

Sechrist Construction and Remodeling, Inc.

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HEAT IT UP

Jan-Feb 2019

Brrr! Did you say that spring is just around the corner? This old house is drafty and cool even though the furnace is churning out good, warm heat.

It may be pink, white, yellow or blue but all insulation is at least a little bit "green". Insulation saves the homeowner so much energy that it gets high marks for environmental friendliness. Some contain recycled material, others come in new formulations that remove or replace ingredients known to be environmentally harmful. There is a product that will meet your needs and budget. Did you warm up?

Cellulose is the oldest insulation material. It is made from shredded, newsprint containing 85% recycled material and 15% borate-based fire retardant. It is blown in dry or sprayed on damp. It has a higher R-value than fiberglass and costs about the same.

Fiberglass is a traditional insulation material that consists of spun glass. It has a 40% recycled content. Fiberglass is inexpensive but the downside is that the fibers can be inhaled and even embed in the skin. However, manufacturers have taken steps to reduce the problem of airborne fibers in fiberglass. It comes in batts and can be chopped and blown into floor and wall cavities.

Foam insulation is an air barrier material that creates a seal against air movement. It can expand up to 100 times its original size, filling every nook and cranny in the attic and the crawl space. Foam is made from magnesium oxide cement mixed with water, frothed with air, and pumped into cavities. The main ingredient in foam insulation is an organic chemical compound derived from petroleum extracts making it environmentally safe. It's efficient, naturally fireproof and resists mold and pests. The downside of spray foam is that it is more expensive than traditional forms of insulation and it is too complex for the homeowner to put in themselves. A contractor must install foam insulation.

Perhaps spring is near and the sun will warm up the air after all, but, winter will come again. You have choices in insulation. Never overlook the need to insulate your home from the cold that winter brings every year.



SPAM The Other White Meat

Spam was created 80 years ago during the Great Depression. It was invented by Jay Hormel, son of George Hormel, who founded the Hormel company. It became popular simply because it was a way to peddle the then-unprofitable pork shoulder. The first can of spam came off the production line in 1937 and it changed the world forever. What is spam? The answer is actually quite simple. Spam is pork with ham, salt, water, potato starch, sugar, and sodium nitrite. According to the company's Spam Museum, Ken Digneau, the brother of the Hormel executive, came up with the name, "spiced ham" - SPAM, in a naming contest and he got \$100 as a reward.

"A successful man is one who can lay a firm foundation with the bricks others have thrown at him." David Brinkley

West Branch Susquehanna Builders Association ^{Page 2}

Home Show

March 15-17, 2019

**Lycoming College Recreation Center
508 Mulberry Street, Williamsport, PA**

Come and See Us!

Show Hours

Friday, 3:00 pm-9:00 pm

Saturday, 10:00 am-8:00 pm

Sunday, 12:00 pm-1:00 pm



Did you have frozen pipes or water leaks from ice jams on the roof this winter? Dealing with a disaster in your home is overwhelming. When your home is damaged due to water, fire, mold or trauma, you may be stuck wondering how you should proceed. **Sechrist Fire and Water Restoration to the rescue!** We are your local service providing 24/7 support in emergencies. We handle the rapid clean up from your disaster, gather evidence, get estimates, deal with the insurance adjuster, negotiate to get you the most claims money, and help you rebuild, restore or upgrade your home afterward. Emergency to restoration, we got you covered!

Email the Expert

Q — How can you tell if your building has mold? What should you look for?

Celia

A— It's always best to use your senses when "looking" for mold. Mold comes in a variety of colors, shapes and sizes. Mold prefers to grow in cool, dark and damp locations, such as a basement, HVAC duct or a wall or floor cavity. Start with your eyes; visible mold on a wall or ceiling is usually just the tip of the iceberg. We'll often find that an entire wall cavity is impacted. You should also be guided by your sense of smell. If you smell a musty odor, that is a sign of mold. If you smell mildew, mildew is actually mold. And also be aware of symptoms like respiratory ailments, headaches, unexplained rashes that seem to be more acute when you are in one location rather than another.

Do you have a question you would like to ask? EMAIL THE EXPERT by sending your question to steve@sechristconstruction.com. Please be sure to include your name and phone number in case additional information is required to answer your question.



From Out the Mouths of Babes

You make me smile all over my face

They lived happily ever after, and then they had to go to work.

What do you want to be when you grow up? A daddy.
My mom worked hard today. She deserves a microwaved hot dog.
Mom, I want a hot dog. They don't come from dogs though, do they?
I think Dr. Seuss' first name is Arthur. People who write books are arthurs so his name must be Arthur Seuss.
It's kind of hot outside today, so I think I'll sit in the shave.
You know, when there are no stars out, it's peach black.
My best friend Alexa has this song.
If I was a tree I could drink from my toes.

Could You Use a Hand?

Whether you have two full hands or 10 messy fingers, Delta Touch Technology has come to your aid. Delta has created the best touchless kitchen faucet with a slight traditional yet stylish design. It is available in stainless steel, chrome or bronze depending on the style around your sinks. This faucet won't corrode or tarnish. It will retain its sleek design for years to come.



Just a simple touch anywhere on the faucet and it will turn on and off. You can touch it with your elbow or even your nose and the water will flow. The handle conveniently moves up and down and right and left to control temperature and flow rate. The pull-down wand means that you can pull the spray head from its hub to anywhere within the sink—clean the sink or that stock pot. It's a win win for your kitchen!

Small Kitchen Space-Saving Tips

Say goodbye to pots and pans falling out of cabinets and lids having no place to go. Do your cookie sheets, cutting boards and cooling racks continually slide down in base cabinet? What about your under the



sink storage area? Is there room for everything you want to store under there.

Instead of a wide open base cupboard, use roll-outs to make use of

every inch. Use over the cabinet lid holders to secure a lid for every pot. Use adjustable slots to organize cookware for space-



efficient storage.

Construct roll-out trays for extra storage space in the sink base and you will have all your cabinets set up for success.



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www.sechristconstruction.com

Serving all of Clinton
and Lycoming
Counties

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Steve Sechrist

Greg Allison

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David Lehman

Liam McGarvey

Kevin Snyder

Nick Snyder

Sam Wool



Check out our Website:

www.sechristconstruction.com

FROM THE DESK:

There's a bug that has been going around here. We have all caught it. Its spring fever!! We are patiently listening for the robins as they return so we can be outside swinging our hammers and digging up the dirt. We have many construction projects lined up just waiting for the weather to break from winter to spring.

For those of you that are thinking about your spring construction projects, we sincerely hope you will give us the opportunity to serve you! For those customers who have trusted us over the years, we want to thank you for your loyalty. It has been our pleasure to serve you.

Here's to spring fever!

Steve



National Corned Beef and Cabbage Day March 17

Corned Beef and Cabbage Day is as American as Apple pie. A traditional recipe in Ireland was salt pork or a bacon joint with cabbage and/or potatoes. Beef was not a popular dish in Ireland, as the Gaelic religion considered the cow a symbol of wealth and beef was often reserved for royalty. In the mid 1800s, however, Irish immigrants to America, found their Jewish neighbors had corned beef, which was similar in taste, but much cheaper. Corned beef is usually made from brisket cured in a seasoned brine that is stewed in water with cabbage, potatoes and carrots. The term corned beef comes from the treatment of the meat with large-grained rock salt, also called "corns" of salt.



GREEN TIP: Did you know that glass can be recycled endlessly? It does not wear out after several recyclings, so be sure to always recycle your glass bottles and containers. The glass can be used over and over again. What a great commodity. Glass does not decompose or break down. It will stay intact forever.