

# Sechrist Construction and Remodeling, Inc.

Phone — 398-3507

Website — [www.sechristconstruction.com](http://www.sechristconstruction.com)



August 2021

## The Art of Outdoor Living

In the past, an outdoor living space was usually a sprawling lawn with a picnic table and grill. Today, there is so much more to an outdoor living space and the best part is, there's no need for an acre-wide yard or a limitless budget for new design elements that make your outdoor living space more pleasant. Create the oasis you are passionate about and then stop in once in awhile and enjoy it.

Furnish warmth with a cozy fire pit for others to gather around. Effective lighting can make your outdoor living space safer, but it can also help to transform your yard into an pleasant place to spend time after the sun goes down. Create a central focal point with comfortable seating options to make outdoor gatherings that are more inviting for others. Add a dining table and a barbeque grill to the mix and you will have a spot to eat meals, entertain guests, play games or simply unwind from the day's trials.

Simple, soft and comfortable décor make the outdoor refuge of relaxation be peace filled. Use a layering of pillows and blankets that guests



can hang on to as the evening fades into nighttime.



Even a small outdoor living space can do more than add value to your home. It can improve your overall health. You may be surprised at just how many areas of your health can improve by dining al fresco, unwinding on your patio, or taking game night outside. Science has already proven that you really should stop and smell the roses. If you have to, schedule a two-hour block to unplug, slow down and enjoy the sights, sounds, smells, tastes, and touch of your own backyard. Studies have shown that spending time outdoors can reduce mental fatigue, increase creativity and even improve your mental and physical well-being. Instead of having breakfast at the bar—have your coffee on the veranda. Between TV, computers, tablets and smartphones, Americans spend a lot of time looking at screens. Turn off the lights, and enjoy the crackle of a fire outside. It can lower your blood pressure and allow your body to prepare for sleep. There is so much natural beauty to observe when you step outdoors, you won't want to miss a beat!

*Humility is not thinking less of yourself, it is thinking of yourself less.*

Rick Warren



## CertainTeed Board and Batten

The CertainTeed Board and Batten Vertical Vinyl Siding recreates exterior siding that was favored by early settlers more than 200 years ago to protect and beautify their homes and outbuildings. Homesteaders and farmers would use sawmills to cut the long boards, and the battens were put in place to make the structure as airtight as possible. Farmers embraced the style when building barns because the technique was inexpensive, assembly was relatively simple, and the result was energy efficient. Today, as in yesteryears, this style continues to make homes weathertight and resistant to harsh winters.



Board and batten siding is durable and when it is taken care of properly it can last for decades. This style is versatile to create an ultra-personalized aesthetic. Designers can play with the batten spacing and incorporate other materials or siding profiles to create both modern and more traditional looks. Use it for the entire facade, lay it in opposite directions and even in the gable detail.



CertainTeed modern board and batten vinyl siding makes it possible to achieve the look you desire for a lower-maintenance siding solution you need. Choose from a variety of colors and textures to achieve a precise aesthetic that reflects your personal taste.

## HOT Tips for Summertime Safety

Summertime is our favorite time of year. School is out, the days are long, the nights are warm and it's a great time to get together with loved ones. Beware, your summer can



turn deadly very quickly when you are not vigilant. Keep all your summer days safe, relaxed and pleasant.

Stay Cool—Stay hydrated, relax in the A/C when you become overheated and use sunscreen to prevent painful burns.

HOT Fires—from campfires to grilling—always grill outdoors, watch over frying foods, and don't be careless with campfires. Reserve a bucket of water close by, just in case.



HOT Cars—

Always check the vehicle for passengers and pets after parking. It only takes minutes for the temperature to rise above 160 degrees inside the vehicle.



## Don't Sweat the Heat



Portable air conditioners are exactly what the name implies—compact, easy-to-move electricity-powered cooling units. Portable air conditioners offer a great solution for short summers, small rooms and limited window unit storage space.

Portable units are cheaper than window A/C units and easy to install. If you have a large home but spend most of your time in a few areas, a portable air conditioner allows you to cool an individual room instead of the entire house.

A feature to look for in a portable A/C unit is a dehumidifier. It removes moisture from the air while it cools. The timer allows you to schedule a time for the unit to switch on or off. The unit generally comes on wheels so it can be moved from place to place easily and the quiet mode is a great portable A/C feature as it can turn down the noise, especially at bedtime.

Take the scorch out of summer with a portable air conditioner for just one room.



# Email the Expert

**Q—** We will be in our 1st home next month and some of the window screens need to be replaced.

**A—** Replacing screens is a relatively easy task that you can do yourself. You will need a utility knife, flat headed screwdriver, scissors, spline rolling tool, screen spline and screen. Fiberglass screening is the most common. It is flexible and easy to install.

Remove the screen from the window frame and place it on a flat surface. Pry the rubber spline loose from the frame. Discard the damaged screen.

Align your new screen over the frame opening. Use scissors to cut your screening material so it overlaps 1" on either side.

Using the spline roller, start in one corner of the screen frame and roll the screen into the groove of the frame. Go easy and do one side only. Insert the roller spline into the grooved screen and screen frame. Remember to hold the screen under pressure to keep the material taut, and prevent wrinkles or folds.

With a flat tip screwdriver, gently push the spline down, into the grooves in all four corners. Trim the excess screen by cutting along the spline. Hold the screen taut as you cut with the knife.

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



## The King of the Spaghetti Dinner

Page 3

Ettore "Hector" Boiardi, was a very real Italian-American chef. He was born in 1897 near Piacenza, Italy and took to cooking at the ripe old age of 11. He left home at 16 and went to America. There, he found his way into the kitchen of New York's famous Plaza Hotel, with help from his older brother, Paul, who worked there as a maître d'. A year later, he had earned a spot as the Plaza's head chef. In 1915, he catered the reception for Woodrow Wilson's second marriage!

By 1924, Boyardee and his wife, Helen, relocated to Cleveland and opened Giadino d'Italia where he impressed patrons with his irresistible Italian dishes. People began to ask if they could start making his recipes at home for themselves. This inspired Boiardi to start assembling home-made meal kits for customers to purchase. It was not long before he and his brothers, launched a processing plant to keep up with demands for his savory spaghetti sauce. Thus, Chef Boyardee, "King of the Spaghetti Dinner" was born.

The stock market crashed one year after Hector began his company but the Great Depression was a boon for Chef Boyardee and its inexpensive, prepackaged meals, which helped to bring Italian food to the masses.

By 1938, he expanded again, and relocated his headquarters to **Milton, PA** in order to more easily cultivate a specific type of tomato for use in the sauce. The company went on to churn out cans to feed America's troops during World War II and was awarded a Gold Star Order of Excellence from the United States War Department. Later, he sold his company for 6 million dollars, due to the fact that he was having trouble managing the incredible rapid growth of the company.

**The man, the can and the recipes-  
Chef Boyardee!**



*Not all storms come to disrupt your life, some come to clear your path.*

### WOULD YOU RATHER . . .

1. Spend summer with your family in an RV in the mountains or a fancy hotel at the beach?
2. Go fishing or go waterskiing?
3. Ride a waterslide or a rollercoaster?
4. Go white water rafting or zip lining?
5. Eat ice cream everyday or s'mores every night?



5. Float in the pool on a giant unicorn or kayak on a lake?
6. Have a bouncy castle in your backyard or a movie theater?
7. Surf the waves or read a book?
8. Walk barefoot in the grass or rollerblade in the street?
9. Watch the clouds during the day or catch lightning bugs at night?
10. Have a water balloon fight or nerf gun war?
11. Swim in the ocean or float in a pool?



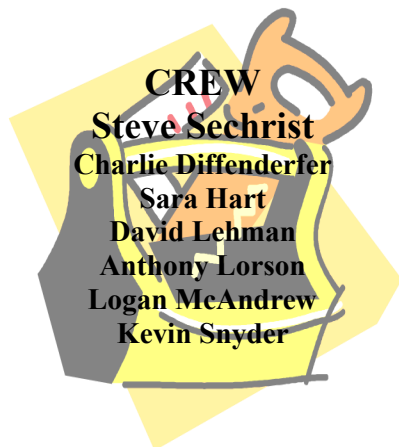
# Sechrist Construction and Remodeling, Inc.

5265 West Route 973 Hwy. • Cogan Station, PA 17728

Phone: 570-398-3507 • Fax: 570-398-3509

[www.sechristconstruction.com](http://www.sechristconstruction.com)

**Serving all of Clinton  
and Lycoming  
Counties**



**Check out our Website:**  
**[www.sechristconstruction.com](http://www.sechristconstruction.com)**

## From My Desk:

Sometimes a drip drip underneath the sink can be incredibly destructive.

Unfortunately, extensive water damage is a common occurrence that happens all too often and usually when we least expect it.

You may have mopped up the initial flood of water but don't diminish the urgency of thoroughly drying out the effected area. Flooring, cabinetry and wall cavities can conceal all-encompassing water damage that no one can see at the beginning.

Before a homeowner even knows he has a problem, mold has begun to grow and things will become increasingly worse fast! It is important to open up the wall cavities and take up the flooring to dry the area out immediately.

When a loss of this magnitude transpires, it is wise to have a professional come in and assess the damage. He will be able to work with your insurance company to get you up and running again. Call us in your emergency and we will help you!



## Eat Your Oats!

Oatmeal is the perfect breakfast choice—one part healthy and one part tasty. One of the most significant benefits we get from eating oatmeal, other than its whole-grains and dietary fiber, is that it will help you feel full in between meals.

Because oats are rich in fiber, they can help aid in a healthier, happier gut. The fiber in oats work as a prebiotic food that helps the gut maintain its level of good bacteria which plays a crucial role in improving immune health, along with lowering the risk of several chronic diseases and chronic inflammation.

There is a link between heart health and fiber. Oats help to improve the lipid levels in the blood along with blood sugar. They are a gluten-free whole grain and a great source of important vitamins, minerals, fiber and antioxidants. Making oat porridge a breakfast choice means that you have a chance to reduce your LDL and total cholesterol levels and even lose weight.

Oatmeal is an incredible nutritious food packed with protein. Oatmeal can also be included in delicious muffins, granola bars, cookies and other baked goods. for a variety of flavors and textures. Eat your oats! You will be glad you did.



**Green Tip:** You shredded your personal papers for ID safety. Now, what do you do with it? Use shredded paper to pack breakable items in, fill the chickens' nesting box, paper mache projects, line the rabbit cage, add to the litter box, mulch the garden and add to the compost bin. Stuff a scare crow with shredded paper for a full look. Save shredded paper for a neighbor. Turn shredded paper into fire starters and kindling for your winter wood heating. Create a sensory bin for small children anytime or use it for "grass" in the Easter baskets in spring.