



AROUND THE HOUSE

NOVEMBER 2014

NEWS FROM OUR FAMILY TO YOURS



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Inside This Issue:

- **Kick the Habit During the Great American Smokeout**
- **Install a Multi-Tasking Pantry**
- **Relocating Can Make You Vulnerable to ID Theft. Protect Yourself!**

Tackling Turkey Day

A Defensive Strategy for Dealing with Family

What does Thanksgiving mean to you: Turkey and football, a four day weekend, or perhaps, a chance to express gratitude for a multitude of blessings? For some, the next couple of weeks will bring all of the above, and more--who could possibly imagine the holidays without a large noisy family gathering?

Family get-togethers are often fraught. Grandma has too much to drink. Cousin Sally has had a little therapy--not so much that she's gotten any better, but enough that she walks around confronting everyone and telling them how they make her feel. And the newest member of the family, the toddler in the princess tee-shirt, has a not-yet-diagnosed stomach flu--which everyone else will contract by tomorrow. Aren't families great?

One pitfall commonly encountered during a visit with relatives: the subtle put down. We all know how that goes: "you'd be so pretty if you lost weight." "You got that promotion? Wow--I couldn't believe it when I heard." "I love that sweater on YOU, though."

Anyone who's ever had a family meal has been there. The offender says it so sweetly and so quietly, you wonder whether you've even heard her correctly. And we all have a niece or cousin or in law like this.

So, what causes people to behave this way--and why the need for subtle put-downs? Generally speaking, they are an attempt to deal with feelings of anger or insecurity. Knock someone down, and you feel better about yourself. At least until someone turns it around and does it to you.

So what's an unsuspecting pilgrim-lover to do?

Dr. Valerie Golden, a clinical psychologist with a private practice in Minneapolis, Minnesota, offers these tips for surviving the holiday meal:

First, read between the lines. Even though your sister says something quietly, without blinking an eye, and even if she says it in a sweet voice, don't take her words at face value. "If it sounds good but it feels bad, it's passive aggressive," says Dr. Golden.

Next, don't be confused by the sweet tone, and don't let it get to you. "Once you figure out your relative's behavior is passive aggressive, his subtle put-down won't hurt you and you won't feel as badly," she continues.

Third, take action: "Once you realize what is really going on, you have a few choices," Dr. Golden counsels. Meaning, the act of seeing Great Aunt Tilly for what she really is--a wolf in sheep's clothing--opens up your options.

Dr. Golden offers these strategies for dealing with passive aggressive relatives:

--Call the person on it. Think about confronting the offending relative. Say something like, "What do you mean; I like this sweater-why do you insist on making fun of my clothing?"

--Take the high road. Ignore the subtle put down and socialize with someone else.

--Make a joke. "Plastic surgery, you ask? Good thing I'm not sensitive."

These few tips should help you survive--and will possibly even enable you to give thanks.

So You Don't Know Squanto

November, being Native American Heritage Month, is a time to remember the people behind these well-known names of America.

Squanto, 1585-1622. Assisting the Pilgrims during their first harsh winter, he befriended them in order to see them safely through to spring.

Pontiac, 1720-1769. Chief Pontiac is known for his defense of the Great Lakes Region from the British Troop invasion and occupation. He and his followers took the Fort Detroit from the English at The Battle of Bloody Run.

Sequoiah, 1767-1843. He is well known as George Guess, Guest or Gist, and was the silversmith who invented the Cherokee Syllabary. He was an inventor of writing systems as well.

Sacagawea, 1788-1812. She is most well-known for accompanying Meriwether Lewis and William Clark during their Corps of Discovery of the Western United States in 1806. Her face appears on the dollar coin.

Cochise, 1815-1874. This Apache leader aided in the uprising to resist intrusions by Mexicans and Americans in the 19th century.

Crazy Horse, 1840-1877. He led a group of Lakota and Cheyenne in a surprise attack against General George Crook's force of 1,000 Englishmen.

Will Rogers, 1879-1935. A Cherokee cowboy, he became known as an actor, philanthropist, social commentator, and presidential candidate. He traveled around the world and was famous.

Geronimo, 1829-1909. He was a Chiricahua Apache who defended his people against the encroachment of the U.S. on their tribal lands for over 25 years. He was a spiritual leader.

Tecumseh, 1768-1813. A Shawnee, he was known for leading several tribes and maintaining hold on their land. In 1808, he established the village of Prophetstown near Battle Ground, Indiana. He died in the War of 1812.

Sitting Bull, 1831-1890. He was a Hunkpapa holy man and is known in history for his victory at the Battle of Little Bighorn against General Custer. He is considered to be one of the most famous Native Americans ever.

Blackhawk, 1767-1838, war leader and warrior of the Sauk tribe. Not a hereditary leader, Black Hawk's leadership in war gained him fame and power. He published the first autobiography by a Native American in which he criticized unfair treaties. During his lifetime he was one of the most famous warriors, known to Indian and white man alike.

Just for Fun



1. Furniture - Mustaches - Skis
2. Golf Course - A Coffee Shop - A Quart
3. He - She - They
4. Jupiter - Alaska - The Blue Whale
5. Wood Tick - Leech - Mosquito
6. Yawning - Laughter - Influenza
7. Improper - Unit - Mixed
8. Marigold - Mustard - Canary
9. Snake - Cavity - Bottomless
10. Kidney - String - Black

COMMONYMS

What's a commonym you ask?
A commonym is group of words that have a common trait in the three words/items listed. For example: A car - A tree - An elephant ... they all have trunks. These will make you think!

Answer page 9

Where do you find a turkey with no legs?

Answer page 9

Precision Roof Crafters, Inc.

November Is:

- National Diabetes Awareness Month
- Aviation History Month
- Child Safety Protection Month
- International Drum Month
- National Adoption Awareness Month
- National Model Railroad Month
- National American Heritage Month
- Peanut Butter Lovers Month

Still Smoking?

It's time to quit. Your health depends on it. More than 440,000 people in the United States die each year from the effects of smoking or inhaling secondhand smoke! Over eight million live with serious health-related illnesses caused by the habit.

On the third Thursday of November, smokers will take part in the American Cancer Society Great American Smokeout, an annual event since its 1970 inception. The organization will sponsor events nationwide with businesses to encourage smokers to quit the habit, as it commemorates the 50th anniversary of the Surgeon General's Report on Smoking and Health. Think of these statistics:

1 in 3 cancer deaths are caused by smoking as opposed to 1 in 5 deaths from other causes. 9 out of 10 lung cancers are caused by smoking.

Smokers die 13 to 14 years earlier than nonsmokers.

12 hours after quitting, the carbon monoxide level in your blood drops to normal.

1 year after quitting, your risk of coronary heart disease is half that of a continuing smoker's.

No e-cigarettes are approved by FDA and are not recommended as a cessation aid.

No tobacco product is safe. Holding a wad of dip in your mouth for 30 minutes gives you as much nicotine as smoking three cigarettes. Two cans of snuff per week are equal to smoking one and a half packs of cigarettes a day.

Honor Our Heroes on Veterans Day Tuesday, November 11

In the United States, Veterans Day falls on November 11th each year. This day is the anniversary of the signing of the armistice, which ended the World War I hostilities between the Allied nations and Germany in 1918.

The day is intended to honor and thank all military personnel who served the United States in all wars, particularly living veterans. It is marked by parades and church services. The American flag is hung at half-mast.

The history of Veterans Day

On the 11th hour of the 11th day of the 11th month of 1918 the armistice between Germany and the Allied nations came into effect. Armistice Day was commemorated for the first time. In 1919, President Wilson proclaimed the day should be "filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory". There were parades, public meetings and a brief suspension of business activities at 11 am.

In 1926, the United States Congress officially recognized the end of World War I and declared that the anniversary of the armistice should be commemorated with prayer and thanksgiving.

The Congress also requested that the president should "issue a proclamation calling upon officials to display the flag of the United States on all Government buildings on November 11th and inviting the people to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples."

A few years later, World War II required the largest mobilization of service people in the history of the United States, and American forces had also fought in Korea. Congress changed the name of the day from Armistice Day to Veterans Day. November 11 became a day to honor all American veterans, where ever and whenever they had served.

America Recycles Day! Saturday, November 15

An initiative of Keep America Beautiful, America Recycles Day (ARD) is the only nationally-recognized day dedicated to promoting and celebrating recycling in the U.S.

Each fall, thousands of communities across the country participate in ARD on and around November 15 to promote environmental citizenship and encourage action. Through ARD, Keep America Beautiful, along with its affiliates and partners, inspires communities to directly engage their residents to recycle more and recycle right 365 days a year.

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| 6 | | | | 1 | | | | |

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.

WE WELCOME THIS MONTH'S NEW CLIENTS TO THE "PRECISION ROOF CRAFTERS' FAMILY

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

| | |
|--|---------------------------------|
| Jane Aguilar, Houston | Julie Long, Houston |
| Dane Anderson, Cypress | Chris Lu, Sugar Land |
| Ron Brannigan, Spring | Heather McHenry, Pearland |
| David Broughton, Houston | Bryan Melvin, Houston |
| David Brown, Houston | Margaret Miao, Houston |
| Carlita Butler, Missouri City | Mike Mumford, Houston |
| Michael Conway, Houston | Stacy Nieto, League City |
| Christopher Cornelius, Sugar Land | Jere Noerager, Houston |
| Tony Davalos, Houston | Sadiat Olatunbosun, League City |
| Dennis Duke, Houston | Susheel Philip, Manvel |
| Jeanie Engle, Houston | Ali Pourmemar, Houston |
| Lisa Gilbreath, Spring | Natalie Ring, Houston |
| Cynthia Goble, Houston | Gabe Rios, Spring |
| Erica Hakimi, Bellaire | Alicia Rodriguez, Houston |
| Bret Hammett, Houston | Ricardo Ruiz, Houston |
| Rick Hargrove, Houston | David Sablatura, Garwood |
| Randy Haus, Houston | Michael Sadler, Houston |
| John Heghinian, Bellaire | Helen Schilling, Houston |
| Mike Huddleston, Spring | Renee Schooler, Missouri City |
| Jennifer Jagmin, Houston | Jim Smith, Houston |
| Victoria Jordan, Deer Park | Vance Stanley, Houston |
| Rakan Khbies, Houston | Stacie Strine, Spring |
| David King, Houston | Kate Szablya, Houston |
| Automation International, Ltd., Stafford | Ben Towner, Houston |
| Linda Knighten, Manvel | Bart Trover, Houston |
| Andy Lamb, Houston | Arie Voogt, Houston |
| Dawn Lannin, Pearland | Joel Walls, Houston |
| Shannon Lewis, Kingwood | Mary Ann Wymore, Houston |
| Jaw-Ching Liu, Houston | Won Yi, Houston |
| David Lerma, Houston | |

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

Pantry Plus

Some well-off homeowners are spending as much to outfit their pantries as others spend on a redo of an entire kitchen.

As they become more open, kitchens are merging with family rooms and becoming the place for entertaining. So homeowners are moving the clutter and noise out of sight. Home builders say 85 percent of respondents put a walk-in kitchen pantry on their "most wanted" list. In addition to built-in coffee pots, and a washer and dryer, the pantry may have a desk, TV and counter space. And it can be a place for boots and coats.

Some view the pantry as a second kitchen with its dishwasher, refrigerator, freezer and large work surface. It also reduces the number of cabinets needed in the kitchen so the kitchen can be more decorative, says The Wall Street Journal.

The whole project is more like pantries of a century or more ago. In the mid- to -late 1800s, the "butler's pantry" was a room off the kitchen for storing glassware, dishes and cutlery and where food was prepped for cooking.

Pantries all but disappeared in the 1950s and didn't return until the 1990s. When kitchens opened up, walk-in pantries returned.

Cost-conscious consumers can build a raft of shelves by themselves and add features that aren't that costly. Pantries generally have doorless shelves.

Moving? Guard Against ID Theft

Moving time is prime time for identity theft as personal information is shuffled from one home to the next, leaving it to dumpster divers, movers, nosy home buyers and some contractors, according to Steve Schwartz, president of Identity Guard.

* Seven to 10 days before moving, notify the post office and fill out a change of address form to reroute your mail. Notify your bank, credit card companies, fund managers, insurance companies, health care providers and utilities. Many will send you a letter to see if the information is valid.

* Fill out an IRS Change Request, available at irs.gov, will assure your tax correspondence comes to you.

Shred all sensitive documents. Old papers tossed into the trash attract dumpster divers, so shred anything that contains your Social Security number, account numbers or other sensitive information.

Sid Kirchheimer, author of *Scam-Proof Your Life*, published by AARP Books, says that at open houses, these items have been known to disappear: birth certificates, passports, wills, tax returns, financial statements, health insurance, medical records, jewelry and other valuables. They should be removed before the house is shown.

Personally transport all sensitive papers and valuables in a locked box that you take with you. Move your computer yourself or at least get a very strong password.

Three months after you move, get a free credit report online at annualcreditreport.com to check for fraudulent accounts opened in your name.

Standard Deductions for 2014 Up Slightly

The IRS says the standard deduction for married people in 2014 is \$12,400. If one spouse is 65 or older, it's \$13,600. If both are, \$14,800. Singles can claim \$6,200 or \$7,750 if they are 65. Household heads get \$9,100 plus \$1,550 more once they reach age 65.

Blind people receive \$1,200 more or \$1,500 if unmarried and if they are not a surviving spouse.

High income earners lose some itemized deductions above a higher level for 2014. Their write-offs are slashed by 3 percent of the excess of adjusted gross income (AGI) over \$254,200 for singles, \$279,650 for household heads and \$305,050 for marrieds. The total reduction can't exceed 80 percent of itemizations.

Day After Thanksgiving Turkey Pot Pie

Ingredients

- ¼ cup butter
- ½ cup chopped onion
- ½ cup chopped mushrooms
- 1 tablespoon minced garlic
- 1/3 cup all-purpose flour
- ½ teaspoon dried sage
- ¼ teaspoon dried sage
- 1 ½ cups prepared turkey gravy
- ½ cup water
- ½ cup milk
- 1 (14 ounce) package frozen mixed vegetables, thawed and drained
- 3 cups cooked turkey, cubed
- Salt and ground black pepper to taste
- 1 pastry for a 10 inch double crust pie.



Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Melt the butter in a large saucepan over medium heat. Stir in the onions, mushrooms, and garlic; cook until tender, but not browned, about 5 minutes. Stir in the flour, sage, and thyme until blended. Pour in the gravy, water, and milk, stirring to blend. Bring to a boil over medium-high heat; cook 1 to 2 minutes. Stir in the turkey and vegetables, and cook until vegetables are tender, about 5 minutes.
- Line a 10 inch pie plate with the bottom crust. Pour in the turkey mixture. Cover with the top crust. Seal and crimp the edges. Pierce top crust in a few places with a fork. Cover the edges of the pie with strips of aluminum foil.
- Bake in preheated oven for 25 minutes. Remove foil strips, and bake until crust is golden, about 20 minutes more. Remove from oven, and rest 10 minutes before serving.

Recipe Source: Allrecipes.com

Peanut Butter Clusters



Ingredients

- 1 (10 ounce) packages Reeses's Peanut Butter Chips
- ½ cup raisins
- ½ cup dry-roasted unsalted peanuts
- ½ cup regular oats, uncooked
- 1 teaspoon cinnamon

Directions

Microwave chips in a bowl on high power until melted, about 1 1/2 minutes. Stir. Add remaining ingredients; mix thoroughly. Using your hands, firmly roll into 1-inch balls. Cool.

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Client of the Month!

Every month we choose a Precision Roof Crafters' 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 **Kris King!** Congratulations! And **thank you, Kris, for referring us to Automation International Ltd.!!!**

Kris King wins a **\$50 Gift Card** from Carrabba's Italian Grill. You can be the client of the month too! Watch for your name here in an upcoming month! You can be the client of the month too!

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:

"A \$25 Pre-Paid American Express Gift Card"

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!

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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 (insert your phone number).

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!

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

Puzzle Answer:

1. They are waxed
2. They have cups
3. Pronouns
4. Largest of their kind
5. Blood suckers
6. They are contagious
7. Fractions
8. Shades of yellow
9. They have pits
10. Beans

Riddle Answer:

Exactly where you left it!

Precision Roof Crafters, Inc.

Money Saving Coupon

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Service Call

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Offer expires December 15, 2014



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