

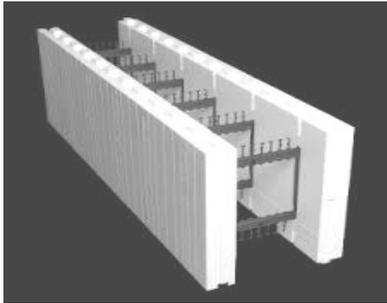
Sechrist Construction and Remodeling, Inc.

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FOX BLOCKS—The Next Generation of Building Feb 2020



Fox Blocks insulated concrete forms are precision-manufactured, double-insulated and steel-reinforced. The result is a strong, superior wall assembly. The benefits just stack up from there.

Contractors continue to turn to innovative methods, like Fox Blocks ICFs, that both reduce labor needs and accelerate home construction. ICFs save the contractor time over traditional stick-built or concrete masonry unit home construction. In two short days a small team of trained ICF builders can have the exterior walls ready for the roof, windows, and doors to make the building weather tight, ready for interior services and finishes.

ICF construction also eliminates the need for caulking or sealing. ICFs provide continuous air and vapor barrier. They are not susceptible to termite damage and they are fire resistant. Bring on the extreme weather with Fox Blocks because they are resilient construction that stand up against the elements.

The performance characteristics of Fox Blocks wall assembly can reduce a building's heating and cooling costs dramatically and puts net zero energy goals within reach.

The advantages of using Fox Blocks ICFs far outweigh any other type of exterior wall construction available today. This ICF exceeds the standards for energy-efficiency, disaster-resistance, durability, and air quality.

West Branch Susquehanna Builders Association Home Show

March 15-17, 2020

Come and see us!

Friday, 3:00 pm-9:00 pm

Saturday, 10:00 am-8:00 pm

Sunday, 12:00 pm-1:00 pm

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



Living in a Barn

Mothers are known for their monologues and terrific one-liners for sure. We've all heard them if we had a mother growing up. "Close the door-we don't live in a barn!" **or do we?**

Old barns tend to age well, at least structurally. A well-built barn can last for more than a century if properly maintained. With large timbers supporting the walls and ceilings, they are sturdy and very adaptable. They are also very charming, familiar and comforting forms on the landscape and foremost, empty. Deciding what

to do with an old barn is challenging. Should you restore it? Bulldoze it, sell it or save it?

Barns are as unique as their owners and the solution to a run-down barn will largely depend on what you would like to get out of it. So many folks have ties to either growing up on a farm or visiting grandparents that made a livelihood on the farm. Preserve the past into something valuable for the present. Barns are being repurposed as never before. They become offices, art studios, pool houses and guest quarters and even venues for various group occasions. Why not renovate and convert the under used barn into an abode you can appreciate for all the good it has given over its many years of life.

What good is the warmth of summer, without the cold of winter to give it sweetness.

John Steinbeck

National Hoodie-Hoo Day Sunday, February 20

On this winter day, people go out at noon, wave their hands over their heads and chant "Hoodie-Hoo". It is a day to chase away winter blahs, and bring in spring. After all, everyone in the northern hemisphere is sick and tired of winter at this point and a little crazy being cooped up inside all winter and not seeing the sun.

Hoodie Hoo Day



Email the Expert

“The Land of Wanderers”

Kazakhstan is the largest landlocked country but has one of the lowest population densities at 6 people per square mile. Their winters are severe with temperatures of -50F continually.



Q — We want to save on heating costs by installing a programmable thermostat. Do you think this will do the trick?

Dan and Cindy

A— You can reduce your home’s heating costs by about 15% with a programmable thermostat. It automatically keeps the temperature at a comfortable level when you are home, but switches to an energy-saving level when you are away or asleep. After you have decided on which thermostat to purchase it will be time to remove the old thermostat. First, turn the power off at the main panel. Remove the old thermostat. There will be 2-5 wires hooked up to the old thermostat. Label the thermostat wiring with masking tape using the letters on the old screw terminals as reference.

Install the mounting plate, insert drywall anchors and screw the plate to the wall. Screw the system wiring to the screw terminals on the new thermostat using the letter labels as reference. Hook them up to the same terminals on the new thermostat. Snap the thermostat to the mounting plate. Finally, use the directions to program your new thermostat according to your schedule.

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.

- Horsemeat is essential to Kazakh cuisine

- The traditional nomad

home of the Kazakhs is known as a yurta

-

- Kazakhs believe that whistling a song inside a building will make you poor for the rest of your life

- Kazakhs traditionally drink kumis. It is made from fermented mare’s milk and is believed to be a cure-all for everything from a cold to TB.

- Kazakhstan is located in both Europe and Asia

- Hunting with eagles is an ancient sport still practiced today. They train them to capture such prey as rabbits, foxes and smaller birds

- A natural gas pipeline links this country to China



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, work with the insurance adjuster, negotiate to get you all the claims money due you, and help you rebuild, restore or upgrade your home afterward. Emergency to restoration, we got you covered!

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Check out our Website:

www.sechristconstruction.com

FROM THE DESK:

Hello There!

Hoping your February brings you just that closer to spring and sunny days ahead. We are thankful that the weather has been mild this winter as we have been on the go all season working inside and outside on construction projects. We are booking jobs for the spring and summer months now and we are grateful for the construction work that spurs us forward into spring.

If you have a job that needs attention, don't hesitate to call on us. Stay Warm!

Steve

Chocolate Peanut Butter Eggs

Ingredients:

1 c creamy peanut butter
1/4 c unsalted butter
1/4 c light brown sugar
1-1/2 c powdered sugar
2 c milk chocolate chips
2 T vegetable shortening



Line baking sheet with parchment paper. In saucepan, combine peanut butter, butter, and brown sugar over medium heat. Heat until completely melted. Stir constantly. Remove from heat.

Add powdered sugar a 1/4 c at a time, stirring until completely combined with peanut butter mixture. Set aside and cool at room temperature.

Scoop out a tablespoon sized mixture and shape into eggs. Place on a baking sheet and refrigerate to allow peanut butter eggs to set, about 30 minutes.

Once the eggs are set, melt the chocolate chips and shortening together in the microwave on 50% power in 30-second increments, stirring after each, until completely melted. Dip eggs into chocolate, using a fork, flip it over so it is completely covered. Remove from bowl, let any excess chocolate drip off. Return eggs to the baking sheet, and repeat with all the eggs. Sprinkle with decorations if desired.

Return eggs to the refrigerator to set then store in airtight container in refrigerator for up to a month. Can be frozen for 3 months.