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## Winter Sports

### Have Fun, Burn Calories, Build Strength

Winter sports, such as ice-skating, snowboarding, and snowshoeing, are enjoying an increase in popularity, not only because of the great exercise benefits they provide, but because

they're a perfect way to have fun and spend time with friends. This winter, make some time to enjoy one or more of these great winter sports.

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## Do You Need A New Roof?

A new roof can not only enhance the curb appeal of your home, it can help reduce your heating and cooling bills. Your roof is one of the most important parts of your home's weatherproofing and insulation system. Even if you don't have noticeable leaks, other signs may indicate that you need a new roof. Look for the following:

- **Is your roof 15 years or older?** Certain types of roofing may last longer than 15 years; however, 15 years is typically the age that most roofs start to decay.

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## Cold Weather: It Suits You to A Tea!

If you have ever studied teas on the supermarket shelf to decide which to purchase, you may be surprised to know that all teas come from the Camellia sinensis plant, a warm-weather evergreen. The manner in which the fresh leaves are processed and the length of time the leaves come in contact with oxygen determine the resulting type of tea.

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## Do You Need A New Roof ... continued

- ❑ **Are there missing or torn shingles?** Missing or torn shingles expose the roof to water damage and rot, and make nearby shingles more likely to be blown away.
- ❑ **Is the flashing rusted or missing?** Flashing is the metal that surrounds chimneys, skylights, and vent pipes. Rusted or missing flashing can result in leaks.
- ❑ **What's in your gutters and downspouts?** Check gutters, downspouts and splash pans—scraps of roofing may be visible, indicating damage.
- ❑ **Are your interior walls and ceilings deteriorating?** Discolored plasterboard, cracked paint, and peeling wallpaper can be signs of leaks you may not have yet discovered.

If you've determined that you need a new roof, do some homework. Keep the following in mind:

- ❑ **Hire a reputable licensed roofing contractor.** Roofing is specialty work that requires a professional, and it can be dangerous if you don't know what you're doing.
- ❑ **Ask your contractor about permit requirements.** This ensures that your roof is installed according to code requirements in your city or county.
- ❑ **Have the original shingles and roofing underlayment removed.** Don't install new shingles over top of the existing shingles; this shortens the life of your new roof.
- ❑ **Choose a good underlayment.** Spend a little extra for 30-pound roofing felt (rather than 15-pound), and use a water-resistant membrane to seal siding walls, valleys, and penetrations.
- ❑ **Choose quality roofing materials.** If dark brown or black algae streaks are a problem in your area, consider 25-year algae-resistant shingles. Choose at least a 30-year shingle if you are considering laminated or architectural shingles. Use nails rather than staples to secure the shingles.



## Keep Your Mind From Wandering...

Most everyone has undoubtedly experienced a high level of concentration called “flow” at some point in time. Flow is described as the experience of being so completely involved in something that you become unaware of your surroundings and lose track of time.

Flow is considered the top level of concentration. Beneath flow is a more common level of concentration where your attention is focused to some degree on whatever you are doing at the time. At this level, however, the mind is capable of taking off on its own—or wandering. Because mind wandering is so common, psychologists say it's worth studying.

In a study done at the University of North Carolina using college students as subjects, psychologists found that, on average, students were not thinking about what they were doing 30 percent of the time. For some, the percentage was far greater. The wandering thoughts tended to be centered more on everyday things rather than on fantasies or worries. For example, the mind often made mental to-do lists.

Where work is concerned, mind wandering is not all bad. Short mental breaks are generally not harmful. And, some great ideas have been born in the shower or by a swimming pool. But, if you're under the gun and have to get something done, use these tips to reduce mind wandering:

- ❑ Avoid windows with nice views.
- ❑ Take short breaks from work.
- ❑ Create mental pictures of material you are reading.
- ❑ Turn off email and messaging programs if your computer is close by.
- ❑ If something is bothering you, stop and do something about it. Sometimes just making a list of what you might do to resolve a problem can help clear it from your mind.
- ❑ If your mind wanders while you are supposed to be listening, shift your position and refocus.

## Winter Sports...continued

**ICE SKATING** Ice-skating is a sport that adapts to almost any age and level of ability. Whether you're figure skating, speed skating, playing ice games, or skating for recreation, you can have a great time while you are learning and improving your skills. Women currently account for 60 percent of skaters.

Ice-skating can be an inexpensive, family-friendly sport. Basic skating burns approximately 225 calories in 30 minutes. As you naturally bend your knees and lower your center of gravity to glide forward, you firm your leg, hip, buttock, and abdominal muscles. Learners can wear flexible kneepads to avoid bruised knees from falling.

**SNOWBOARDING** Although it is similar to downhill skiing, snowboarding tends to be easier to master because your feet are locked in position and you

don't have to worry about ski poles. Currently, about two-thirds of snowboarders are men.

If you want to learn to snowboard, a couple of beginner lessons can help a great deal. You'll learn how to lean your weight forward, push up to a standing position to start, and maintain balance on the downhill. Snowboarding burns about 260 calories every 30 minutes, and tones thighs, calves, and buttock muscles.

**SNOWSHOEING** If you can walk, you can learn to snowshoe. The lack of difficulty in learning to snowshoe probably accounts for the growing popularity of the sport. Equal numbers of men and women enjoy snowshoeing.

Snowshoeing can be exceptionally fun because you can enjoy the beauty of winter scenery as you trek solo or with

family and friends. Snowshoeing burns 260 calories in 30 minutes and tones thighs, calves, and buttock muscles. Snowshoeing is inexpensive as well: snowshoes and poles rent for \$12 to \$20 per day or can be bought at ski shops for about \$100.



## Cold Weather...continued

Oxidation gives the leaves their distinctive color. Green tea is not oxidized. The leaves are steamed, rolled, and dried. Black tea is oxidized for two to four hours, and Oolong tea falls somewhere in between. White tea is tea made from new growth buds and young leaves of the *Camellia sinensis*. The leaves are shocked with heat to deactivate oxidation and then dried. As white teas contain buds and leaves, whereas other teas are mainly leaves, the dried tea does not look green and has a pale appearance.

Tea is one of the most healthful beverages. It's fat free and calorie free. Tea is



rich in both flavonoids and powerful antioxidants, which help to prevent chronic diseases such as heart disease and cancer. Immunologists at Harvard University say that black tea drinkers appear better able to fight off viral diseases such as cold and flu. In their study, people who drank five cups of black tea a day for two weeks pumped up their immune system T-cells. These T-cells then cooked up more interferon. The Harvard doctors emphasize that tea will not make you immune to illness, but you could get fewer sicknesses, and those you get will probably be milder. White tea retains the high concentrations of catechins, which are present in fresh tea leaves but a study examining the composition of brewed green and white teas found that white tea contained fewer catechins and epicatechins than green tea.

Buds and young tea leaves have been found to contain higher levels of caffeine than older leaves, suggesting that the caffeine content of some white teas may be slightly higher than that of green teas. Green tea has the most antioxidants. A certain number of the flavonoids in tea are lost during the decaffeination process,

so decaffeinated teas are somewhat less beneficial than regular brews.

Kevin Hickey, of the English Tea Store, provides these tips on brewing a great cup of tea:

- **Use loose tea brewed in a teapot to produce the best-tasting tea.** Use one teaspoon of loose tea per person plus one for the pot.
- **Use freshly drawn water.** Water loses oxygen when it stands, which keeps the full flavor of the tea from being released.
- **Warm the pot first.** This helps maintain the brewing temperature long enough to extract more flavor from the tea.
- **Use boiling water to make the tea.** Water that is "off the boil" does not allow the tea to brew properly.
- **Brew for 3 to 5 minutes.** Shorter times will not reveal the full flavor and quality of the tea; longer brewing will result in a bitter-tasting tea as tannin begins to be extracted from the tea leaves. Stir the tea in the pot once or twice while it is brewing.

In the days of our founders, they were willing to give thanks for mighty little, for mighty little was all they expected. If they could gather in a few pumpkins, potatoes, and some corn for the winter, they were in a thanking mood.

**Will Rogers**

A thankful heart is not only the greatest virtue, but the parent of all other virtues.

**Cicero**

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

**John Fitzgerald Kennedy**

What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving?

**Erma Bombeck**

Thanksgiving is the holiday of peace, the celebration of work and the simple life... a true folk-festival that speaks the poetry of the turn of the seasons, the beauty of seed time and harvest, the ripe product of the year - and the deep, deep connection of all these things with God.

**David Grayson**

Forever on Thanksgiving Day, the heart will find the pathway home.

**Wilbur D. Nesbit**

But whether we have less or more, always thank we God therefore.

**Author Unknown**



## Retirement: Surviving the First Year

When the years of planning are over and it's finally time to retire, you enter what can be one of the most emotional periods of your life. Being emotionally and financially prepared can help you make it through the first year, which can be much more difficult than you might guess.

At first, retirement can seem simple. You can take a trip, catch up on lost sleep—spending a couple of months doing essentially nothing has its benefits. Then you need to be careful. With time on your hands, you could be tempted to do all sorts of things you might not be prepared for, for example, starting a business or spending lots of time tweaking investments unnecessarily. Some advice from experts quoted in *Fortune* magazine:

- ❑ Forget the formula that says retirees spend only 70 percent per year of their pre-retirement income. In the first year, it's often 100 percent or more.
- ❑ Take the time to calculate what the future will cost before making further plans. When you're calculating what your retirement will cost, be prepared to pay higher bills for utilities, property taxes, food, and health care, as these expenditures will continue to increase over time. Are you still supporting children even though you're retired? (About 10 percent of retirees are.)
- ❑ When the time of total relaxation leads to boredom, work at least part time. A Vanguard survey indicates that 61 percent of Americans are planning to continue working in some capacity during retirement. And, working can help keep your mind active. The job doesn't have to be the same work you did before retirement; it can be something you love even if it doesn't pay much. You will still meet new people.
- ❑ Get used to your new designation as a "retiree" or "senior citizen." You might not be introduced the same way as before, but you're still you. It's okay.
- ❑ Give some thought to how you will spend the extra time with your spouse. Having common interests is important, but time apart can increase the joy of being at home together. If one of you wants to take a long-distance golf trip while the other wants to visit friends, go together and enjoy a few separate adventures along the way.

# Let's Talk Turkey!

The turkey is a long-time favorite at American holiday feasts. Here are some interesting tidbits about turkeys you can share with family members at your holiday gathering:

- Wild turkeys are quite fast. They can fly for short distances up to 55 miles per hour and can run 20 miles per hour. Commercially raised turkeys cannot fly.
- Since 1947, the National Turkey Federation has presented a live turkey to the U.S. President at Thanksgiving to celebrate the unofficial beginning of the holiday. The President does not eat the live turkey; he "pardons" it and allows it to live out its days on an historical farm.
- In the United States, 675 million pounds of turkey are eaten each Thanksgiving; about 90% of American homes eat turkey on Thanksgiving Day.
- North Carolina produces 61 million turkeys annually, more than any other state. Minnesota and Arkansas are numbers two and three, respectively.
- Ben Franklin proposed the turkey as the official bird of the United States over the bald eagle, calling the turkey a more respectable bird.
- Turkeys' heads change colors when they become excited.
- Gobbling turkeys can be heard a mile away on a quiet day.
- The heaviest turkey ever raised weighed in at 86 pounds -- about the size of a large German Shepherd.
- Astronauts Neil Armstrong and Buzz Aldrin ate roast turkey in foil packets for their first meal on the moon.
- Turkeys can have heart attacks. When the United States Air Force was doing test runs to break the sound barrier, it was not unusual for nearby turkeys to drop dead from the shock.

## Wild Rice, Broccoli and Mushroom Stuffing

### Ingredients:

- 1/2 cup uncooked wild rice
  - 1 1/2 cups water
  - 2 cups chopped fresh broccoli
  - 1/2 cup butter
  - 1 1/2 cups chopped mushrooms
  - 1 cup chopped onion
  - 1 (16 ounce) package herb seasoned stuffing mix
  - 1 1/2 (14 ounce) cans chicken broth
- Yield: 9 servings

### Preparation:

Preheat oven to 350 degrees.

- Bring rice and 1 1/2 cups of water to a boil.
- Cover, reduce heat to low, and simmer 45 minutes.
- Place broccoli in a pot with enough water to cover.
- Boil 5 minutes, or until slightly tender.
- Remove from heat, and drain.
- Melt the butter in a skillet over medium heat and sauté the mushrooms and onion until tender.
- Mix in cooked rice, cooked broccoli, stuffing mix and broth.
- Place stuffing in a lightly greased baking dish.
- Bake 30 minutes, or until golden brown.

Since 90% of Americans will be eating the traditional turkey for Thanksgiving, here's a way to surprise the family with this not so traditional stuffing!

# American Indian Influence on the English Language

For most of us, English is the language we use every day. The English language has its origins in the early Anglo-Saxon Kingdoms of England. But, as with most languages, English has been heavily influenced by many other languages, including many American Indian languages from different Indian Nations.

For example, when Europeans first came to America, many Indian words for animals were adopted into the English language. Many of the animals in the new world were not known to Europeans; thus, no word existed in the language for these animals. As a result,

American Indian names like moose, caribou, raccoon, opossum, chipmunk, chigger, cougar, and jaguar were adopted into the English language. Explorers and English-speaking settlers also adopted Indian words for plants and trees that were new to them: tobacco, tomato, potato, hickory, pecan, mahogany, maize (corn), squash, and avocado are some examples.

Indian geographical names are even more prevalent. For example, Alabama, Mississippi, Texas, and Arizona were actually named by Indians. Some geographical names reflect the tribes that lived in the area, such as the Dakota, Illini, Kansa, and Massachuset. Other names describe the land. *Minnesota* is Dakota for “waters that reflect the sky,” *Michigan* is an Ojibwe word for “great water,” and *Nebraska* means “flat water” in the Omaha language. In fact, the names of 27 of the 50 states originate from an Indian language.

## November is National American Indian Heritage Month.

What started in 1915 as American Indian Day has become National American Heritage Month to recognize the significant contributions that the first Americans made to the establishment and growth of the United States.



"Did they take anything valuable? The leftover turkey, stuffing, pumpkin pie..."



## American Indian Nations

Y N A F U L A C A L A J K  
 E P T O O F K C A L B P A  
 R N H M T L I N G I T U W  
 A C A M I C C O S U K E E  
 W H B I J M N T A Y J L P  
 A E A W N Q I U M Z W C P  
 L Y S I U O F S F A T H I  
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 D N A I N A R A U G X A C  
 W N N K N Q K R T R R N N  
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 A H A O I E A R P Z P D C  
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 T A M K E E K O R E H C A

- |            |            |
|------------|------------|
| Adena      | Delaware   |
| Alacalufan | Fox        |
| Algonquian | Guaranian  |
| Apache     | Haida      |
| Arapahoe   | Inca       |
| Araucan    | Maya       |
| Arikaree   | Miccosukee |
| Athabaskan | Micmac     |
| Aztec      | Mohave     |
| Blackfoot  | Mohawk     |
| Cherokee   | Omaha      |
| Cheyenne   | Patagonian |
| Chibchan   | Puelchean  |
| Chickasaw  | Tlingit    |
| Chippewa   | Tuscarora  |
| Comanche   | Wea        |
| Creek      | Wyandot    |

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Matt & Michelle Triolo  
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”

## TRIVIA QUESTION

Thanks to everyone for your entries. Congratulations to:

Mickey Levitt, who won  
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October Trivia Question Answer:  
c) **George Carlin**

## November Question:

How many days does it take a turkey egg to hatch?

- a) 28
- b) 16
- c) 45
- d) 32

If you know the answer call for a chance to win...\$20 Gift Certificates to Regal Cinemas

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# Chrysanthemums: A First for Fall Color

One of the most recognized symbols of the fall season is the chrysanthemum (or “mum”). Potted chrysanthemum plants are sold by the millions at plant nurseries in fall. The name *Chrysanthemum* is from the Greek *chrysos* (gold) and *anthos* (flower), but the chrysanthemum originates from China. In China, chrysanthemum flowers are traditionally boiled to make chrysanthemum tea, and chrysanthemums have been used in folk medicine against influenza.



Chrysanthemums come in hundreds of varieties and in a wide range of colors, including white, off-white, yellow, gold, bronze, red, burgundy, pink, lavender, and purple. Chrysanthemums also come in many flower forms; the shape and arrangement of the petals can vary widely. The most popular flower form is the “decorative” form, which is tightly packed with long, broad petals, so that you can hardly see the center. Because of the longevity of the blooms, chrysanthemum flowers make a great cut flower for indoor vases and are a favorite of florists.

While nearly everyone buys chrysanthemums from the local garden store for fall decorating, did you know that you can plant them in your yard once they’re finished blooming for fall color year after year? Chrysanthemums generally grow to be 2-3 feet high, depending on the type and the growing conditions. They can generally be grown in planting zones 3-9, but hardiness varies greatly depending on the type. “Hardy” mums get their name because they are easy to grow and can thrive in less than ideal conditions. “Florist” mums are more difficult to grow and are less likely to over-winter well.

Plant chrysanthemums as soon as possible before the first frost to give them time to adjust. Mums prefer full to partial sun and well-drained soil. Chrysanthemums have shallow roots, so keep them well watered near the surface. Fertilize with a balanced fertilizer on a regular basis. In early summer, pinch back the growth to promote a bushy appearance; in mid-summer, stop pinching to allow growth to develop in time for fall flowering. Then enjoy that burst of fall color!



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