



Autumn News

R & W Construction, Custom Home Remodeling, Inc.

**HOW TO SELECT A
PROFESSIONAL, RELIABLE
CONTRACTOR**

- Hire a NARI Certified Contractor.
- Check to see if the contractor belongs to at least one professional organization and is active in that organization (such as their local Chamber of Commerce).
- Contact the contractor's insurance agent and get a copy of their Certificate of Insurance. Make sure they have at least the minimum required General Liability and Workmen's Compensation Insurance.
- Be sure you are comparing apples to apples, in other words that all of the contractors bidding on your work are bidding on the same scope and quality of work. Be sure to ask for clarity.
- CALL REFERENCES!
- Visit our website at www.R-WConstruction.com for **our** information on these points.

MAKE YOUR HOME HEALTHIER

Your home is your safe haven and it obviously shouldn't be a hazard to your health. Dirty air, mold spores and chemicals can contribute to an unhealthy home environment. There are a number of changes you can make in your home improvements to keep your home safe for you and your family.

1. Cut down on VOCs (volatile organic compounds). Use products that are labeled low or no VOC. VOCs are emitted by a variety of home improvement products such as paints, lacquers, paint strippers, cleaning supplies, pesticides, building materials and furnishings. VOCs pollute indoor air and even have short- and long-term adverse health effects. According to the EPA, VOC concentrations are up to 10 times higher indoors than out.

2. Improve flooring. Your choice of flooring can impact

your health. For some, carpeting is an allergy trigger and can be a major source of off-gassing. Air quality professionals often say that carpet acts as a dust trap, and the dirt can never be completely removed by vacuuming. Dust collected on hard surface flooring, such as tile, wood and laminate can be wiped up easily.

3. Seal leaks. Older homes have plenty of air leaks. Seal them and you will keep out excess dust and allergens from entering your house. Windows, doors and fireplaces are obvious places to look for leaks, but power outlets, light switches and ceiling lights can also contribute to heat and air conditioning loss.

4. Amp up your ventilation. To eliminate bad air out of a home and bring fresh air in, you need to install adequate ventilation. By adding a fan in your kitchen and bathroom, it helps

remove odors, bacteria, humidity and cuts down mold growth. Add a fan with a timer, and you eliminate the possibility of electricity waste by accidentally leaving it running. If your home is sealed tight, you should also install a reverse fan that introduces fresh air into the house. This will improve circulation and help further stop the growth of mold.

5. Add air filtration. Air purifiers can help clean the air by capturing microscopic contaminants. The filters remove irritants like mold spores, pet dander, cigarette soot and dust, making it easier for people with allergies to breathe.

Please be sure to call R & W to help you in making your home the healthiest it can be. We are passionate about green remodeling and can help you make the best changes and choices for you and your family.

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VOLUNTEER CORNER: ON ANGEL'S WINGS

On Angels' Wings was formed in 2007 by a group of dedicated animal lovers who believe that they can make a difference in saving the lives of abandoned pets and making their existence meaningful. They are a non-for-profit animal rescue dedicated to saving the lives of abandoned pets in McHenry County. Along with other rescue and shelter groups in the community, they have successfully reduced the number of euthanized pets due to homelessness to ZERO!

Programs they presently offer include:

-*Voucher Program* for free clothing for need pet food and basic vet care for qualified families so that they can keep their pets.

-*Necessities Vouchers* for free clothing for needy families.

-*Free care* for pets of homeless families who are housed in local shelters.

-*Foster homes* for abandoned pets waiting to be matched with adoptive families.

-*Adoption placement* into forever homes.

How you can help:

-*Volunteer* at the thrift store.

-*Be a foster or adoptive family.*

-*Donate* to or shop at the thrift store where all profit goes to help the animals.

-*Pet food and monetary donations* are also always welcome.

Visit their website, www.onangelswingsinc.org for more information.



FALL HOME MAINTENANCE SCHEDULE

Ah, the fun of homeownership - there's always work to be done, right? But, Fall is our favorite season at R & W and with the cool, crisp air, getting out and around the house to make sure things are buttoned up before the winter doesn't even feel like a chore.

While more comprehensive seasonal lists are on our website, www.R-WConstruction.com, I wanted to give you a short list

of necessary items to make sure your house is sound and will be safe for you and your loved ones for the upcoming season.

- Check vents, louvers and chimney caps and housing for bird's nests.
- Clean gutters.
- Unhook and drain garden hoses.
- Winterize your sprinkler system.
- Check the condition of the roof.
- Clean window wells and storm drains.
- Check fire extinguishers and replace disposable ones if expired or recharged if a reusable one..
- Change furnace filter.
- Have furnace checked by a qualified service person.
- Check weather stripping on doors and windows for

- damage and tightness of fit.
- Change batteries in smoke detectors.

Your home is most likely your most valuable asset. It is important to make sure it's in good, safe operating condition.

And, as always, if R & W Construction can help you with any of your maintenance items, be sure to call. No job is too big or too small!

BECOME AN EDUCATED REMODELING CONSUMER WITH NARI VIDEOS

NARI has recently launched an awesome tool to help educate the general public about NARI and what it means to be a NARI Certified Remodeler, etc. These videos are professionally done, are quick, entertaining and interesting. There are five videos and they cover: An Overview of NARI, NARI's Code of Ethics, Selecting a Remodeler,

NARI Certification, and Testimonials.

Remodeling your home is a huge decision involving the integrity of the structure of your home, the safety of your family and your belongings when you welcome a contractor and his crews into your home, and a financial investment that you need to count for a project done well and

done right. You don't want to spend money on someone who doesn't know what they're doing or will just plain take off with your money.

Visit the NARI link at our website, www.R-WConstruction.com to view these videos.

Hire a NARI certified contractor and know you're hiring the best!



Learn more about NARI at their website www.NARI.org

IT PAYS TO BE ENERGY EFFICIENT

Therma-Tru Doors can help minimize your energy bills with the purchase of qualified entry and patio doors. And now, as part of the American Recovery and Reinvestment Act of 2009, homeowners are eligible to receive a tax credit equal to 30% of the product cost—up to \$1,500 per household for all energy efficiency improvements combined with the purchase and installation of quali-

fied products purchased and installed now through 2010.



To find out more information, please visit www.thermatru.com/TaxCredit or www.energystar.gov. Then visit www.thermatru.com to have fun designing your new door system. And, be sure to contact the Certified Remodelers at R & W Construction Custom Home Remodeling to help you with your project. Again, no job is too big or too small!

BLUEBERRY BANANA BREAD TO SHARE

Ingredients:

1/2 cup veg. oil, 1 cup sugar, 2 eggs—slightly beaten, 3 ripe bananas—mashed, 2 cups all-purpose flour, 1 tsp. baking soda, 1/2 tsp. baking powder, 1/2 tsp. salt, 3 Tbs. milk, 1/2 tsp. vanilla, 1/2 cup nuts (optional), 1 cup blueberries (optional), Brown sugar to sprinkle on top. Purchase 4 disposable mini loaf pans.

Instructions:

- Preheat oven to 350.
- Grease and flour 4 mini disposable loaf pans.
- Combine oil, sugar and eggs. Blend in bananas.
- In a separate bowl, combine dry ingredients, stir in banana mixture.

- Add milk and vanilla; mix well. Stir in nuts.
- If using blueberries, layer in pans as follows: cover bottom with batter, put in a layer of blueberries, more batter, finish with blueberries—don't stir them in, they will get too mushy.
- Sprinkle tops with brown sugar and bake for 20—30 minutes (check with toothpick until it comes out clean).
- Cool 10 minutes and remove from pans.
- Note: If you desire to bake in regular loaf pans, they tend to take an hour as inside takes a long time to bake. *Share & Enjoy!*



Take the family this Fall to the Richardson Corn Maze in Spring Grove - the world's largest corn maze and their new zip line! For details, visit www.RichardsonFarm.com.

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