

# *Around The House*

OCTOBER 2011

NEWS THAT HELPS THE FAMILY.



## **Walter Reed Army Medical Center Closes**

After more than a century of caring for the medical needs of service people, presidents of the United States, foreign diplomats and celebrities, Walter Reed Army Medical Center has closed.

The famous hospital opened in 1909. Hundreds of thousands of America's wounded from before World War I through Iraq and Afghanistan had been treated there. President Dwight Eisenhower died there, so did Generals John J. Pershing and Douglas MacArthur.

In 2005, a government commission made a decision to close the hospital. It would be too expensive to maintain and modernize the 102-year-old facility. By 2007, the hospital was widely criticized for substandard conditions.

Buildings on the hospital grounds will either be preserved as national monuments or torn down.

A marker on the grounds shows where, long before the hospital was built, Confederate sharpshooters fired near President Lincoln.

Hospital operations have now moved to the National Naval Medical Center in Bethesda, Md.

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*Freddie can't get his father's car.  
Can I use the broom?*

## **Inside This Issue:**

- **Learn to Refresh Your Home!**
- **Who Should be Getting a Flu Shot?**
- **London Olympics Coming Soon!**

***Plus much, much more!!!***

## Fix It or Junk It? You Know What You Really Want....

If your car is paid for, or almost paid for, and repairs aren't costing very much, it's probably a good idea to keep it.

There's nothing short of a bus that's less expensive than driving an older car. The key to keeping one running for 200,000 miles is in the care and maintenance you give it.

Change the oil regularly, rotate the tires, and don't let small problems turn into big ones.

Ah, that new-car aroma.

There's no question about it. America's love affair with the automobile is alive and well. Not only is that good for the economy, but a new car can raise your

spirits every time you look at it, polish it or drive it.

There are practical reasons for buying new or trading for a recent model. The best one is because your older car will have very expensive repairs in the near future.

Before signing a purchase agreement, be sure you can afford not only the price but the sales tax, insurance payments and licensing fees.

If these factors are in order, congratulations, you can get a new car!

Buy or lease...

But wait, maybe leasing would be better for you. If you are in a profession or

business that requires you to look prosperous, you might want to trade cars every couple of years. In that case, leasing would be a good choice.

Because the lease price just pays for the depreciation over the term of the lease, monthly payments are lower than loan payments and you might be able to afford a more expensive car.

The number of miles you put on a car is also a factor. Leases cover a limited amount of mileage, usually 12,000 miles per year, and charge extra for overage.



## Prepaid Credit Card Use Increases

People who want to stay out of debt may not want to have a credit card at all. They would rather pay with cash or a debit card that takes the money out of their checking account.

In many cases, a credit card is more convenient to use, such as when checking into a hotel, renting a car or making purchases over the Internet.

Prepaid credit cards are the answer not only for people without bank accounts but, increasingly, for higher income consumers who also want to avoid going into debt.

They are also handy for giving to a child who is traveling or going away to school. The child will know exactly how much money is available, and it's safer than carrying a lot of cash.

In the past, fees on prepaid cards were charged for a variety of activities. If initiating a card, check how much the fees are and how often they are charged.

Some banks are offering attractive deals on prepaid card fees.

American Express says it has the best prepaid card. It

doesn't charge for purchase, activation, maintenance and reloading fees that traditionally characterize prepaid cards.

Most have a fee for ATM withdrawals after the first one each month.

Cardholders can reload at no charge via their checking account transfers or direct deposit.

**"SAFETY FIRST:  
EASY FIXES TO  
SECURE YOUR  
HOME"**

Place pins through the window frame to secure your windows.

Display window decals and yard signs from an alarm company – this alone can cut your chances of being robbed by 75 percent.

Put a double deadbolt on your door. It will delay intruders and give police time to catch them.

Place a piece of wood in the slide portion of sliding glass doors to prevent someone from entering.

If you don't have a dog, you can buy a simulated dog alarm that detects motion or senses noise.

Make sure your alarm system is in proper working order and isn't prone to false rings. Check with the police or your insurance company for advice on the best systems.

**Holladay Brothers Construction, Inc.**  
***Around the House Tip of the Month:***

***"Refresh With the Small Things"***

Flowers and pillows give rooms a major lift

Decorators call it a "refresh," a fine-tuning of a room, or decorating light. There's no big budget, just a big punch-up to rooms for clients who want their original decor.

- \* One New York designer suggests taking everything out of a room, then layering it back in. Get rid of extra furniture and clutter. When the corners are clear, you can actually see a room. Another suggests looking at every gift, souvenir and object you have acquired. Ask yourself if you need it in your life. The answer is probably no.
- \* Consider how you live now. People change. They become more formal or less formal. If you entertain more, concentrate on public spaces like the living room and dining room. If you are spending more time with family, consider the family room and kitchen. Use big baskets to organize toys and magazines.
- \* Paint is inexpensive and changes the point of view of a room. A decorator quoted in The Wall Street Journal his client wanted to buy all new furniture. But when he had the yellow walls painted dark green, the furniture came to life again.
- \* Create new relationships. Try moving a piece to a different room. Move the sideboard to a hallway; use a chest of drawers as a bedside table; paint a built-in bookcase so it can work like a piece of furniture.
- \* Move your furniture to make a tighter seating arrangement so people can talk to each other.
- \* Make small stuff important. Buy beautiful throw pillows. Make them objects of luxury instead of accents. Buy some new flower vases.
- \* For special occasions, fill the house with fresh flowers. They are the essence of freshness.

**How to solve  
sudoku puzzles**

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.

**A Spooky Sudoku**

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

**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 "Company Name Family" this past month. I'd like to welcome you and wish you all the best!

- Shepp Residence – Remodel – Colorado Springs*
- Heidelberg Residence – Build Ramp – Colorado Springs*
- Madrid Residence – Handicap Modifications – Colorado Springs*
- Klouthis Residence – Replace Roof – 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.*

## Who Should Get a Flu Shot in 2011? Everyone

In case you wondered, these are the three viruses the 2011 seasonal flu shot protects against: The A/California/7/2009 (H1N1) like virus; an A/Perth/16/2009 (H3N2) like virus; and a B/Brisbane/60/2008 like virus. The H1N1 is the same vaccine used in previous years.

### Who should get vaccinated?

Everyone six months and older should get a flu vaccination each year. This recommendation has been in place since February 24, 2010. The CDC's Advisory Committee on Immunization Practices (ACIP) has voted for the "universal" flu vaccination in the United States. Universal vaccination will expand protection against the flu to more people.

While everyone should get a flu vaccine for each season, it's especially important that certain people get vaccinated, either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk.

High-risk people include pregnant women, people age 50 and over, those with chronic medical conditions, and health care workers.

Those who live or work with people at high risk for complications from the flu should be sure to get a flu shot, as should caregivers of children less than six months old, who are too young to be vaccinated.

## Decorate Your Plate and Nourish Your Body

If you regularly eat colorful fruits, vegetables and whole grains, you've taken a big step toward good health.

Here are a few recommendations by the Mayo Clinic.

\* **Meat:** It's nutritious, but plant proteins, such as beans, split peas and lentils, also have protein and cost less. It's best to keep meat consumption to about 6 ounces a day. Choose low-fat cuts like round steak and skinless chicken.

Substituting two servings of fish a week is recommended, but bake or broil it instead of frying.

\* **Fiber:** Foods like whole grain cereal and bread, fruits, and vegetables require more chewing time, making it less likely you'll overeat, and you'll feel full. Fiber also aids bowel function, lowers cholesterol levels and regulates blood sugar levels.

\* **Potassium:** Increasing your intake may reduce your risk of high blood pressure and kidney stones. It's found in white potatoes, bananas, dried beans, fish, and low-fat dairy products.

\* **Good fats:** Unsaturated fats provide energy and help your body absorb vitamins. They are found in natural oils, such as olive, safflower, canola and flaxseed. Avocados, walnuts and almonds are also great sources.

\* **Fatty fish,** such as salmon or trout, supply omega-3 fatty acids. Omega 3 acids reduce your risk of abnormal heartbeat, decrease triglyceride levels, and slow growth of artery-clogging plaques.

### B VITAMINS AND DEPRESSION!

Older adults who have low intakes of vitamins B6 and B12 are more likely to suffer from depression, according to UCLA Division of Geriatrics. Higher intakes from foods and supplements resulted in a decreased likelihood of depression.

## The 2012 London Olympics are Just Months Way

The mayor of London, Boris Johnson, says that within the next several months, the city will be ready to welcome the world.

Interviewed recently, Johnson said the venues are largely completed, tickets are almost sold out, and the cost of the games will be just under \$15 billion.

Opening ceremonies are slated for July 27. For many years, London has been preparing to host:

- \* 10,500 athletes from more than 200 countries
- \* 5,000 coaches and team officials
- \* 20,000 media personnel

\* Hundreds of thousands of visitors.

Athletes will be competing at famous venues and locations across the capital city.

Track stars will be at the new 80,000-seat Olympic Stadium; beach volleyball players will compete on the sand at Horse Guards Parade, and tri-athletes will be splashing in Hyde Park's Serpentine.

Roger Federer and Rafael Nadal will be in Center Court at Wimbledon.

Security:

\* Extensive background checks of all workers are being made. Any hint of an association with

terrorists or a criminal activity will prevent them from working at the Olympics.

\* Biometric hand and eye scans have protected construction sites and other airport security devices will be employed for spectators.

Away from the competition sites, protecting the Underground subway network and public places will be a challenge. There will be 12,000 police on duty each day from the July 27 opening through the August 12 closing.

The games have a security budget of \$770 million (475 million pounds), which officials expect to be exceeded.

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## Anti-Vaccination Movement Endangers People, Docs Say

A new movement against vaccinations has been aided by both misinformation and even the success of vaccinations, say immunology experts.

The main problem is that parents, most of whom have never seen a case of measles or mumps, are not afraid of the diseases. Measles is not merely a benign childhood disease. It can and does kill its

victims. It infects the people who come in contact with the victims: babies and people with suppressed immune systems.

In fact, before widespread vaccinations, measles killed 3,000 to 5,000 people each year.

Now doctors who have never seen a case of measles are being confronted by the virus.

Many were hospitalized. In the first six months of 2011, there were 152 children sick with measles, compared to 2008 when there were 140 cases in the entire year.

A common myth that vaccines cause autism has been completely disproved, according to the Centers for Disease Control's Gregory Wallace.

## Send a Referral, Get a Prize!

1. Make copies of this form for future use
2. Fill out your name & contact info for referral
3. Fax to: 596-6767

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Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, St. Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_

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Name: \_\_\_\_\_  
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8	1	9	4	6	5	7	3	2
3	2	5	1	8	7	4	9	6
6	7	4	2	9	3	5	8	1
1	4	8	9	7	2	3	6	5
5	6	3	8	4	1	9	2	7
7	9	2	3	5	6	1	4	8
4	3	1	5	2	8	6	7	9
9	8	6	7	1	4	2	5	3
2	5	7	6	3	9	8	1	4

**ANSWER KEY**

- Design
- Planning
- Additions
- Kitchens
- Bathrooms
- Remodels
- Insurance Repair
- Complete commercial construction
- Fire and Water Restoration

### Customer Comments

“...Provides me the opportunity to express how much I appreciate and admire the quality of work as well as personal contact this company has provided for me. The men talked with me and explained what they were doing in great detail. Their work was done with precise measure and they were always willing to do more if needed. I feel very secure and take pleasure in recommending Holladay Brothers to anyone needing their services and expertise. If I ever need construction services, I will not hesitate to call them.”  
-- **Lynn Groves**

“When Holladay Brothers were contacted they were here to help us out in a timely fashion with a job well done. Each person that came into our home was respectful, thoughtful, knew the jobs well they were here to do and completed them in a timely fashion. Our kitchen was put back together nicely. They blessed our hearts and home having them here doing the great jobs they did...” -- **Jim & Jean Cail**

“...he was professional, patient and really put forth effort to understand what needed doing here. I offer my profound thanks.” -- **Millie McGuffin**