



About The House

A Free Monthly Newsletter from Your Friends at
Westharbour Quality Inspections Inc.

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The Passover Story

About 3000 years ago, the Israelites were enslaved by Egyptians under the rule of Pharaoh Ramses II. According to the "Book of Exodus," Moses, a simple shepherd, was told by God to go to the Pharaoh and demand the freedom of his people.

Moses warned the Pharaoh that if he did not free the Israelites that God would send great plagues to the people of Egypt. The Pharaoh ignored the warning and the demand for freedom each time.

In response, God plagued the Egyptians ten times. Still, the Pharaoh ignored them until the tenth plague was upon him: the slaying of the first born of man and beast.

To protect themselves, the Israelites were told to mark their homes with lamb's blood so that God could identify and "pass over" them.

The Pharaoh finally agreed to let the people go and they hurriedly left.

The Israelites were free, but the Pharaoh's army pursued them through the desert toward the Red Sea.

Then a miracle occurred. The waves of the Red Sea parted, and the Israelites were able to cross to the other shore.

When the Israelites had crossed, the sea closed, trapping the Pharaoh's army.

The Israelites were free at last.

March Dates

1-31 National Nutrition Month
3, National Anthem Day
5, World Day of Prayer
14, Daylight Saving Time Begins
17, St. Patrick's Day
20, First Day of Spring
28, Palm Sunday
30, Passover

For Better Mental Health: Do Housework, Gardening or Play a Sport

Digging in the dirt has long been known as a way to relax and "let the world go away." The great thing about fooling around with plants: If it's your yard or garden, you can do whatever you want whenever you want and as fast or as slow as you want.

Now, researchers at the University College in London say organizing your space (not dishwashing or other routines) for about 20 minutes can have the same stress-busting effect.

They found that engaging in a domestic project for just 20 minutes at a time on one to three days a week reduced the odds of psychological distress by 24 percent.

Sports activities showed the greatest psychological benefits and the clearest relationship between increased activity time and greater mental well-being.

Whether a physical activity is on the tennis court, in the garden, or in the house, it reduces mental distress.

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Do You Have A Question About Home Maintenance That You Want Answered?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question about anything related to your house, feel free to give Rick a call at; 360-977-0777.

The American Heart Association Recommends Cutting Back on Sugar

The heavier you are, the more work your heart has to do. That's one reason why the American Heart Association is looking for the causes of weight gain and obesity.

At this time, they are focusing on sugar. It is one of the main culprits in the rising obesity rates in the United States. The association wants everyone to cut way back on added sugar in their diets.

For the first time since 2006, it is presenting new guidelines that recommend sugars added in processing, cooking or at the table total no more than 100 calories a day for women and 150 calories a day for men. That's five to nine teaspoons.

It's a drastic reduction from the 22 teaspoons per day in the present American diet, which is a total of 355 calories. The amount of sugar in the American diet has increased by 19 percent since 1970.

One can of non-diet soda can put a woman over the limit. Sweetened drinks are the main cause of increased sugar consumption since 1970.

Get Moving to Reduce Alzheimer's Risk

Research by University of Kansas School of Medicine shows that regular exercise can reduce the risk of developing Alzheimer's disease by up to 60 percent.

Exercise has a multitude of benefits for people of every age. For those over age 55, it's even more important. One in 10 men age 55 and older in the United States will develop Alzheimer's. The percentage for women is higher, in part, because they live longer. Half an hour a day of moderate exercise will do it.

Eating fruits and vegetables will also reduce damage to brain cells.

A drink or two per day of an alcoholic beverage (one drink a day for women) reduces the risk of cognitive decline, including Alzheimer's.

Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred our company to their friends and neighbors last month! Our business is built based on the positive comments and referrals from people just like you. We just couldn't do it without you.

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Home Improvement:

Handyman or Tradesman?

To keep home improvement costs at a reasonable level, you have decisions to make.

Electrical work: A licensed electrician can handle anything related to electricity. They cost about \$75 to \$100 an hour. You should hire one for any basic electrical work or anything that involves new wiring in the walls.

A good independent handyman has less experience but costs only \$25 to \$50 an hour. He probably has many capabilities. For example, he could not only install a new ceiling fan, he could also paint the ceiling.

Franchises, such as HouseDoctors, charge more but are more likely to insure and bond their crews.

Plumbing: Similarly, the independent handyman could not only replace the faucet or install the toilet, but he could replace most bathroom floors as well.

His work will cost less than that of a union plumber. But for projects that require new pipes or rearranging pipes under the floor, a professional plumber is your best bet.

Heating and cooling: Depending on the handyman's experience, he could replace the thermostat or a thermocouple, but for actual furnace or air conditioning repairs, call a pro.

General contractor or tradesman? Experts reporting in Money magazine say a general contractor will handle everything related to a home improvement project. It's a big help if the project includes several subcontractors. He will mark up their fees by 10 percent or 20 percent to cover his own expenses.

March Is National Women's History Month

The history of women seems to be written with invisible ink, according to the National Women's History Project. Their goal is to make that ink readable for all to see.

The theme for this year and especially for March, which is National Women's History Month, is "Writing Women Back into History."

The idea for a week to recognize women's history originated in 1978 with the Education Task Force of the Sonoma County (California) Commission on the Status of Women. In 1979, leaders of women's organizations gathered at Sarah Lawrence College, the first institution to offer a Master's Degree in Women's History.

One of the things coming out of that Institute was a resolution offered by Molly MacGregor, the representative from the Sonoma County Commission. This resolution called for the creation of a National Women's History Week.

In 1980, President Jimmy Carter issued a proclamation declaring a National Women's History Week. In 1987, the National Women's History Project asked Congress to expand the celebration to the entire month of March.

The 30th anniversary of the National Women's History Project takes place in 2010. Each year the history project selects honorees whose lives and work exemplify that year's theme. Previous honorees include:

- * Sandra Day O'Connor: First woman on the Supreme Court
- * Amelia Earhart: Aviator and first woman to fly the Atlantic solo
- * Harriet Tubman: Rescued many slaves, scouted for the Union Army
- * Jane Addams: Activist and founder of Hull House in Chicago. Awarded Nobel Peace Prize in 1931
- * Sacajawea: Frontier guide
- * Dorothea Dix: Social reformer who instituted reforms for mental institutions and jails
- * Georgia O'Keeffe: Artist

This Classic Advice Can Lead to Workplace Success

The most common problem in the workplace is "time poverty." It's a term for not having enough time to handle all your work responsibilities. Putting in a lot of extra hours could help a little, but it's not the answer. Some steps that would help:

* *Become an expert at what you do.* Study the work practices of people who are very efficient and copy them. You will find that they are extremely well organized.

* *Decide, what is the most important thing to do?* Decide how to do it. Then concentrate on that alone until you are finished. No email, phone calls or pleasantries for people who stop by to see you. Tell them you can't stop now to chat or deal with anything else.

* *Be open to new ideas.* Consultant Brian Tracy says some overwhelmed people think they already know all they need to know on a subject.

* *Be flexible.* Saying "I changed my mind" solves many uncomfortable situations people get into. They stay there because they are unwilling to admit they have changed their minds.

* *Face up to mistakes.* Saying you made a mistake is a sign of mental maturity, personal strength and individual character.

* *Become an expert on time management.* Read books, listen to audio programs and take a course. Then practice every day until you master time management skills.

Hi Rick,

We were very pleased with your thoroughness of our Home Inspection we thought it was excellent. The pictures were extremely helpful in creating my To-Do list. We will let our friends know that you are the one to call when looking for a home inspection or an opinion on what needs to be done if you have a problem with your home. Thanks for a great job

Sincerely, George Nuttle Security Professionals