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ISSUE 142



In the current economic climate, people are spending more time at home, and as a result, are completing more home improvement projects. According to industry estimates, over half a million sunrooms are added to homes each year and are increasing in popularity. A sunroom can be an important living space. It can become a TV room, living room, playroom, home office, even an exercise room.

Sunrooms let you enjoy natural light year round and can be designed to suit nearly every floor plan. Adding a sunroom to your home is an economical way to expand your living space. Sunrooms typically have a lower construction cost than traditional additions and can be completed in just a few weeks with minimal disruption. Since a sunroom adds to the square footage of your home, adding one can be an upgrade with a good return on investment.

To design a sunroom that suits your needs, enlist the help of a remodeling professional. You may be surprised at the types of sunrooms and options that are available.

**Conservatory or Four-Season Sunroom.** In the past, a conservatory meant a greenhouse for growing or displaying plants. Today, a conservatory sunroom, often called a four-season sunroom, is a room with mostly glass walls and possibly even a glass paneled roof. They are generally fully insulated, with ductwork for heating and cooling for year-round comfort. Insulated, energy-efficient windows are durable and are designed to block the sun's harmful ultraviolet rays, while providing maximum exposure to natural light.

Conservatory and four-season sunrooms can serve as kitchens, living rooms, bedrooms, and home offices.

## The Dirty Facts

The average person makes 4.5 pounds of trash per day.

More than one billion trees are used to make disposable diapers every year.

Every ton of paper that is recycled saves 17 trees.

Roughly 14 billion pounds of trash is dumped into the ocean annually.

Burying 15,000 tons of trash creates one job; recycling this same trash creates nine jobs.

It takes 90% less energy to recycle aluminum cans than it does to make new ones.

**About 84% of all household waste CAN be recycled.**

Continued on Page 2

## Let the Sun Shine In

(Continued)



Most homeowners want to be able to use a sunroom year round, so this option is what most people have in mind when they think about adding a sunroom.

**Patio Room or Three-Season Sunroom.** A three-season sunroom generally has no heating or cooling system. Thus, a three-season sunroom is less expensive than a conservatory or four-season sunroom and may not be suitable for year-round use.

Patio rooms generally are constructed on, or are converted from, an existing structure like a deck or a patio. The supporting structure must be sufficient to support not only the weight of the structure itself, but also any snow or rainwater that falls throughout the year. For this reason, an existing deck may need to be replaced to ensure that footings are sufficient to support the entire structure. Warming from the sun makes the three-season room comfortable in summer and in portions of the spring and fall, but is generally not sufficient in the winter months.

Ask your remodeling or sunroom professional about other options for making your sunroom unique, for example, varying the amount and type of glass or opting for a solid roof structure with skylights. Options are available to satisfy almost any personal preference, meet specific needs, or complement existing architectures. Consider bringing sunshine into your space with a new sunroom.

## Franzoso Contracting, Inc. – A Preferred James Hardie Remodeling Contractor

Cement fiber board siding was first developed by James Hardie Industries in Australia over 100 years ago. The company discovered the process of its construction while researching building materials that could withstand the wear and tear associated with extreme climates. Cement fiber siding is extremely strong, and is resistant to fires, insects and rot. Cement fiber is highly moldable, meaning that it can appear in a variety of styles. In many cases, fiber cement board is made with simulated wood grain. However, other designs, including smooth or stucco appearances, can also be found. Franzoso Contracting, Inc. offers top-of-the-line cement fiber siding for your home. Expertly installed and backed by warranties that are unmatched anywhere in the industry, you may never need to concern yourself with the outside of your home again!

Franzoso Contracting, Inc. has the experience and knowledge needed to properly install cement fiber siding, in a way that will maximize the material's protective and insulating potential. Before we hammer a single nail, our expert installers carefully inspect all exterior walls and openings for any signs of rot, insect damage, or other places where air could permeate. Where necessary, we replace any damaged areas and apply caulk and sealants to surfaces. Once we are certain that all problem areas have been dealt with, we literally "wrap" your home in Tyvek Homewrap. Tyvek Homewrap has the highest perm rating and water holdout rates of any weatherization wrap in the industry. This adds tremendous protection to the walls under your Hardi siding. Once the outside of your home is completely inspected, repaired and wrapped, it is then that our expert installers will begin to install beautiful Hardi Plank cement board siding to your home.

Hardi Plank is a cement fiber board that bears a striking resemblance to wood, complete with texture and grain. Unlike wood, however, Hardi Board siding is impermeable to the most common forms of damage that threaten wood siding—including water damage, rot and termites. Hardi plank siding is an excellent option for those wanting the look and feel of real wood siding, without the hassles and risks that accompany it.

**•Why James Hardie / Fire Prevention** - No building material can guarantee a fireproof home, but there are some preventative measures that a homeowner can take to better prepare for fires—like installing a non-combustible home exterior.

**•Why James Hardie / Hurricane Resistance** - The property damage from hurricanes can be staggering. Due to its impact resistance against hail and windblown debris, fiber-cement siding has been specified by hurricane-zone building codes for building homes in hurricane-, tornado-, and wildfire-prone areas.

**•Why James Hardie / Durability** - James Hardie fiber cement siding is designed to last a lifetime, resisting cracking, rotting, hail damage, termites and many other possible problems.

**•Why James Hardie / Recognition** - James Hardie is recognized by media and industry leaders alike for its role in creating better places to live. *"Fiber Cement Siding Replacement is the Top Remodeling Project for Return on Investment. -- Cost vs. Value Report 2008"*



## Keep Boredom Away from your Teen

School is almost out, and you can already hear your teenager saying, "I'm bored. There's never anything to do!" Now is the time to consider ways to keep your teens entertained and out of trouble until fall. Fortunately, there are plenty of options for summer activities.

**A summer job** is a great way to stay busy during the summer. Many companies, especially those with seasonal businesses like amusement parks and swimming pools, are always looking for extra help. Another summer job option is lawn care. A young person with a lawnmower can make good money just by helping out elderly or busy neighbors. Don't forget babysitting. Since school is out, parents with school-aged children may consider a reliable babysitter rather than a daycare center. Summer jobs can help teens develop a solid work ethic and money management skills, as well as provide them with some extra cash.

**Visiting relatives or friends** is a great way for your teen to spend some quality time with people they may not see very often. Do they have a favorite aunt or uncle? Let your teen go for a visit. Does your teen have a good friend they no longer live near? Coordinate for one to visit the other.

**Internships** offer older children the opportunity to gain experience in a job they may be contemplating as a career. Teens can often pursue internships directly with employers in their field of interest. Let your teen take the lead on this one. Many companies will make an internship available for a teen that shows initiative.

Spending time as a **volunteer** can enrich the life experience of a child while performing a valuable service to the community. Check local agencies, such as food banks and animal shelters. National organizations such as Habitat for Humanity ([www.habitat.org](http://www.habitat.org)) offer programs for kids that begin at age 5 and up. Do some research in your community and you'll find many organizations that need help.



If you plan to escape the heat this summer in the movie theater, you will have plenty of movies to choose from. Many of this year's offerings consist of prequels and sequels with a few new films in the mix. Here are just a few of the movies scheduled for release this summer.

***Harry Potter and the Half-Blood Prince*** takes us through the sixth installment of the Harry Potter tale.

***Angels and Demons*** is a movie version of the novel written by Dan Brown that follows Da Vinci Code protagonist Robert Langdon as he foils an attempt to destroy the Vatican.

***The Taking of Pelham 1 2 3*** stars Denzel Washington, a New York train dispatcher, witnesses a hijacking on the subway by John Travolta.

***Transformers (2) Revenge of the Fallen*** promises plenty more computer-generated transforming robots and epic battles.

***Public Enemies*** features Johnny Depp as John Dillinger and Christian Bale the man on his trail in this crime thriller set during the crime wave of the 1930s that subsequently gave birth to the FBI.

***Night at the Museum II, Battle for the Smithsonian*** features Ben Stiller chasing exhibits come-to-life, this time in the Smithsonian in Washington, D.C.

***The A-Team*** is a movie version of the 1980s action series about a group of Robin Hood-like ex-special forces soldiers who go to (com)bat for the little guys.

***Terminator (4) Salvation*** stars Christian Bale as an adult John Connor trying to save the world from evil robots.

***X-Men Origins: Wolverine*** takes us back 17 years before the first X-Men movie when Wolverine, played by Hugh Jackman, learns how to handle being a mutant.

Pixar's computer-animated ***Up*** follows an old man and a young explorer as the old man's house travels through the air beneath helium balloons.

***Land of the Lost*** is a remake of a 1970s Saturday morning TV series about two kids and a park ranger (Will Ferrell) who travel through time to the era of the dinosaurs.

## Advice to Graduates

"The true meaning of life is to plant trees, under whose shade you do not expect to sit."

~Nelson Henderson

"There are no shortcuts to any place worth going."

~Beverly Sills

"There is a good reason they call these ceremonies 'commencement exercises.' Graduation is not the end; it's the beginning."

~Orrin Hatch

"Do not follow where the path may lead. Go, instead, where there is no path and leave a trail."

~Ralph Waldo Emerson

"Don't be afraid to take a big step if one is indicated; you can't cross a chasm in two small jumps."

~David Lloyd George

"Don't judge each day by the harvest you reap but by the seeds that you plant."

~Robert Louis Stevenson

"Keep in mind that neither success nor failure is ever final."

~Roger Babson

"Try not to become a man of success, but rather try to become a man of value."

~Albert Einstein

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

~Ralph Waldo Emerson

## The Yogurt Cup: *Getting to the Bottom*

If you're looking for a healthy snack, yogurt may be the answer. Yogurt provides all of the health benefits of dairy products, and even most lactose-intolerant individuals can eat yogurt. Yogurt contains *Lactobacillus*, the helpful class of bacteria that ferment milk into yogurt and aid in digestion in the body. But that's not the only benefit to having a yogurt a day. Here are a few more you may not know:

**Source of essential minerals:** Yogurt contains calcium, which is essential for maintaining bone and dental health. It's also rich in potassium and magnesium, which aid in nerve and bone health and maintain the fluid balance in the body.

**Source of vitamins:** Yogurt contains vitamin B2 and B12, as well as vitamin D and E.

**Source of animal proteins:** The protein content of yogurt is higher than that of milk and is more easily digestible.

**Aids gastrointestinal function:** Because yogurt contains active bacteria, it's easily digestible. This probiotic component can help prevent constipation, diarrhea, inflammatory bowel disease, colon cancer, and peptic ulcers caused by the bacteria *H. pylori*, which eventually can lead to stomach cancer.

**Boosts immunity:** The bacteria in yogurt can boost the immune system and reduce incidence of infections, inflammatory diseases, and allergies.

**Lowers hypertension and serum cholesterol levels:** Regular consumption of yogurt can lower blood pressure and reduce LDL ("bad") cholesterol levels.



**Prevents yeast infections:** Daily consumption of yogurt can reduce the incidence of infections caused by *Candida*.

**Cures bad breath:** Yogurt can reduce halitosis by up to 80 percent. Eating yogurt daily also can reduce the likelihood of plaque buildup and gingivitis.

When selecting yogurt, the choices are overwhelming. Whole-milk, low-fat, and nonfat selections are available. Your choice may depend on individual preference, but if you're concerned about the risk of cardiovascular disease, consider a lower fat or nonfat option.

Remember that the less fat a yogurt contains, the more sugar it's likely to contain, so check the label for sugar content as well. If you don't mind artificial sweeteners, there are lots of light yogurts available. Also make sure your yogurt contains active cultures. Most brands show a graphic on the label that says "live and active cultures." These active cultures are what gives yogurt many of its benefits.

To liven up your daily yogurt, pair it with a high-fiber food like fruit or a high-fiber breakfast cereal. Or whip up a creamier smoothie with yogurt. Try plain yogurt as a substitute for sour cream over baked potatoes or enchiladas.



When you go out to a restaurant, you are typically handed a menu from which to make your food and beverage selections. Be careful, though, because in many restaurants you're being played. Menu design has become an art in the effort to separate you from more of your money. There are many tricks used to make higher priced items appear more appealing on paper.

One of the tactics you'll notice is placement. Most people have an easier time remembering the first and last items in a long list. Menu designers know this, too. Check and see if your local eating establishment has the higher dollar items listed first and last on their menus. Items in these positions sell, on average, 25% better than the items in the middle of the menu, even though they may not be the best value on the list.

Menu designers also know that bold type catches your eye, so they use it, and you choose it, for a 10% increase in spending, according to research at Georgia State University.

Most menus do not list food prices in columns anymore. An organized column of prices makes it easier for you to compare and perhaps choose the cheaper of two similar entrees. Prices are grouped with the food item, making them harder to pick out from item to item and increasing the restaurant's sales by up to 10%.

An even simpler technique is to leave the dollar sign off of the price altogether. A Cornell University study suggests that omitting the dollar sign helps you forget you are trading real money for food and that you'll spend as much as five dollars more per check than you would from a menu that includes the symbol.

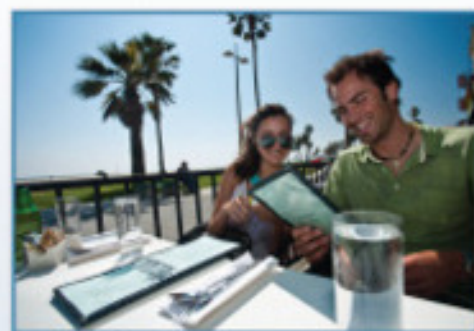
High-end restaurants spend as much time describing their menu items as they do in preparing them, and for good reason. Compare these two descriptions:

"Specially aged, 12-ounce sirloin, seared, then grilled to perfection over an open flame. Served with garlic mashed potatoes, sauteed green beans with shallot crisps, or almond rice pilaf."

or

"Steak, grilled, with mashed potatoes, green beans, or rice."

Which would you choose? A well-written description, especially one that includes words chosen to evoke feelings of nostalgia, can increase sales by as much as 27%.



So the next time a server hands you a menu, take a closer look and read between the lines and the design. You might be surprised at what you'll find, and what you'll save.

## Recipe: *Penne with Beef & Arugula*

We all know that warmer weather means more time spent outdoors. Here is a quick, easy & elegant meal that can be packed up for a picnic or served out on the deck at home.



### Penne with Beef & Arugula

#### Ingredients:

- 1 pound New York strip steak
- 1 teaspoon herbs de Provence
- 1 garlic clove, minced
- 3/4 cup extra-virgin olive oil, plus 3 tablespoons
- 1 pound penne pasta
- 1/4 cup balsamic vinegar
- 2 tablespoons Dijon mustard
- 1/2 teaspoon salt, plus more for steak and pasta water
- 1/2 teaspoon freshly ground black pepper, plus more for steak
- 1/4 cup chopped fresh basil leaves
- 1/4 cup chopped fresh parsley leaves
- 2 cups chopped arugula

#### Preparation:

Season the steak generously with salt and freshly ground black pepper, add herbs de Provence, and minced garlic. Set aside.

Bring a large pot of salted water to boil. Add pasta and cook until tender but still firm to the bite, about 8 to 10 minutes. Drain pasta, reserving 1/4 cup of pasta water.

Meanwhile, heat 3 tablespoons olive oil over medium heat. For a medium rare steak, cook about 5 minutes per side. Remove the meat from pan and let it rest for 5 minutes. Thinly slice the steak and set aside.

In a small bowl, whisk together the balsamic vinegar, Dijon mustard, 1/2 teaspoon salt, 1/2 teaspoon pepper, fresh herbs, and 3/4 cup olive oil.

In a large bowl, toss the pasta with half of the salad dressing and the reserved pasta water. Add the arugula and steak, more dressing, and season with salt and freshly ground black pepper, as needed. Toss, pack for the picnic, or serve immediately.

**VARIATIONS:** Substitute baby spinach for the arugula or try red wine vinegar in place of the balsamic. Save some money and use a flat iron stake in place of a New York Strip. ~ Recipe courtesy [www.foodnetwork.com](http://www.foodnetwork.com)



You're driving down the road, and suddenly a driver ahead of you swerves into your lane. Where are your hands?

- At the 10 o'clock and 2 o'clock positions (as though the steering wheel was a round clock face).
- At the 8:30 and 3:30 positions.
- One is holding a cell phone and the other is holding a cup of coffee—you're driving with your knees.

If you answered "a. 10 and 2," you used to be correct. Most of us learned in driver's education that the 10 and 2 positions were the best places to put your hands for optimum control.

These days, with most cars equipped with driver's side airbags, the 10 and 2 spots are no longer considered the best location. In the event of a front-impact accident, the driver's airbag deploys outward from the center of the wheel and can potentially injure a driver's arms. New data suggest that placing the hands between 8 and 9 o'clock on the left side and 3 and 4 o'clock on the right can minimize airbag injury while offering the best level of control. So, if you answered "b. 8:30 and 3:30," you're right!

If you answered "c. I'm driving with my knees," put your phone down and keep those hands on the wheel! You obtain a lot of driving information by

listening with your hands: how much traction you have, if you're going too fast, and what the road conditions are like.

When your hands are on the wheel, don't lock your thumbs around the wheel in a tight grip. Your hands will fatigue quickly, and if your car hits a pothole or other obstruction, the steering wheel can jerk violently to one side and injure your hands. Instead, place your thumbs on the front of the wheel pointing upwards and grip the wheel comfortably with your fingers.

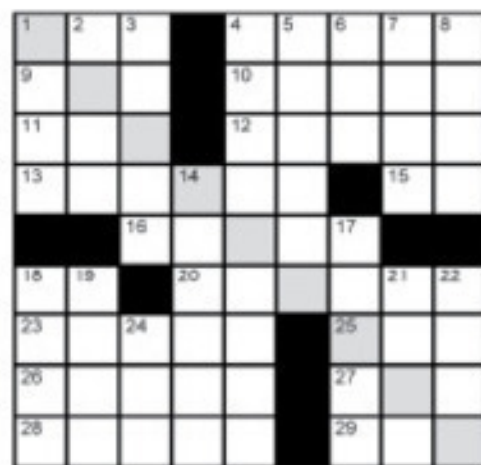
In today's world, multitasking has become a common activity, but doing other things while driving is never a good idea. Make it a point to follow these guidelines and do your part to make the roads safer.



"It may not be a big deal now, but when your grandmother jumped over the moon, she did it without the help of any performance enhancing drugs."



## Yearly Visitor



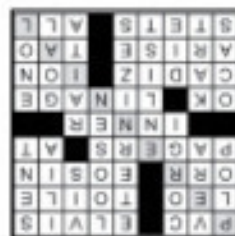
The headline is a due to the answer in the diagonal.

### Across

- Hard plastic, for short
- "The King"
- DiCaprio, to fans
- Linen fabric
- Bruin legend Bobby
- Red fluorescent dye
- Items on belts
- Expressing a rate
- Baltimore's \_\_\_ Harbor
- All right
- A rate of payment for written material
- Spain's Gulf of \_\_\_
- Charge carrier
- Come to mind
- Chinese "way"
- Cancel, in printing
- 100%

### Down

- Raindrop sound
- Designer Wang
- Welsh dog
- Causes to continue indefinitely
- Relax
- \_\_\_ a \_\_\_, face to face
- Hip bones
- Emailed
- Sign up
- Indian side+dish
- Wood sorrels
- Go-\_\_\_
- Hockey scores
- Carbon compound
- Game piece



## What Our Customers Are Saying

“

I am very much pleased with what was done and when I have a future need for work on my condominium I will certainly contact you. ~ Ms. T of Briarcliff Manor

We both feel they did an excellent job and we are extremely happy with their work. It looks like a new house. We would recommend your company to anyone looking to have siding and gutter work done. ~ Mr. & Mrs. B of Peekskill

”

## Trivia Question

Thanks to everyone for your entries.  
Congratulations to:

No winner last month.

Answer to previous trivia question:

A) 554

## Question:

What was the most watched movie trailer in 2008?

- A) Iron Man
- B) The Incredible Hulk
- C) The Dark Knight
- D) Kung Fu Panda

If you know the answer, call...

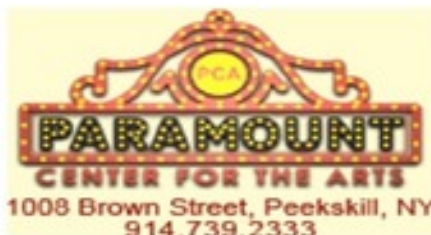
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# FRANZOSO

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## Scheduled Films for June:

### TULPAN

June 5, 10 @ 8pm; June 7 @ 3pm

Directed by Sergei Dvortsevov / Kazakh, Russian (PG) 100 minutes

Following his Russian naval service, young dreamer Asa returns to his sister's nomadic brood on the desolate Hunger Steppe to begin a hardscrabble career as a shepherd. But before he can tend a flock of his own, Asa must win the hand of the only eligible bachelorette for miles—his alluringly mysterious neighbor Tulpan. Accompanied by his girlie mag-reading sidekick Boni (and a menagerie of adorable lambs, stampeding camels, mewling kittens and mischievous children), Asa will stop at nothing to prove he is a worthy husband and herder. "Unclassifiable—an amazing accomplishment!" (Village Voice)

### SUGAR

June 12, 13, 18 @ 8pm; June 14 @ 3pm

\$7-9

Directed by Anna Boden, Ryan Fleck  
English, Spanish (R) 120 minutes

Miguel Santos is "Sugar," a promising Dominican pitcher who lands a contract with a minor league team in Iowa. But just when his American Dream seems to be coming true, his arm starts to let him down. "Sugar is that sweetest of films: a sensitive and memorable story that surprises at every turn" (USA Today). "Wise and lovely" (NY Times). "A moving, provocative baseball flick that rises immediately to No. 1 with a bullet on my personal list" (Salon.com).

### ADVENTURELAND

June 19, 20, 25 @ 8pm; June 21 @ 3pm

Directed by Greg Mottola / English (R) 107 minutes

Dateline, 1967: James can hardly wait to embark on his post-college victory tour of Europe, but his folks have some bad news to spring on him: they won't be able to pay for his trip. James has little choice but to take a job at the local amusement park. Goodbye German beer halls, world-famous museums and cute French girls. Hello belligerent dads, giant stuffed pandas and screaming kids high on cotton candy. "An infinitely charming new romantic comedy" (New Yorker)—"a little warmer, a little funnier and a lot more truthful than the last 20 or 30 of its ilk" (Chicago Tribune). "For nostalgia junkies, it's one from the heart" (Entertainment Weekly).

### TWO LOVERS

June 26, 28 @ 8pm

Directed by James Gray / English (R) 110 minutes

"Joaquin Phoenix is as good as he has ever been" (Seattle Post-Intelligencer) as Leonard, a troubled young man who moves back into his parent's home following a devastating heartbreak. Soon he meets—and is torn between—two very different women: Michelle (Gwyneth Paltrow), mysterious and exotic; and Sandra (Vinessa Shaw), the wholesome daughter of a family friend. "As in a good European film, shots are allowed to breathe. The focus is on character and human emotion. At the same time, the movie shows an American concern for pace and story development. The result is the best of both worlds" (San Francisco Chronicle).

## FRANZOSO CONTRACTING

TEAM  
FRANZOSO



# Home & family NEWS

"News You Can Use Around Your House"

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