

May Updates Bring June Smiles

Can you believe it's nearly summer?! As promised, this is my monthly column filling you in on what's going on with Penn Windows and Richards. I'm so excited about the new products from Hunter Douglas! Every time I think there couldn't possibly be anything new in window treatments – Hunter Douglas goes and proves me wrong! A new Duette Architella design called IllumiCell gives 3 fabrics energy efficiency while creating a beautiful glow. The Luminette Privacy Sheer gets a make-over with decorative hardware options and the NEW Ribbon Panel Modern Draperies design configuration.

And then there's the NEW Vignette Tiered Architella! (Not to mention the Vignette Traversed with VertiGlide.) Look for information on these products and more on our Richards facebook page daily, and in next month's newsletter.



Rick Jr., Erin and Rick Sr.

Again, if you'd like this newsletter emailed, or have questions you'd like me to address in the newsletter please send a request to erin@pennwindows.com. Follow us on facebook and twitter and please check out my Penn Windows, Doors & Siding blog which you can subscribe to on our website www.pennwindows.com (on the home page, "blog" button at bottom of the left column).

Have a great month!

Erin Duffield



In This Issue

Ideal Windows

Hunter Douglas Rebates

Safe Summer for Teenagers

Reducing Wrist Pain

Cleaning Hardwood Floors

Rum Raisin Monkey Bread

Local Business Spotlight

We Specialize in . . .

Refer A Friend



If you refer someone (friend, co-worker, relative, neighbor) and they choose us to do their project we'll send you a \$50 Visa gift card!

We appreciate your business!

610-433-4196



Visit our showroom at
1518 Union Blvd. in Allentown
Showroom hours:
Monday — Friday 8 - 5 and Saturday 10 - 2



Ideal Windows – Their Name Says It All!



Here at Penn Windows we carry quality products that fit our customers' needs and budget. No one window fits every person in the Lehigh Valley. Therefore we carry different manufacturer's windows and different lines from each manufacturer. We're extremely happy with Sunrise Windows – which we've carried for a few years now, using three of their lines: Vanguard, Sunrise, and Essentials. However, in the past two years we've seen a need for an even lower priced quality vinyl window to meet the tax credit requirements as well as our customers' budget. Ideal Windows has been a perfect fit.

We carry two lines by Ideal Windows – Lifescapes and DuraWeld II. These are great windows with

lifetime warranties and energy efficient

glass packages designed to make your home more comfortable and help you save money. They have all of the basic options most homeowners request, such as tax credit eligibility, grids between the glass, triple glass (up to an R-10), obscure glass (popular in bathrooms), decorative glass, and more. These windows are a great value and we've been very happy with their service and quality. For more information visit our website at pennwindows.com or call for a free in-home consultation.



**Dress Up
for
summer Sale**

Silhouette® Window Shadings

BUY	SAVE*	PLUS
4 Duettes® Architella® Honeycomb Shades	\$100	\$25 OFF each additional unit
2 Silhouette® Window Shadings	\$100	\$50 OFF each additional unit
1 Luminette® Privacy Sheers or Modern Draperies	\$100	\$100 OFF each additional unit

Buy more, save more, on select styles now through September 12th.

HunterDouglas



HunterDouglas Gallery



Richards

1518 Union Blvd
Allentown PA

M-F: 8:00-5:00

Sat. 10:00-2:00

Closed Sunday

484-223-1818

richards-design.com

* Manufacturer's rebate offer valid for purchases made between 5/3/11 – 9/12/11. Limitations and restrictions apply. All rebates will be issued in U.S. dollars, in the form of an American Express® Prepaid Reward Card.
©2011 Hunter Douglas. ® and TM are trademarks of Hunter Douglas.

News from Home

Stress safety to employed teenagers



A summer job is coveted by most teens and their parents. The youngster earns some money and gets valuable work experience. Many young people, however, don't realize there are safety factors in every kind of work. Parents must remind them to be aware of certain situations.

One recent study shows these jobs had the most non-fatal injuries and illnesses among teens:

Freight, stock or material moving: Show them how to lift correctly and when to get help moving a heavy object.

This category was followed by fast-food servers, cashiers and retail salespeople. While there is some risk of injury in these jobs, illness is a definite factor. Emphasize frequent hand washing.

The number of injuries among construction laborers was not high, possibly because fewer teens were involved. Some road builders say they won't hire teens because they are more likely to step back into traffic and be killed.

Flip-flops vs. escalators

It's summer, time for flip-flops and those plastic shoes called Crocs. But here's a thought. Whether it's you wearing them or your child, either of you could get caught on an escalator. Loose-fitting shoes made of flexible, spongy material can get caught in the escalator teeth.

A spokesman for the Washington, D.C., subway system, which has 588 escalators, says they are seeing five or six incidents of shoe entrapment a week during summer. Most related injuries are minor, but toes could be amputated.

The Good Housekeeping Research Institute says shoes should be of a type that stays securely in place and completely encloses the foot. Leather is a good choice but so are sneakers as long as the laces are tied.

Kids and sunscreen

They want to rush outside at playtime, but make sure your kids wait while you slather on a coat of sunscreen.

Let kids sleep in on weekends

A new study of young children who didn't get the recommended nine to 10 hours of sleep each night shows that they were more likely to be overweight and moving toward obesity. Reported in Time, those who slept the least were four times as likely to be obese as kids who slept better or slept more.

Nonstick Cookwear

Some time ago, there were concerns about the PFOA acid in nonstick cookwear. But today's pans have only trace amounts of the chemical. The Environmental Protection Agency (EPA) says routine use of nonstick cookwear poses no concern. And the Food and Drug Administration (FDA) says it has no warnings about nonstick cookwear made here or imported. Very high heat can still release a trace of PFOA. Some advice:

- Don't heat an empty pan or overheat a pan while cooking. If you want to fry meat at a high temperature, use a cast iron or aluminum frying pan.
- Don't put nonstick cookware in an oven heated over 500 degrees.
- Use plastic or wood utensils to avoid scratching your pans.

- Dispose of nonstick cookwear that is chipped or has coating worn off.
- Buy medium or heavy weight pans. They take longer to heat up and are less likely to chip.

At Weill Cornell Medical Center, they say nonstick coating risks are slight when compared to other dangers, such as foodborne illness, lacerations from knives, burns from hot oil, and loose clothing that can catch on fire.



9	5	3	8	1	4	2	7	6	
6	7	1	5	2	3	8	4	9	
2	4	8	7	9	6	3	5	1	
5	2	6	4	7	8	9	1	3	
7	1	9	3	5	2	6	8	4	
8	3	4	9	6	1	7	2	5	
4	8	7	6	3	5	1	9	2	
1	6	5	2	8	9	4	3	7	
3	9	2	1	4	7	5	6	8	

Get ready for a Summer Party!

There's no better bonding experience than playing in a friendly, competitive game. Some examples:

Cornhole: One of the most popular backyard games, there are technical rules and even an American Cornhole Association. But basically, in singles, contestants compete against each other, each throwing four bags in an inning. In doubles, players each pitch two bags.

The match is scored in innings.

A corn bag that is thrown through the hole in the cornhole platform, or knocked in by another player, has a value of three points. One that just touches the hole scores one point.

Cornholeworldwide.com has many sets beginning at \$79.



Rollers: It's a game of skill and chance. Opponents take turns rolling three large discs, which are numbered from one to six on each side, toward the pyramid goal. Only the player whose roller comes closest to the goal scores that round.

If a rollor lands face up, the number showing equals the number of points awarded. If it stops upright, score a point value equal to the sum of the numbers on each side. Rollors that lean against the goal score points twice the number showing. \$39 a set in stores.

Kan Jam: This game is a combination of beanbag toss and horseshoes played with a Frisbee by teams of two. Teammates stand at opposite ends of the field and take turns throwing the Frisbee toward the basket-shaped goal. Unlike most other throwing games, both teammates can be involved.

One point is awarded when a teammate redirects the disc to hit the goal before falling to the ground, resulting in a "dinger." A deuce is when the thrower hits the side of the goal from 50 feet away without a teammate's help. Three points are awarded for alley-oops, when the disc is tipped or dunked into the goal. Should the thrower get the disc into the goal unaided, it's an instant win! A set is \$39 at kanjam.com.

HORSE: This basketball game is fun on dry land and even more fun in a swimming pool. Competitors try to make a basket from the same position as the previous shooter and earn one letter per successful shot. Five letters (HORSE) win the game. For a shorter game, players can shoot for PIG, three



Reducing Wrist Pain

Reducing the pain of wrist arthritis and increasing function

Wrist arthritis is common in older adults. Often, it develops as the result of a past trauma or fracture, but there are simple steps that can reduce pain and increase function.

- Learn the difference between general discomfort and pain resulting from strain or overuse. For example, if you have arthritis in one wrist and it hurts to turn a doorknob, use the other hand. Or install lever type door handles.
- Apply heat, cold or both. An electric heating pad or warm water soaks can ease pain and stiffness. An ice pack or cold water soaks can reduce pain from a flare-up caused by too much activity.



- Contrast baths can also be helpful. Soak hands in warm water for 10 minutes. Then switch to cold water for one minute. Or cycle back and forth for half an hour and end with warm water.
- Apply a topical prescription pain reliever gel like Voltaren or Solaraze.
- Over-the-counter pain relievers can help. Acetaminophen, (Tylenol and others), Advil has the lowest risk of side effects.
- Wear a splint to limit movement during a wrist-intensive activity.

If pain persists, ask your doctor for a prescription pain medication or corticosteroid injections.

How to clean Hardwood Floors

Now that you have a beautiful hardwood floor, what can you do to protect it and keep it beautiful? Tips from the World Floor Covering Association:

- * Floor mats at entry ways will catch particles like dirt and keep them from scratching the wood. Use a mat by the sink to catch splashes.
- * Buy a high quality broom, sweep the floor regularly, and use a vacuum cleaner without a beater bar to get between boards.
- * An 8x14 inch terry cloth mop with a rotating head can be helpful.
- * Get a professional cleaning product that will remove tough stains, scuffs and heel marks without dulling the finish.
- * Don't wax a wood floor with a urethane finish. Don't wet mop or use excessive water to clean the floor.
- * Avoid ammonia cleaners and oil soaps to clean a wood floor. They dull the finish and affect your ability to recoat the floor at a later date.
- * Use cleaners that won't leave a film or residue. Clean sticky spots with a damp towel or sponge.
- * Protect your floors from sun damage. Shade floors from the sun's harsh rays. Rotate area rugs and furniture regularly to allow wood floors to age evenly.
- * To prevent scratching, cover furniture and table legs with flannel protectors. Always be careful when moving heavy objects across the floor in order to prevent scuffing and scratching.
- * Take precautions against every-day scratches. Stiletto heels can dent and scratch hardwood floors. If you have one or more dogs in your home, use runners to protect the floors in their regular walking and running paths.

Indoor Gas Leaks

If you smell gas in your home or business, leave immediately and get far enough away so you no longer smell gas. Before leaving, do nothing that could create a minor spark, which could trigger an ignition if gas has significantly accumulated.

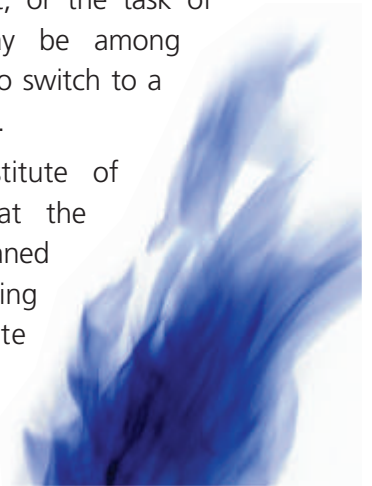
Everyone knows better than to light a match, but these are some steps you may not be aware of.

- Don't use a phone or cellphone before leaving. If you notice the leak while talking on the phone don't hang up.
- Don't turn any lights, appliances, or anything electrical, on or off.
- Don't open or close windows.
- Don't start a vehicle if it's in an attached garage, and don't use the garage door opener.
- Call the utility company as soon as possible from a phone in a different location.

Switching a wood-burning fireplace to gas

If you like the coziness of a burning fireplace but don't like to find wood and store it, or the task of building a fire, you may be among homeowners who decide to switch to a no-fuss gas fireplace instead.

The Chimney Safety Institute of America recommends that the chimney be thoroughly cleaned before installing a gas-burning unit. With gas, creosote doesn't build up as quickly, but the chimney needs to be inspected for cracks.



'Eat Down the Fridge'

It's an expression borrowed from the Great Depression era that means eating foods you already have instead of buying more.

The idea is a healthy one, since the largest percentage of food thrown away is made up of vegetables and fruit. Kim O'Donnel, author of *The Meatlover's Meatless Cookbook*, challenges you to be resourceful for a week or longer in order to reduce food waste.

According to Jonathan Bloom in his book, *American Wasteland*, Americans annually throw away about 197 pounds of food per person.

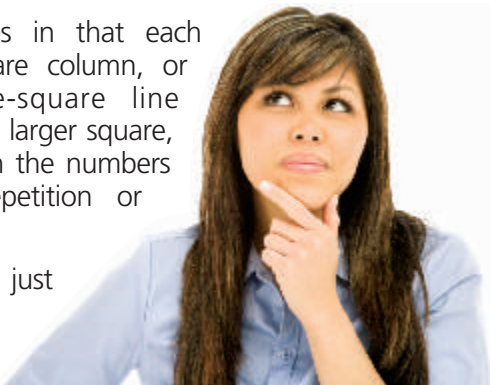
Sudoku

		3	8					
6			5					
		8		9	6		5	
	2			7				3
	1	9				6	8	
8				6			2	
	8		6	3		1		
					9			7
					7	5		

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission.

Every puzzle has just one correct solution.



Easy-to-Grow Herbs

Fresh ingredients enhance any recipe!

Herbs will brighten your favorite dishes with extra taste and fragrance. They don't take much effort to grow, and can even be grown in a planter near the door for easy access.

Basil: This annual is the perfect companion for dishes that include tomatoes. Trim the stems, leaves and flowers to make the plant more productive.

Chives: A perennial, it adds flavor to soups, fish and potatoes. Snip the entire stem if you remove a flower bud.

Parsley: It grows for two years and adds flavor and color to fish and other dishes. Clip flower buds when they appear in the second year. Likes a sunny location, says Patricia Lanza, author of *Lasagna Gardening with Herbs*.

Rosemary: A perennial, but it doesn't like cold climates and may not appear there after the first year. Its stems add flavor to vinegar or olive oil. Leaves are great in lamb dishes and sauces. Don't over-water the plant.

Sage: Used as a seasoning for meats, sauces, stuffings and soups.

Hummingbirds like the plant's flowers.

Thyme: A perennial herb, it is good for seasoning chowders and soups. It will grow in rock gardens.



Rum Raisin Monkey Bread

- 1 cup raisins
- 3 ounces dark rum
- 1 stick butter, melted
- 1 can of flaky refrigerated Grand biscuits
- 1 cup of white sugar or Splenda
- 1/4 cup of cinnamon
- 1 cup of brown sugar

Soak the raisins in the rum and refrigerate over night.

Mix the granulated sugar and cinnamon in a bowl. Cut the biscuits into pie-shaped quarters. Coat them with the sugar mixture.

Grease a deep cake pan or bundt pan with cooking oil. Line one layer of the pieces like an inter-locking jigsaw puzzle in the pan.

Pour half the melted butter evenly over the layer. Sprinkle some of the sugar mix over the buttered layer and place the raisins on the top.

Arrange a second layer of the dough pieces on top of the raisins and pour the remainder of the butter over it, and the brown sugar over all.

Bake at 400 degrees for ten minutes, reduce heat to 350 and bake 15 minutes or until top layer is crusty.

Local Business Spotlight

A new monthly feature to help you Buy Local!



PC-Products®, an Allentown company, is a manufacturer of quality repair products, including 'FIX-IT' Products for Window Sills and Door Frames! They suggest their 2 part environmentally friendly system of PC-Petrifier® Wood Hardener and PC-Woody® wood epoxy filler. These 2 products can be used to salvage and rebuild damaged wood. More at www.pcepoxy.com



www.zieglersrv.com

In good hands with Dr. Nalyn Marcus.
We care for you and about you from Day One.
Gentle adjustments in a peaceful garden setting.
Express better life, your whole life!

610.974.8900

Caring for families since 1991

MARCUS
FAMILY CHIROPRACTIC

820 Eaton Ave.,
Bethlehem www.chiromom.com

Carber's Nursery

Boxwoods and Spruce Trees

Hardy and Deer-Resistant plants

- Boxwood Varieties: Green Gem and Winter Gem 15"-30"
- Great Wholesale Prices- Only \$15 - \$25
- Dug, Balled and Burlapped for you or Dig your own
- Tag Now & Schedule convenient pick-up or delivery
- Locally Grown in Lower Saucon Township
- Inspected and Licensed by the PA Dept. of Agriculture
- Spruce Varieties: Black Hills, Colorado Blue, Serbian 4'-6'
- Great Wholesale Prices- Only \$50. - \$80.

Call for appointment and pricing details.

John Carber

Carber's Nursery

Home/Nursery – 610-838-1133

Cell – 215-499-4970

FRANK TOTH JR

PLUMBING AND HEATING, INC.



*Our Plumbing
Is a Work of Art*

Call for Your Free
Plumbing Evaluation **610-866-0472**

729 East Morton Street
Bethlehem, PA 18015

Fax: 610-866-4843
NJ License BIO11118 • PA License 56

Let's welcome these new clients into our "family"

Jack Anthus, Karen & John Castaldo, Kelly Phillips, Cheryl Lutz, John Cespuglio, Kathy Judge, Carol Leet, Mary Ann & Dave De Roner

We'd also like to thank our returning customers:

Joe & Jan Fagan, Robin Kellar, Michael & Amanda Beidler, Dana & Jim Grim, Bob & Robin Fredericks, Craig Lemmerman, Pete & Julie Harwick, Renee & Dan Klem, Greg & Dianne Surovcik, Janice Waller, Mary Joy Reinartz, Lisa & David Ronca, Linda & David Ronca, Casi & Brian Gross

Thank you for the kind words

"Judy and I would have Penn Windows, Doors & Siding do another job! We have had them work for us 4 or 5 times now. Rick was really helpful on all our projects. We love everything about them. Their work crews are very good. They go out of their way to please you and never left a speck of dust. We have never had any problems. Would recommend them to anybody."

Granville & Judith S. of Bangor

"Your company is extremely well run. We put our trust in all who work for you and would call no one else. Thank you for another well done (window treatment) project."

Jayne & Will S. of Bethlehem



Home & family NEWS

"News You Can Use Around Your House"

In This Issue

- Ideal Windows
- Hunter Douglas Rebates
- Safe Summer for Teenagers
- Reducing Wrist Pain
- Cleaning Hardwood Floors
- Rum Raisin Monkey Bread
- Local Business Spotlight
- We Specialize in . . .

Penn Windows
1518 Union Blvd
Allentown, PA 18109

Address Service Requested

PRSR STD
U.S. POSTAGE
PAID
PERMIT NO. 163
WAUCONDA, IL



We specialize in...

- Custom vinyl windows - all styles
- Custom steel and fiberglass entry doors, storm doors, French doors and patio doors
- Premium vinyl siding, soffits and fascia, and gutters



We specialize in...

- Hunter Douglas custom blinds & shades
- Remote control options!
- Plantation shutters in wood and composite
- Huper Optik window film
- Custom draperies, valances, cornices and more!

