



HomePRO Remodeling

Around The House

NOVEMBER 2010

NEWS THAT HELPS THE FAMILY.

HomePro

Remodeling

Kitchens • Baths • Additions • Remodeling

Teach Kids How To Stand Up To A Bully

It's not just 'kid stuff' that your child will have to live with. The effects of bullying and teasing can cause depression and anger that can last for years.

The behavior is most common in sixth to eighth graders. Bullies often pick kids who are shy and sensitive, but also target those who are smarter than they are or different in some way. Or they choose a victim for no reason.

Our Services Include

- Home Additions- bump outs, family rooms, kitchens, second stories.
- Kitchens- remodeling, cabinets, floors, countertops, skylights
- Bathrooms- remodeling, showers, ceramic tile
- Interior work- moldings, built-ins, walls, floors, ceilings
- Handyman issues, repairs, to-do lists

Unless the abuse is physical, resulting in torn clothes or bruises, parents can help children solve the verbal abuse problem and increase their self-confidence. Teach them to:

Avoid the bully. Take a different route to class or ask for a change in the location of their locker. Ask to sit at the front of the bus or the class. Stand tall. Just acting brave can be enough to make a bully lose interest. Feel good about yourself. Exercise so you look and feel more fit. Wear clean clothes.

Ignore him or her. Walk away and pretend not to hear their teasing. Bullies want a big reaction to their meanness, so give no reaction at all. Practice a few responses. When they insult you, say, "That's not cool," or if they say your hair is red or your body is fat, say, "Thanks for pointing that out. I didn't know it before!" Or say "No, stop it!"

Don't show fear, anger or being upset. That's what they want. Get involved in a club or organization that interests you. Find a friend.

Electronic bullying can be especially hurtful because it follows the child home. If insults are anonymous, parents can contact the internet provider to identify the bully. Often he or she will stop if identified.

If the child knows who the bully is and the bullying doesn't stop, change the child's email address. Give the new one out only to trusted friends.



"...and after the feast, the Indians and Pilgrims loosened their belts and watched football for the rest of the day."

Inside This Issue:

- Are Homes Still A Good Investment?
- The Benefits of Vitamin D!
- Beware: Driving With Your Dog!

Plus much, much more!!!

New Home Decor Trend: Add Mirrors In All Shapes And Sizes

When you want to spruce up a room, why not add a mirror? It can add light and depth, and you won't have to push out a wall or add a window to do it.

A framed mirror is attractive, hanging alone or in a group. What's more, it can be far less expensive than adding art work to a wall and less risky. Sizeable art pieces can overwhelm a room.

The big choice in mirror frames can make them compatible with any room

of the house. A little care should be taken so the frame goes with the furniture. A rustic frame, for example, would be out of place in a room with polished furniture in cherry or white finishes.

Some decorators are leaning framed mirrors against a wall for a dramatic effect. They are choosing wide frames in a variety of finishes and hues. Even floor mirrors can be doubled or tripled for a striking effect.

In a small room, a standing mirror can do wonders. It opens up the space by reflecting the outdoors and the furniture. In bathrooms, the new trend is to upsize mirrors so they fill out the entire space above a long vanity or counter.

Some groups of three or four mirrors feature a drawing that continues from one to another, such as the tree branch drawn on four panels and offered by Made Goods.

Most Owners Still Think A Home Was Their Best Investment

The idea of "home, sweet home," is generally the same as it used to be.

A survey of homeowners by Bankrate.com shows that an amazing 90 percent of homeowners have no regrets about the purchase of their current home.

One reason: They like their homes. Though there may be lower values in many areas, and bargains on mortgage interest rates they didn't get, they are still satisfied with their own place.

The second reason: They like the fact that they add equity to their homes every month. In years to come, they will have saved enough through monthly payments to have their big investment free and clear.

Some financial experts say paying off a mortgage is like having an annuity. That is, instead of getting maybe \$750 a month from the annuity, you don't have to pay \$750 a month on a mortgage.

Another survey, this one by lender Fannie Mae, indicates that 70 percent of consumers still see a home as one of the best investments to make.

Their survey shows that 64 percent of those interviewed also think this is a good time to buy a home.

Buyers today are also more knowledgeable about mortgages, according to Fannie Mae. According to their survey, only 8 percent

didn't know what type of mortgage they have, compared with 26 percent of mortgage holders surveyed just two years ago.

In her new book: Buy, Close, Move In! How to Navigate the New World of Real Estate, Safely and Profitably, and End Up with the Home of Your Dreams, author Ilyce Glink answers questions about how much home buyers can afford, how to buy an investment property and how to buy a foreclosed property from a bank.

**Monthly Helpful
Hint:
Vitamin D Benefits**

This vitamin protects the heart. It controls the release of stress hormones that lead to high blood pressure and inflammation. It can decrease the risk of colon cancer by half. A study of post-menopausal women showed a 77 percent lower risk of all cancers among those who took 1,000 mg of D plus calcium.

HomePro Remodeling
Around The House Tip Of The Month:

***“Keep Ladder Safety In Mind When
Decorating For Christmas”***

November has become the month of preference for outdoor holiday decorating.

There are two reasons. If you live where winter is cold, it's not as cold in November as in December. No matter where you live, decorating when you aren't rushed is easier and safer.

Second, Thanksgiving Day is the new most-popular day to light decorations. Guests for Thanksgiving like to see your outdoor lights go on for the first time.

Whether you're decorating a big evergreen outside or placing a topper on a tall indoor tree, you will need a ladder. The first order of the day is: Don't climb alone. Have someone there to steady the ladder or help if you lose your balance.

The Home Safety Council gives these further instructions for safety:

- * Check the ladder for loose screws or rungs before taking it outside.
- * Don't place your ladder on ground that is uneven or very soft. Put boards on the ground for a solid ladder base.
- * Stay in the center of the steps when you climb and don't lean too far in either direction.
- * Never step on the top of the ladder, or the rung below it, because your center of gravity will be too high. Get a taller ladder if you need one.
- * Avoid carrying too much up the ladder at one time. A study by the Bureau of Labor Statistics shows that half of ladder accidents occur because people carry too much when going up or down.
- * Always hold on to the side rails.
- * Skip the beer and cocktails. Drinking before climbing increases the likelihood that you will lose your balance and fall.

A survey by the council and Werner Ladders shows that many people don't use ladders safely, especially for Christmas decorating.

Of 1,000 people interviewed, 52 percent say they have worked on uneven ground; 47 percent admitted reaching farther than they should; 38 percent said they hang decorations outside after dark; 36 percent said they use the top two steps of the ladder.

About 20 percent admitted to drinking while climbing.

**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 medium.

Turkey Time Sudoku

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

LET'S WELCOME OUR NEW CLIENTS THIS MONTH
INTO OUR "HOMEPRO FAMILY"

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

The Cohen Family- East Amherst
The Strzelczyk Family- West Seneca
The Cohen Family- Depew

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

The Belly: A Big Problem If You're Nearing Age 50

Want to live 10 years longer? Your chances are good if you can reduce the size of your waistline.

HOLIDAY SAVINGS TIP: CARDS

They are expensive to buy and mail. Instead, create an email greeting that could include photos. Send individually to each person, not to an entire list at once.

The problem comes as you approach age 50 and move beyond that milestone. People who may not have gained a pound have decreased muscle mass and increased fat stores, especially at the waist. Scientists say belly fat secretes proteins and hormones that contribute to inflammation, interfere with how the body processes insulin and raises cholesterol levels.

According Internal Medicine, men and women with the biggest waistlines have twice the risk of dying over the coming decade. Individuals with four extra inches around the waist had a 15 percent to 25 percent increased risk of dying within 10 years.

The most common causes are respiratory illness, heart disease and cancer. Some studies link waist size to dementia, asthma and breast cancer.

At age 50 and over, more than half of men and 70 percent of women have belly fat.

What can you do? Consume fewer calories and burn more calories with walking, biking or other aerobics.

A Traffic Danger: Driving With Dogs

Some dogs ride in a car pretty much like a person does. They will sit next to the driver and look out the window. Still, if they spot another dog, one they don't like, they could bark like mad and jump all over the car, including onto the driver's lap so he can't see.

About 60 percent of dog owners have driven while distracted by pets who were passengers, according to a survey by the American Automobile Association. Only about one in six uses a restraint, such as a harness or pet vehicle seat.

Restraints can keep a pet from distracting the driver. But in a crash, they also protect the pet and other occupants of the car.

A 10-pound dog in a crash at 50 mph will exert 500 pounds of force on whatever it strikes. An 80-pound dog in a crash at just 30 mph will exert 2,400 pounds. Further, unrestrained dogs distract drivers by interfering with the ability to steer or by crawling onto the foot pedals. At the American Society for the Prevention of Cruelty to Animals, they recommend restraints for dogs and cats. The best way to think about it is to compare the dog to having a child in the car.

About 40 percent of American households have a dog, according to the American Pet Products Association. Dogs are like members of the family and often ride with them in their cars. Dogs need to buckle up just as people do, but you have to do it for them.

Businesses Using More Customized Ipad

Companies that would not approve the iPhone for use by employees are increasingly adopting the iPad, especially by mobile workers.

Their objections to the iPhone were based on its lack of connection to Exchange, the Microsoft email software that is the mainstay of the business world. Further, IT managers couldn't remotely erase data on the handset in the event it was stolen.

The latest versions of the iPhone and iPad address these problems and make

the units easier for tech departments to manage.

The IT people can now internally distribute specially developed apps for the iPad without going through Apple's App Store.

Some companies are offering iPads as an alternative to laptops. Not only are they more convenient to carry, but they cost less than the laptop computers most companies buy.

Another advantage: They are more convenient than laptops when employees

travel, work standing up or give a demonstration.

The Wall Street Journal reports that Mercedes-Benz Financial, the provider of car loans and leases, has equipped some dealerships with an iPad loaded with its app.

The goal is to begin the credit application process while customers are standing near a vehicle.

In the medical world, they are being used and tested for viewing medical images such as X-rays and CT scans, and accessing medical records.

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Your Next Home
Project**

(716) 839-6020

America Recycles Day Is November 15, 2010

The Keep America Beautiful organization believes that each of us has an obligation to preserve and protect our environment. Through our everyday choices and actions, we have a huge impact on our world.

The organization sponsors America Recycles Day to promote recycling and buying recycled products. In 2010, we celebrate the 12th event.

* Save a tree by recycling paper. Gather newspapers and discarded printer paper and recycle them.

* Separate aluminum cans that Coke, Pepsi and Sprite come in.

* Recycle steel cans that held pet food, coffee, and vegetables, for example. No need to remove labels.

* Recycle magazines, slick inserts and catalogs.

* Recycle electronics. Don't just put these in the trash: old cellphones, computers and monitors. All electronics can be recycled.

* Recycle corrugated boxes, the shipping containers products come

in.

* Recycle glass bottles and jars, like those that contain pickles, spaghetti sauce and wine. Before sending to the center, remove the caps. They are made from different materials

Recycle plastics. Milk bottles are always accepted, as are most other plastic bottles.

If you don't have space for all recyclables, pick two or three you can handle. You will still help.

Client of the Month!

Every month we choose a HomePro 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 the **Thompson Family of West Seneca!** Congratulations! **And thank you, Mrs. Thompson, for referring George and Bunny Strzelczyk!!!**

The Thompsons win a free dinner at Hutch's Restaurant! You can be the client of the month too! Watch for your name here in an upcoming month!

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:

4 tickets to Regal Theaters!

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 839-6020

Your Name: _____ Your 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: 826-0690

Mail To: 5410 Main St. Suite 303-315 Williamsville NY 14221



5410 Main Street

Suite 303-315

(716) 839-6020

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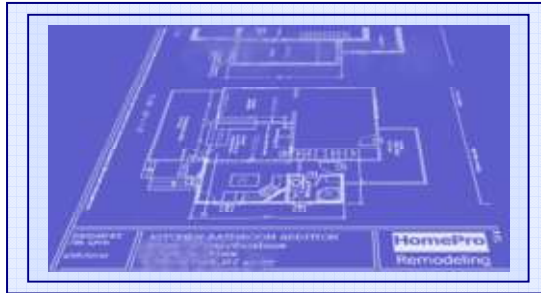
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9	4	5	1	3	6	8	7	2
2	3	6	5	7	8	4	1	9
8	7	1	4	2	9	3	5	6
5	8	9	7	1	3	2	6	4
7	6	3	9	4	2	5	8	1
4	1	2	6	8	5	7	9	3
1	2	4	8	9	7	6	3	5
6	9	7	3	5	4	1	2	8
3	5	8	2	6	1	9	4	7

Kitchens – Bathrooms – Moldings – Additions – Skylights – Windows – Doors- To-do lists – Exterior trim – Repairs – Walls – Drywall – Ceilings – Built-ins – Tile - Cabinets – Countertops – Showers – Carpentry - Kitchens – Bathrooms – Moldings – Additions – Skylights – Windows – Doors- To-do lists – Exterior trim – Repairs – Walls – Drywall – Ceilings – Built-ins – Tile - Cabinets – Countertops – Showers – Carpentry - Kitchens – Bathrooms – Moldings – Additions – Skylights – Windows – Doors- To-do lists – Exterior trim – Repairs – Walls – Drywall – Ceilings – Built-ins – Tile - Cabinets – Countertops –