

"On the Homefront"

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KELLER WILLIAMS
R E A L T Y
NEW HORIZONS OF ILLINOIS

Helping kids stay strong during the summer months

Summer meals may taste great, but many also lack some of the essential nutrients kids need, especially when it comes to building and maintaining strong bones.

With more than 90 percent of girls and 75 percent of boys ages 9 to 13 not getting the daily recommended 1,300 milligrams of calcium for their age group, according to the National Osteoporosis Foundation, the need is greater than ever for parents to ensure their kids are developing strong bones for life. The good news is some simple, easy-to-take steps can make a big difference when it comes to building strong bones.

Providing kids with bone-healthy food options is one easy step parents can take. These foods include not only those rich in calcium, but also those that contain prebiotic fiber, a non-digestible soluble fiber that can

help significantly boost calcium absorption. One popular prebiotic fiber available in a variety of food products is NutraFlora. Parents can easily spot foods fortified with NutraFlora, by looking for the NutraFlora green leaf logo.

"One way parents can help ensure kids get and absorb the calcium they need is to make recipes that incorporate calcium-rich and prebiotic-fortified ingredients," says Dr. Coni Francis, a registered dietitian with GTC Nutrition. "This can be particularly important during the summer when kids are not getting balanced breakfasts and lunches at school."

One great option for summer breakfasts and snacks is a quick and easy yogurt parfait, which includes calcium-rich yogurt, as well as cereal fortified with prebiotic fiber. This bone-healthy recipe is even easy enough for kids to make themselves.

Yummy Yogurt Parfait - Recipe developed by GTC Nutrition.

Ingredients:

6 ounce package peach Horizon Organic Yogurt

Snack-size can diced peaches in fruit juice

1 teaspoon wheat germ

1/4 cup Barbara's Bakery Organic Wild Puffs cereal

Preparation:

Drain peaches. Layer a parfait glass or other glass with yogurt, peaches, wheat germ and cereal. Use cereal for top layer of parfait (fresh fruit can be substituted).

In addition to consuming and absorbing adequate amounts of calcium, kids need regular exercise to ensure a lifetime of strong bones. Similar to muscles, bones become stronger through regular activity, and the warm summer months are a great time for kids to increase their activity levels.

To learn more about building and maintaining healthy bones visit www.nutraflora.com or www.nof.org.
Source: estatesofsomerfield.com

Berry Refreshing Lemonade

This berry lemonade will add instant refreshment to those hot summer days.

Preparation Time - 5 minutes

- * 4 cups cold water
- * 1 can (11.5 oz.) Berry Flavor LIBBY'S JUICY JUICE 100% Juice Non-Frozen Concentrate
- * 1 cup fresh lemon juice
- * 1/4 to 1/2 cup granulated sugar
- * 2 cups ice cubes
- * 4 to 6 lemon slices (optional)

COMBINE water, Juicy Juice, lemon juice and sugar in large pitcher; stir well. Serve over ice; garnish with lemon slices.

Serving Size: 4



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Five different recalls of clothing with drawstrings

Totaling almost 20,000 garments - were announced by the Consumer Product Safety Commission today because the drawstrings pose a strangulation hazard. The agency said the clothing violates its 13-year-old guidelines aimed at preventing children from strangling or becoming entangled on the neck and waist drawstrings in upper-body garments such as jackets and sweatshirts.



Last month the CPSC recalled 300,000 hooded sweatshirts with drawstrings after the strangulation death of a 3-year-old in Fresno, CA. The boy died last year when the drawstring on the sweatshirt he was wearing became stuck on a slide. No incidents have been associated with today's recalls, according to the CPSC.

Today's recalls include:

9,700 O'Neill children's sweatshirts distributed by La Jolla Sport

The sweatshirts were sold at Bloomingdale's, Macy's, Boscov's, Chick's Sporting Goods, Gottschalk's, Jack's Surf and Sport, Lester's and Zappo's nationwide from December 2007 through January 2009 for about \$30.

6,100 children's hooded fleece jackets distributed by Golden Grove Trading

The jackets were sold at CVS Stores in the greater Los Angeles area from August 2008 through September 2008 for about \$10.

2,200 hooded fleece sweatshirts distributed by LL Compound

The sweatshirts were sold by a number of retailers listed on the recall notice nationwide from August 2007 through November 2007 for about \$50.

Catchall How-To Make

Choose an unfinished frame with a wide flat front (our 14-by-11-inch frame has 2-inch-wide edges). You will not need glass or backing. Paint the frame and some small, medium, and large wooden spools with white acrylic or latex paint; let dry. Glue the spools in place with wood glue. Turn the frame over and, with a staple gun, attach lengths of 1/2- and 3/4-inch-wide grosgrain ribbon to the inner edge of the frame, pulling the ribbons taut. Hang the frame from a nail.

For a finished look, attach ends of a 2-inch-wide grosgrain ribbon to the back of the frame, and secure it to the wall above the frame with a decorative nail.



635 hooded fleece sweatshirts distributed by Rusty North America

The sweatshirts were sold at a number of retailers listed on the recall notice nationwide from August 2008 through December 2008 for between \$40 and \$65.

450 hooded fleece sweatshirts distributed by Dysfunctional Clothing

The sweatshirts were sold at Macy's, Bloomingdale's, Zappo's, and Jack's Surf Shop stores nationwide between June 2008 and December 2008 for about \$26.

The CPSC is advising consumers to completely remove the drawstrings or return the clothing to the place of purchase for a refund. The recall notices have images of the garments as well as contact information.

Source: <http://blogs.consumerreports.org/safety>

Quote of the Month:

It is not so much our friends' help that helps us as the confidence of their help.

-- Epicurus

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**Corian Counter Tops**

A **corian countertop** is an easy to care for solid surface countertop that looks like natural stone.

Corian is a manufactured product fabricated as sheets and available in pre-set lengths. It can be routed, carved, sand-blasted and thermoformed to create innovative designs.

The Brand

Corian is the brand name for a solid surfacing material made of acrylic polymer and alumina trihydrate created by DuPont. It is a thermoset, which means that it has the property of becoming permanently hard and rigid when heated or cured.

Benefits of corian countertop

A corian countertop has many benefits when used as a kitchen and bathroom countertop.

- Corian countertops are non-porous and thus difficult to stain.
- They remain undamaged in temperatures up to 100°C (212°F).
- They are easy to clean.
- Corian countertops are available in more than 100 colors.
- With proper maintenance corian countertops resist the growth of mold, mildew and bacteria.

Caring for corian countertops

Although corian countertops are heat resistant it is recommended that hot pots and heat generating appliance are not placed directly on top of them but instead placed over hot pads or trivets. This prevents damage from extremely high temperatures. Corian countertops are easy to clean with soapy water or ammonia-based cleaner.

Source: <http://www.doityourself.com/stry/corian-countertop> . The

Importance of Efficient Air Conditioning Systems

Everyone wants to cut down on their energy bill. The average American spends about 40 percent of their summer energy bill on air conditioning. This means that any leak in your air conditioning system translates into a leak in your wallet. Think of the air that passes through your house as money actually floating through air vents and rooms. Naturally, you don't want any "money" breaking out of the circuit. And this is the very first thing you should check on. Not a leak in your system, but leaks through your windows.

No matter how well an air conditioning system is, windows that are not sealed properly leads to one thing, another escape route for your money. For the truly concerned homeowner, worried about your wallet and the environment, checking the tightness of window settings is paramount to keeping a reasonable energy bill.

If you are satisfied with your windows, what do you need to know about air conditioning systems?

Air conditioners have developed quite a bit in the last 10 years. First, check how old your system is. Older units have a SEER (seasonal energy efficient ratio) of 6 or 7. Nowadays, most air conditioners come with a rating between 10 or 11 and as high as 13. Doubling up the SEER score equals to cutting back on spending.

If you are going to have an older unit replaced, verify that you are getting a new one with the Energy Star label. This is a government certified rating used on appliances from computers, to windows, to air conditioning units. If you need to speak to a heating and cooling professional look for licensed and insured contractors in your area.

Installation is another part of this equation. Some companies sell a lower-end model but emphasize quality installation, sealing ducts and proper sizing. The flip side is a high-end model that is not fit properly. Do you want a corvette if the engine is mounted wrong? No. And it is the same with air conditioners. Indeed, no matter what kind of model or how much the price is, please, verify that you are using a trusted professional. There is nothing worse than looking at a brand new sports car spit and sputter down the road.

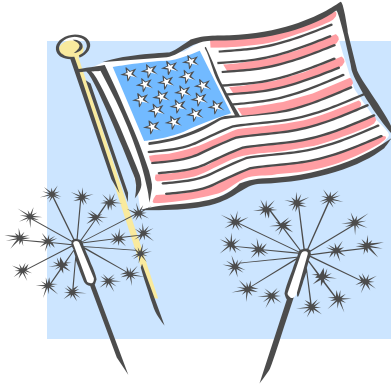
Getting the most out of your system? Consider monthly check ups. Regular filter changes will prolong the life of your system and improve the quality of the cooling. If your system is installed outside, be sure it has space to breathe. Don't install it near trees or shrubs as this will clog up your filters faster.

For more information about air conditioning systems for your home, and for a free price quote from a heating and cooling professional visit www.UnitedHomeImprovement.com

Source: http://www.doityourself.com/stry/ara_theimportanceof

Did you know...

Animals will not eat another animal that has been hit by a lightning strike.

**Another Did you know...**

You share your birthday with at least 9 million other people in the world.

How to arrange your furniture to maximize space for summer

During warm-weather months, you have a primitive urge to clean up, clean out, and re-arrange your living space. Maybe it was easy for our forebears to clean out their caves, but for many of us it becomes a real challenge.

Just about everyone would like to have more living space. Here's the secret most professionals agree upon: clutter is the enemy. It's a challenge for most people to be ruthless when cleaning out their living area (or closets). But the results are a more serene and peaceful environment that will soothe you when you open your front door.

Think about your options. Being tough is easier when you know you are giving away items to a charitable organization, and that someone in need will make good use of them; or, that you'll make a little money by selling them. Live by the rule: reduce, resell, and recycle.

Lauren Wilkins, an Interior Design instructor at The Art Institute of New York City, says summer is prime time for entertaining when everything is more casual, so lighten the feel of your environment. She suggests having small occasional tables, benches or stools to pull out of the closet when company comes. Scale is important; remove a big table and add nesting tables.

Brightening up the whole color scheme is simple and can be done inexpensively. Vibrant colors are summery, or if you prefer, cool colors can create a serene environment - think of the blues and aquas of the ocean, a lake or a pool.

"The heavy objects like major pieces of furniture will stay, but pillows, throws and light-weight curtains can be bought very inexpensively, and can change the tone of the room," Wilkins says. "The dark colors of fall -- bur-

gundy, brown, deep olive -- are switched to bright florals, stripes or light solids. These are inexpensive but effective changes."

LaToya Nelson, also an interior design instructor at The Art Institute of New York City says, "Think about people in the space in summer. Most people do entertain more, so visualize how your interior and exterior interact together. Emphasize the flow between the interior and the patio, terrace or lawn."

"Roll up your heavy rug, add a light colored straw rug," she suggests. She too is an advocate of nesting tables for entertaining.

Nelson emphasizes sustainability: "Help the environment by making sure the sun doesn't blaze through the windows leading to an increase in air conditioning use. Window treatments can help. They contribute to the aesthetic environment but also act as thermal barriers by reducing the direct impact of the sun," she says.

"If you have direct southern exposure, protect the room," Nelson says. "Eco-friendly products utilizing rapidly renewable or recycled materials may enhance the interior atmosphere by connecting the interior environment with nature. And of course, bringing plants inside is a way of bringing the outside in."

Both instructors agree that this season it can be more than furniture you rearrange -- it can be your attitude and awareness of nature and its harmonious relationship with your home space.

Source: estatesofsomerfield.com