



AROUND THE HOUSE

JUNE 2015

NEWS FROM OUR FAMILY TO YOURS YOURS



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- Insurance Claims

Inside This Issue:

- **Protect Against Falls as Part of Your Safety Month Strategy**
- **Make an Estate Plan in Conjunction With Your Retirement Plan**
- **Learn the Real Key to Saving money**

Plus much, much more!!!

Happy Father's Day!

and you thought YOUR dad was interesting ...

1. Halsey Taylor invented the drinking fountain as a tribute to his father, who succumbed to typhoid fever after drinking from a contaminated public water supply in 1896.
2. George Washington, the celebrated Father of Our Country, had no children of his own. Researchers believe that childhood illnesses may have rendered him sterile. He did adopt the two children from Martha Custis' first marriage.
3. In the underwater world of the seahorse, it's the male that gets to carry the eggs and birth the babies.
4. In 1950, after the *Washington Post* music critic gave Harry Truman's daughter's concert a negative review, the president came out swinging: "Someday I hope to meet you," he wrote. "When that happens you'll need a new nose, a lot of beefsteak for black eyes, and perhaps a supporter below!"
5. A.A. Milne created Winnie the Pooh for his son, Christopher Robin. Pooh was based on Robin's teddy bear, Edward, a gift Christopher had received for his first birthday, and on their father/son visits to the London Zoo, where the bear named Winnie was Christopher's favorite. Pooh comes from the name of Christopher's pet swan (of course).
6. Kurt Vonnegut was (for a short time) Geraldo Rivera's father-in-law. Rivera's marriage to Edith Vonnegut ended in 1974 because of his womanizing. Her ever-protective father was quoted as saying, "If I see Gerry again, I'll spit in his face." He also included an unflattering character named Jerry Rivers (a chauffeur) in a few of his books.
7. Andre Agassi's father represented Iran in the 1948 and 1952 Olympics as a boxer.
8. The voice of Papa Smurf, Don Messick, also provided the voice of Scooby-Doo, Ranger Smith on Yogi Bear, and Astro and RUDI on *The Jetsons*.
9. In 2001, Yuri Usachev, cosmonaut and commander of the International Space Station, received a talking picture frame from his 12-year-old daughter while in orbit. The gift was made possible by RadioShack, which filmed the presentation of the gift for a TV commercial.
10. The only father-daughter collaboration to hit the top spot on the Billboard pop music chart was the 1967 hit single "Something Stupid" by Frank & Nancy Sinatra.
11. Dick Hoyt has pushed and pulled his son Rick, who has cerebral palsy, through hundreds of marathons and triathlons. Rick cannot speak, but using a custom-designed computer he has been able to communicate. They ran their first five-mile race together when Rick was in high school. When they were done, Rick sent his father this message: "Dad, when we were running, it felt like I wasn't disabled anymore!"



Fly Your Flag Proudly on June 14!

Flag Day falls within National Flag Week, a time when Americans reflect on the foundations of the nation’s freedom. The flag of the United States represents freedom and has been an enduring symbol of the country’s ideals since its early days. During both events, Americans also remember their loyalty to the nation, reaffirm their belief in liberty and justice, and observe the nation’s unity.

On June 14, 1777, the Continental Congress replaced the British symbols of the Grand Union flag with a new design featuring 13 white stars in a circle on a field of blue and 13 red and white stripes – one for each state. Although it is not certain, this flag may have been made by the Philadelphia seamstress Betsy Ross, who was an official flag maker for the Pennsylvania Navy. The number of stars increased as the new states entered the Union, but the number of stripes stopped at 15 and was later returned to 13.

In June 1886 Bernard Cigrand made his first public proposal for the annual observance of the birth of the flag when he wrote an article titled “The Fourteenth of June” in the old Chicago Argus newspaper. Cigrand’s effort to ensure national observance of Flag Day finally came when President Woodrow Wilson issued a proclamation calling for a nationwide observance of the event on June 14, 1916. However, Flag Day did not become official until August 1949, when President Harry Truman signed the legislation and proclaimed June 14 as Flag Day. In 1966, Congress also requested that the President issue annually a proclamation designating the week in which June 14 occurs as National Flag Week.

The President is requested to issue each year a proclamation to: call on government officials in the USA to display the flag of the United States on all government buildings on Flag Day; and to urge US residents to observe Flag Day as the anniversary of the adoption on June 14, 1777, by the Continental Congress of the Stars and Stripes as the official flag of the United States.

The American flag, also nicknamed as “Old Glory” or “star-spangled banner”, has changed designs over the centuries. It consists of 13 equal horizontal stripes of red (top and bottom) alternating with white, with a blue rectangle in the canton bearing 50 small, white, five-pointed stars. Each of the 50 stars represents one of the 50 states in the United States and the 13 stripes represent the original 13 colonies that became the first states in the Union.



"Remember, never let adults know summer vacation can sometimes be boring or they may make it shorter."

Just for Fun

1. Green - Moola - Dough
2. Playing - Time - Greeting
3. Punch - Hair - A Volleyball
4. High - Balance - Laser
5. Human - Rat - Relay
6. Cat - Dog - Gold
7. Toad - Foot - Bar
8. French - Eskimo - Hershey
9. Area - Fire - Zip
10. Gray - Red - Timber

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!

Answers on page 9



What do you call your dad when he falls through the ice?

Answer on page 9

June Is:

- **National Safety Month**
- **Men's Health Month**
- **Aquarium Month**
- **Candy Month**
- **Dairy Month**
- **National Adopt a Cat Month**
- **National Fresh Fruit and Vegetables Month**
- **Rose Month**
- **Turkey Lovers Month**

Get Healthy Guys!

Men's Health Week, celebrated annually during the week preceding and including Father's Day, honors the importance of men's health and wellness. Men's Health Week was chosen for this specific time of year to make use of the extra attention paid to male family members near the holiday. Observing Men's Health Week is meant to educate the public about what can be done to improve the state of men's health and provide free and convenient health services to men who wouldn't otherwise receive such care.

Men's Health Week was created by Congress in 1994 to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. The bills creating Men's Health Week were sponsored by former Senator Bob Dole and former Congressman Bill Richardson. The sponsors cited the cost-effectiveness of a shift from treatment to prevention in health care emphasis when presenting the bill. The supporters of Men's Health Week also noted that prevention requires public awareness and designating a week would spread information on preventing illnesses affecting men.

The governors of the states and territories in the USA have adopted the week, as have the mayors of many of the major cities. The proclamations are display on the Men's Health Week website.^[1] Typical Men's Health Week events include educational lectures by sports figures, free health screenings, health fairs, and seminars. Men's Health Week events are planned so that they are easily attended even by men with a full work schedule. Although not officially recognized by congress, men's health activists observe Men's Health Month throughout June.

**Safety First!
Protect Against Falls**

It's time to repair broken steps, clean out the medicine cabinet, and install lighting in dim hallways – June is National Safety Month. This event, which brings national attention to accident prevention, is sponsored by the National Safety Council (NSC), a member of the American National Standards Institute (ANSI).

During National Safety Month, NSC helps Americans to prevent injuries and accidental deaths by calling attention to common safety and health risks.

The National Safety Month Web site provides a list of tips for protecting against accidental falls, both at home and at work:

- Aisles, stairs and walkways should be clutter-free; spills should be wiped, dropped objects picked up and cabinet drawers closed when not in use.
- Use handrails in stairways; take one step at a time and report or repair broken stairs or loose stair coverings.
- Apply nonskid floor coatings and slip-resistant mats where falls are likely. Slow down and take small steps when walking on a wet or slippery surface.
- Inspect ladders before and after every use.

The Web site also includes specific tips for aging adults, including:

- Wear proper footwear. Athletic shoes greatly reduce the risk of falls among the elderly. The risk of falling increases if in stocking feet or barefoot.
- Use non-skid throw rugs to reduce chances of slipping on linoleum.
- Store frequently used items in easy-to-reach areas.
- Exercise regularly. The stronger the body, the more likely a person is to sustain a fall with minimal injury.

Following these tips, as well as the others detailed on the National Safety Month Web site, promotes safety around the home, on the road, and at the workplace.

"Safety First" is "Safety Always" ~ Charles M. Hayes

Prepare and prevent, don't repair and repent ~ Author unknown

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

- | | |
|--------------------------|-------------------------|
| A. Bautista, Houston | H. Love, Tomball |
| B. Bullwinkel, Galveston | K. McCormack, Houston |
| R. Bunnell, Houston | C. Pommert, Spring |
| T. Cangelosi, Houston | N. Records, Pearland |
| S. Cardenas, Houston | M. Setovi, Houston |
| M. Chu, Missouri City | S. Shah, Missouri City |
| I. Correia, Houston | D. Slatten, Humble |
| S. Engel, Houston | D. Smith, Webster |
| M. Giammona, Deer Park | J. Tanzil, Bellaire |
| F. Griffin, Houston | W. Taylor, Houston |
| D. Hicks, Houston | C. Torrence, Katy |
| B. Hunter, Spring | A. Truong, Lake Jackson |
| G. Johnson, Houston | L. Vence, Houston |
| E. Lago, Jersey Village | C. Wang, Sugar Land |
| D. Liu, Houston | D. Watson, 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.

**I ♥
ROOFING**

What's in an Estate Plan

An estate plan is a key part of your retirement plan.

Baby Boomers and others spend time creating their retirement plans, but they may skip having an estate plan. This oversight can create havoc for their surviving family members.

Making a will or an estate plan is a task that doesn't have a sense of urgency around it, says Carol Kroch director of wealth planning a Wilmington Trust in Wilmington, Del. People just think they'll deal with it later.

There are three important considerations: Your property and financial assets; your children; and medical decisions.

* If you have property and assets, use an estate-planning lawyer to help you. It's especially important if you were married more than once.

* Check your beneficiaries so they are in line with your wishes.

* Discuss your plan with family members so they understand them.

* Make sure your plans don't violate state laws.

* Name a health care proxy who can also handle your financial affairs if you aren't able to.

The Nine-Word Rule for Saving

Want to save more?

Think about the nine-word rule

You see the Jones family with a new car, a boat in the yard with a fancy new truck to pull it.

They might have the dough to afford this or, just as likely, you might be seeing everything they have parked in the driveway.

Morgan Housel of the investing Website, The Motley Fool, says real wealth is the things you don't see because money buys things but wealth buys freedom.

"There are 56,956 personal finance books on Amazon.com," Housel writes on his Website. "They contain 3 billion words. This seems absurd, because 99 percent of personal finance can be summarized in nine words:

"Work a lot, spend a little, invest the difference."

Investing for wealth instead of buying cars requires putting your paycheck above your ego. You can't care what other people think.

Housel advises reading about people who have gone bankrupt. Singer Rhianna had \$10 million in the bank in the beginning of 2009 but found herself "effectively bankrupt" at the end of 2009. She blamed her accountant for poor advice and won a lawsuit against him. On the other hand, it is also a cautionary tale for paying attention to your business. The singer lost money on a tour, but she also left the tour to make a movie. In 2009, she bought a \$7 million house. Somehow she did discover before purchase that the house was loaded with mold and rot, and she lost \$2 million at sale.

Today, she is evidently doing things differently since her net worth is now calculated at \$43 million.

You can't be oblivious to disaster or bad decisions or your financial situation, says Housel. Instead be unemotional, Housel says. Stay calm and be prepared. Do your homework.

Interestingly, Housel writes that patience and inaction are the best for investing.

Finally, don't worry if someone gets rich on some scheme, if you stay patient, vigilant and follow the nine-word rule, you should be fine.

Turkey Pinwheel

Ingredients

- 1 ¼ pounds ground turkey
- ¾ cup soft bread crumbs
- 1 egg
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- ¾ cup shredded Italian cheese blend
- 1 teaspoon Italian seasoning
- ¼ teaspoon garlic powder
- 1.4 teaspoon salt
- 3 tablespoons ketchup
- ¼ cup shredded Italian cheese blend
- ½ teaspoon Italian seasoning



Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper. Place a rack into a broiler pan.
- Mix together the ground turkey, bread crumbs, egg, 1 teaspoon of salt, and black pepper in a bowl; pat the mixture out onto the prepared baking sheet in a rectangle 10 by 14 inches.
- In a bowl, place the spinach, ¾ cup of Italian cheese, 1 teaspoon Italian seasoning, garlic powder, and ¼ teaspoon of salt. Lightly combine, and spread the spinach mixture over the meat, leaving a ¾-inch margin. Pick up one edge of the parchment paper, and roll the edge over, starting with the short end. Continue to roll, pulling back the parchment paper as you go, until the meat is a firm roll. Press seam down, and lay the roll seam-side down into the rack over the roasting pan.
- Bake in the preheated oven until the roll is cooked through and the juices run clear, about 50 minutes. An instant-read thermometer, inserted into the center of the roll, should read 160 degrees F (70 degrees C).
- Pull the roasting pan from the oven, and spread roll with ketchup; sprinkle with ¼ cup of Italian cheese blend and ½ teaspoon of Italian seasoning. Return to oven, and bake until the cheese has melted, about 10 more minutes.

Recipe Source: Allrecipes.com



Fresh Fruit and Yogurt Ice Pops

- 2 cups fresh blueberries, raspberries, strawberries and sliced bananas, mixed
 - 2 cups plain or vanilla yogurt
 - ¼ cup white sugar
 - 8 small paper cups or popsicle molds
 - 8 popsicle sticks
1. Place the mixed blueberries, raspberries, strawberries, sliced bananas, yogurt, and sugar into a blender. Cover, and blend until fruit is chunky or smooth, as desired.
 2. Fill paper cups ¾ full with fruit mixture. Cover the top of each cup with a strip of aluminum foil. Poke a popsicle stick through the center of the foil on each cup.
 3. Place the cups in the freezer for at least 5 hours. To serve, remove foil and peel off the paper

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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 the **Vikrant Chadha!** Congratulations!

Vikrant Chadha wins a \$50 Gift Card. 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:

"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).

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Referrals: If you run out of room, please feel free to use a separate sheet of paper.

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

Puzzle Answer:

1. slang for money
2. types of cards
3. they can be spiked
4. beams
5. races
6. fish
7. stools
8. kisses
9. codes
10. wolves

Riddle Answer:

A POPsicle!

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