



Holladay Brothers Construction, Inc

Around The House

APRIL, 2009

NEWS THAT HELPS THE FAMILY.



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- *Design*
- *Planning*
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Your Happiness (Or Gloom) Can Spread

You've probably heard it said that a certain person has an infectious laugh. It spreads to everyone in the room.

Scientists are finding this observation to be true, but they have also discovered that moods, such as happiness or gloom, spread the same way. The downside is that gloomy people spread gloom. The upside is being called The Happiness Effect.

A 20-year study by social and political scientists at Harvard and the University of California (San Diego) shows that emotions can pass among a network of people up to three degrees of separation away. Here's how it works.

One person is happy. Contacts with a neighbor increase the neighbor's happiness by 34 percent. Contact with a sibling living within a mile increases the sibling's happiness by 14 percent, and contact with a friend who lives close by increase the friend's happiness by 25 percent. In turn, as these people become happier, that frame of mind is passed to others, and on it goes like an epidemic. People who are central to their networks have the most influence on the mood of others. In one study, one happy person affected the mood of more than a thousand people.

The Centers for Disease Control is now using Facebook and the connectedness of youngsters to distribute information on health issues, such as taking a flu shot. Their positive attitude spreads to many others.

Inside This Issue:

- **Spring Cleaning Tips**
- **Who Will Save The Economy**
- **What is The Big Banana Deal**

Plus much, much more!!!



"Side effects include, headache, dry mouth, muscle fatigue and turning into a frog."

Better Ideas For Safer Driving

Even if you've been driving for many years, one or two of these ideas will be new to you. Check them out.

* Look farther ahead. At BMW Performance Driving School, they say you should be looking 12 seconds ahead. Focus on something in the distance, like an exit, see how much distance you will need in 12 seconds. Your brain will still be able to process what's right in front of you. In an emergency, having an

extra second could prevent a crash.

* Keep thinking. Don't let your mind wander. Check your mirrors, watch traffic ahead. Plan for "what if" scenarios to keep your brain active.

* Stay calm. Driving school experts interviewed in Health magazine say if your vehicle is sliding on wet or frosted pavement, identify an open area and steer in that direction. Look for a space between trees.

* Drive in an outside lane. The worst place to be on a multilane highway is in a middle lane. Move to an outside lane as soon as you can so you can go left or right to avoid trouble.

* Pull over safely in fog or rain. Head for an exit instead of the shoulder. If you pull to the shoulder, traffic may inadvertently follow you there. If you must pull over, pull as far off the road as you can. Put hazard lights on and don't get out of the car.

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Entrepreneurs, Small Businesses Will Lead The Recovery

There's a big difference between the Great Depression and economic times of today

The American economic situation could get worse before it gets much better. But be assured, it will start turning around in the not-too-distant future.

Business advisor Jack Welch predicts that when the downturn ceases, the American economy will be stronger and sounder than ever.

Welch urges business people to talk about reasons for confidence. America is loaded with energy and creativity, he says. It's a culture that exalts entrepreneurs, and they are the ones who drive every recovery.

Some doomsayers say this is the beginning of another Great Depression, but that won't happen. Government agencies created after that will hold off a deep depression.

The Federal Deposit Insurance Corp. insures bank deposits, which is basic to stabilizing the banking system. While 401(k) retirement plans have suffered, their value will rise again in the future.

Other disaster predictors say the United States will have a deep recession like the one in the early 1980s. The GDP fell in five quarters over a two-year period with the worst posting a 7.8 percent reduction. The prime interest rate

was 21.5 percent; inflation was about 15 percent, and Unemployment hit 11 percent. This time around, government programs will keep us far away from those numbers.

A number of negative thinkers say saving troubled banks will lead to socialism. That won't happen either. The U.S. government has a history of handling interventions on a temporary basis. It bought stock in troubled banks before and was able to sell it a few years later.

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Around The House Tip Of The Month:

“Spring Cleaning? Clean Gutter Tips!”

Handy Tip Of The Month: “BENEFITS OF A PUSH MOWER”

Sales of push-type lawn mowers are rising each year. They are perfect for smaller yards. Other benefits:

- * They provide some exercise.
- * You don't have to pull a cord to start one or fill it with gasoline.
- * Push mowers are quiet, better for the grass, and produce no harmful emissions.
- * They are virtually maintenance free. Blades need to be sharpened just once a season.
- * Push mowers are much less expensive than power mowers and take less space in the garage or shed.

Clean gutters:

Anyone who's cleaned out a gutter knows it's a messy job with an even messier time cleaning up the debris on the ground after it's been cleaned out of the gutters. But it's a seasonal task that is necessary for your gutters to be able to drain moisture away from your roof and foundations during the winter months.

Here is some information to help you learn more about gutters and find the right service professional to clean your gutters:

Reasons to clean:

Water doesn't drain from the downspouts when leaves and other debris clog at the elbows and downspouts, causing overflow. Cleaning this is an easy, do-it-yourself job. Simply insert a hose from the bottom and stuff the opening around the hose with rags so that all the water's force goes upward toward whatever's blocking the pipe.

When water overflows from gutter and drips from joints, the leaks can be sealed with caulk. There's no substitute for cleaning out your gutter system in the spring and fall. Your gutters and downspouts direct rain and snowmelt away from the foundation of the house. When your gutter is clogged with leaves and needles, the water can overflow and collect near the house, seeping through the foundation walls and into the basement.

Strong winds can loosen and blow the mineral granules off asphalt shingles. These can drain into your gutters and downspouts and clog them up.

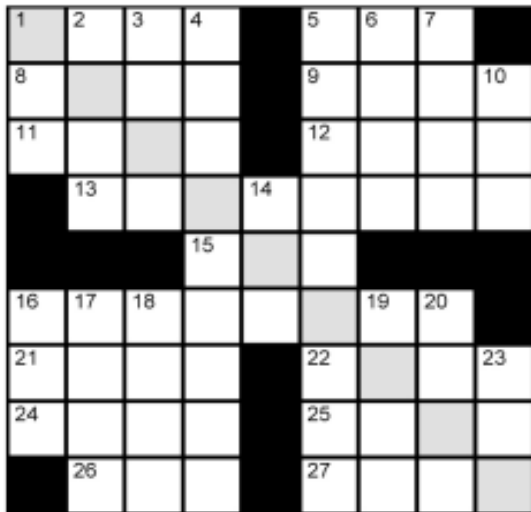
Strainers and guards:

Leaf strainers and wire mesh don't always work. They're designed to keep debris out of the gutter, but the leaves may cling to the screening or the strainer, so they also may keep water from the gutters, essentially negating the effectiveness of your drainage system.

Outdoor Fun

Across

- 1. Icky stuff
- 5. Use a Singer
- 8. Heroic tale
- 9. Mimicked
- 11. Affectations
- 12. "___ Las Vegas"
- 13. Embarrassed
- 15. Dusk, to Donne
- 16. Sideboard
- 21. Lady Macbeth, e.g.
- 22. "___ Misbehavin'"
- 24. Popular fragrance
- 25. Fine-tune
- 26. Nth degree
- 27. Glitch



Down

- 1. Govt. property org.
- 2. Animal shelter
- 3. Beast
- 4. A dance for two people
- 5. Port and river in Georgia
- 6. "Beowulf," e.g.
- 7. "___ Only Just Begun"
- 10. "Dear old" guy
- 14. Charge
- 16. Computer monitor, for short
- 17. Ramble
- 18. Exile isle
- 19. Utah national park
- 20. "___ Karenina"
- 23. Two-year-old sheep

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

The Big Deal Banana

Bananas are a great pick-me-up, according to authors Mehmet Ozz and Michael Roizen in their book, YOU Being Beautiful: The Owner's Manual to Inner and Outer Beauty. They also contend that bananas not only help you think faster, they help you think happier thoughts.

A banana a day may help brain cells communicate and enhance the effects of feel-good neurotransmitters, such as serotonin. They are rich in antioxidants and a good source of

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!

- Wilkinson Residence-Handicap Renovations-Colorado Springs*
- Townhomes at Rockrimmon-Asbestos Abatement-Colorado Springs*
- Massey Residence-New Deck-Colorado Springs*
- Miller Residence-Master Bath and Closet Addition-Colorado Springs*
- Visoky Residence-Redo Old Addition-Colorado Springs*

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

A Foot-High Grass Is Named Top Perennial For 2009

How To Change A Shower Head

Before starting, buy CLR cleaner (\$6) and Teflon plumbers tape (\$1), a thin, nonstick tape, at the hardware store.

Be sure the tub is dry so you don't slip. Turn off the shower water faucets. Using a wrench, carefully twist off the old shower head, turning counterclockwise. Wipe off any tape or sediment with CLR, which removes calcium, lime and rust.

Dry the pipe threads and wrap one layer of fresh Teflon tape over them in a clockwise direction. Screw the new shower head onto the tape-wrapped pipe threads turning clockwise until you feel resistance. Don't over tighten.

Aureola, a beautiful ornamental grass, has been named the perennial plant of the year, by the Perennial Plant Association.

It is a golden Japanese forest grass that is the perfect plant for softening the edge of a border or brightening a perennial bed. It can be used in a container garden or planted in mass as a ground cover.

Aureola (*Hakonechloa Macra*) is native to Honshu Island, Japan. Hakon refers to the area and chola is the Greek word for grass, according to the Perennial Plant Association.

Not as tall as many ornamental grasses, aureola forms a mound of cascading layers of half-inch-wide yellow blades with green stripes. The mound gets 12 to 18 inches tall and about two feet wide. In fall, its leaves become pinkish blue.

In colder climates, the forest grass dies back in winter and should be cut down. In warmer climates, it may be an evergreen.

Aureola does best with four to six hours of sunlight and in moist but well-drained soil.

What Works To Prevent Burglary, What Doesn't

The FBI reports that a burglary occurs somewhere in the United States every 15 seconds.

That's surprising, but even more surprising is the fact that in 6 out of 10 cases, there was no forced entry. The thief got in through an unlocked door or window, or he found a hidden key outside the house.

Hidden keys don't work to prevent burglary, because thieves can find them. Dogs don't help much either, because most dogs will cozy right up to a burglar who gives them a hot dog.

A secure dead bolt lock is the best prevention (if it's used). All doors to the house and garage should have them. Locks should be used on all windows including those in the basement.

If you have sliding patio doors, tighten the adjustment screws so a thief can't lift out the window, taking it over the dowel or pipe that keeps it from sliding back.

Most burglaries occur during the day while people are at work or on vacation. Warmer months are the crooks' favorites. Often, they will walk the streets to decide which home to hit.

Don't tip them off to a new TV or computer in the house. Break up the box it came in before placing the box on the curb for pickup.

Homes without alarms are three times as likely to be robbed. Crooks see the sign and go on to an easier target. A fake sign helps if you can't afford an alarm system.

Here's How To Stretch Effectively

Whether you are going to play a sport, lift weights at the gym or do an exercise routine, you'll be better at it if you warm up first and you'll be less likely to hurt yourself or strain a muscle.

One caution: Stretching is not warming up. Before you stretch, warm your muscles with a low-intensity activity, such as walking, while gently pumping your arms. For a specific sport, use the muscles and joints involved, moving in slow, circular movements both clockwise and counterclockwise.

End the warm-up with a few minutes of aerobic activity before stretching.

Realize that it takes time to lengthen tissues safely. Hold your stretches for at least 30 seconds or up to 60 seconds for a really tight muscle. If you hold the stretch for this period of time, you only have to do it once.

Here's how to start.

- * Do an easy stretch for the first 15 seconds. Stretch just to the point where you feel a mild tension. The tension should be comfortable, not painful, for these 15

seconds.

- * Then stretch a fraction of an inch farther until you feel the mild tension again. If you feel pain, you have stretched too far. Back off to the point where the pain is gone and hold your stretch there.

Remember to breathe. Exhale as you go into the stretch. Breathe slowly and evenly as you hold it.

If you do the warm up and the stretches correctly, you'll get more out of your game or your exercise routine.

Risks In Antibiotics Sometimes Outweigh The Benefit

Over the last 50 years, patients with almost any kind of complaint demanded antibiotics from their doctors, and the doctors often prescribed them. Today, medical experts say that in many cases, other courses of treatment would be better for several reasons.

- * Antibiotics cause diarrhea up to 25 percent of the time.
- * One in every thousand patients is found to be allergic and ends up in the emergency room. Others don't report less serious allergies that just cause a rash.
- * Antibiotics very seldom

help patients avoid a serious complication.

- * They do nothing to relieve symptoms or pain.
- * They kill off many microbes in the gut that protect against disease-causing invaders.

Doctors at Harvard Medical School advise that antibiotics are useless for colds, the flu, most sore throats and the vast majority of bronchitis cases. These illnesses are caused by viruses. Antibiotics kill only bacteria.

Still, half of antibiotic prescriptions go to people

with viral infections even though they won't be helped. Doctors say people want antibiotics, which may prevent some complications, and they do little harm.

At the Medical University of South Carolina, they say patients don't want to hear about antibiotic risks. They just want to feel better. In many cases, antibiotics won't help.

To avoid prescribing antibiotics, more doctors are prescribing pain relievers, inhaled drugs that work against cough, and medications containing steroids for several other complaints.

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216 Auburn Dr.

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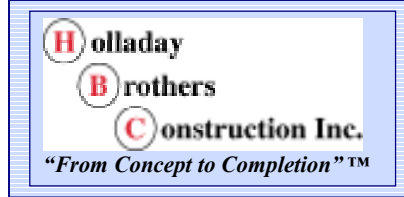
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