what someone is willing to pay for it.

***Holladay Brothers Construction, Inc.***  
***Around The House Tip Of The Month:***  
***“How To Clean A Hanging Light Fixture”***

**Handy Tip Of  
The Month: “DON’T  
FORGET  
DAYLIGHT  
SAVINGS”**

Daylight-saving  
Time

Begins on Sunday,  
March 8

Spring forward!

On Sunday  
evening, set your  
clocks an hour  
ahead when you  
retire.

Even if you don’t have a luxurious chandelier or super-expensive hanging light fixture in your home, you’ll want to pay close attention to this article. You can use these six tips even if you have a smaller hanging light fixture that isn’t classified as a chandelier.

- 1. Lay a folded cotton towel in the bottom of your sink.**  
(The towel will protect the parts of your chandelier from being damaged.) Half fill the sink with moderately hot water. Add soap or detergent and swish the water to create suds.
- 2. Fill a large pan or bucket with clean, hot water for rinsing.**  
You can add a few drops of ammonia to give your chandelier extra sparkle! (Pad your pan or bucket with a towel.)
- 3. Remove all of the light bulbs and safely put them aside.**
- 4. To wash your chandelier, take the crystal drops and saucers off of the chandelier a few at a time.**  
Wipe the frame or “arm” of the chandelier with a “suds free” cloth.
- 5. Wash the parts of the chandelier in the sink that contains your sudsy water.**  
Rinse them in the clean, hot water and wipe them dry. Then put them back right away to make sure that they go in the right places. Continue this process until all the parts of your chandelier have been cleaned.
- 6. Sponge off the bulbs.** Rinse them, wipe them dry and put them into their sockets again.

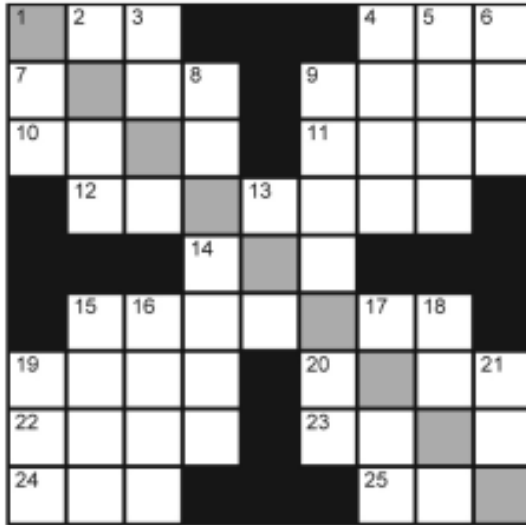
Ground Beef

Across

- 1. "\_\_\_ do you do?"
- 4. 007, for one
- 7. Commuter line
- 9. Ad headline
- 10. Jerk
- 11. Support, with "up"
- 12. Read the riot act to
- 14. Dental bit
- 15. Venus \_\_\_
- 19. "How \_\_\_!"
- 20. Arch type
- 22. Frau's partner
- 23. "This is fun!"
- 24. Cry in cartoons
- 25. Mar. follower

Down

- 1. "48\_\_\_"
- 2. Diamond Head locale
- 3. Chicken
- 4. Delhi wrap
- 5. Trudge
- 6. "Sure"
- 8. Congressional persuader



- 9. Songbird
- 13. Same old, same old
- 15. At liberty
- 16. Lie in ambush
- 17. Turkish title
- 18. Chick's sound
- 19. Cafe alternative
- 21. Always, in verse



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

Debunking Health Myths

The British Medical Journal has compiled a list of studies debunking commonly held beliefs. Among them:

- \* A 35-year study shows no increase in suicides during or after the holidays.
- \* Researchers at Indiana University say there is no evidence that poinsettias are poisonous for people or animals.
- \* Douching with Coca-Cola will not prevent pregnancy, according to Boston University School of Medicine. It could if it's done before sex because of Coke's acidity.
- \* Several studies show that children who consume large amounts of sugar are no more hyperactive than those who don't, though parents think they are.
- \* Not wearing a hat does not result in excessive loss of body heat.
- \* Eating at night will not cause you to gain more weight than eating the same foods during the day.
- \* There is no cure for a hangover.

**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!

**VANKEMP RESIDENCE-REPAIR WATER DAMAGE**

**KEIFT RESIDENCE-ASBESTOS ABATEMENT/REMODEL**

**TAPIOR RESIDENCE-REPLACE SEWER LINE**

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

## Cat Owners Get Fewer Heart Attacks And Strokes?

Today's world can be a stressful place, so much so that it can make both blood pressure and cholesterol levels rise.

A number of studies show that owning a cat can help to prevent cardiovascular disease. Now, new evidence reported at the annual meeting of the American Stroke Association suggests that cat owners also have a lower risk of suffering a stroke.

The association reported on a 10-year study of men and women aged 30 to 75 who showed no evidence of cardiovascular disease at the beginning of the project.

Researchers found that those who did not own a cat, or never owned one, had a 40 percent higher risk of having a heart attack. Their risk of dying from other heart diseases, such as stroke, was 30 percent higher.

By comparison, other research found that taking cholesterol-lowering drugs is associated with a 29 percent decrease in heart attacks among people without chest pain.

Cat ownership was shown to reduce the risk of depression and stroke.

Not everyone has time to care for a feline friend. For those who do, doctors say a cat could ultimately improve their quality of life.

## Buying The 'Right' Stuff Can Increase Your Happiness

Super bargains are available right now on a lot of things that might be on your want list. But before making a big purchase, you should consider whether the item will make you happy for months and years ahead.

Psychologists at Harvard say our greatest sources of happiness are our relationships with friends and family. Any significant purchase should take that into consideration.

Home prices make buying a first home or upgrading to a larger place a qualifying choice. Be sure not to buy one in an upscale neighborhood for the sake of prestige. Think about travel time to work and how the location could decrease family time if it's too far away from work or schools. The price should not stress your budget, which could increase stress for all.

Remodeling can be a good choice if it will have a positive effect on you and your family. A deck, for example, would create a gathering place for you, your family and friends. It could be a better choice than granite countertops.

A new car creates excitement and could be recommended if your present car needs frequent repairs. During these times, however, it might not be best to buy a luxury car. Spend less and put more money into your savings or retirement plan.

TV and appliances are on sale. The biggest price drop has been with plasma television sets, 17 percent on average, according to market researcher NPD group.

If you can buy for cash, you and your family could solve your big-screen envy problem and enjoy watching TV specials and sports events together.

### PROTECT YOUR BONES

A one-year study reported in the Archives of Internal Medicine shows that dieters who just cut calories lost weight but also lost bone mineral density.

Dieters who cut the same number of calories and lost similar amounts of weight, but exercised while dieting, did not lose any bone mineral density.

## Most Poisonings Occur In The Home

Poison Control Centers receive more than 2 million accidental poisoning calls each year. More than 90 percent of non-fatal poisonings occur in the home and most involve children, according to the Poison Control Centers.

\* To protect your children, choose child-resistant packaging wherever possible and close containers tightly after every use. Store hazardous products in a safe place and out of children's reach.

These include personal care products, such as baby oil and mouthwash; cleaning substances

including drain and oven cleaners; over-the-counter pain relievers including ibuprofen and aspirin; and cough and cold medicines. Adult-strength vitamins and supplements containing iron are dangerous to kids. Hydrocarbons, such as lamp oil and furniture polish, are a danger.

\* Adults may poison themselves by taking prescription or over-the-counter medications improperly. Always read directions carefully and follow them exactly.

\* Wear protective clothing when spraying pesticides or other chemicals.

Pesticides can be absorbed through the skin and are very poisonous. Stay away from areas that have recently been sprayed.

\* Keep all products in their original containers. Never sniff a product to discover what's inside.

\* Lead poisoning is well known, but heavy metals are poisonous too. Mercury, thallium, arsenic, and iron (tablets) should be handled with caution.

Food poisoning is common. Always use safe food-handling procedures.

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## Watch For Kids, Slow Walkers!

Feds say pedestrians need more time to cross streets at intersections

The Federal Highway Administration (FHWA) recommends that states increase by 15 percent the amount of time traffic signals allow for pedestrians to cross the street after the flashing orange hand appears.

Some reasons for the change, they say, are the increasing older population, more health-conscious people out walking, children walking more to prevent obesity, and more pedestrians who walk for environmental reasons or to

save money.

In 2007, 41,059 fatalities occurred on U.S. roadways. Of these, 8,657 were at intersections or related to intersections. The FHWA says intersection safety should be a priority for drivers and pedestrians

Cities are addressing the problem. In Portland, Oregon, police conduct monthly crackdowns. They post signs warning drivers of "crosswalk enforcement."

In St. Petersburg, Florida, crosswalk accidents have been reduced by rapid-flashing signals that alert

drivers and pedestrians to time remaining on the crosswalk.

Phoenix is replacing walk lights with countdown-timer signals that tell people how many seconds they have left to get across the street.

More expensive, high-tech solutions are under consideration by some cities. They include lighted stop bars embedded in the pavement and offered by Spot Infrastructure Management Applications. The same company offers flashing in-pavement warning systems that look like lighted stepping stones.



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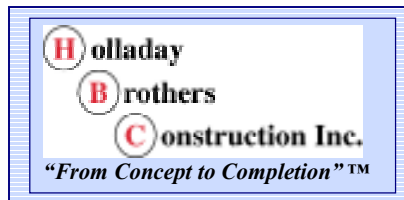
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