



SPRING NEWSLETTER 2014

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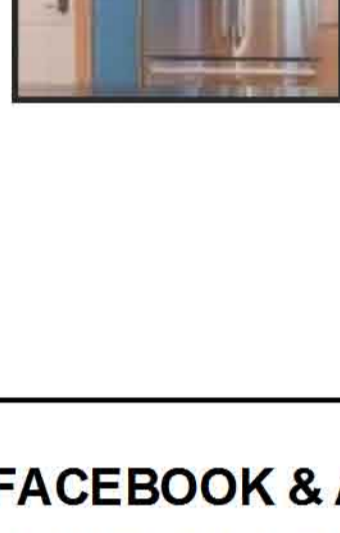
SPRING HOME MAINTENANCE CHECK LIST

Yes, spring is here, with it's warm sun, cool rains and fresh air. It's the time of year that our homes could use a "tune-up" after the cold winter months. Even a mild winter can have freezing and thawing that can cause damage to gutters, roofs and other items around your home. It's a good idea to give your home a once over so you can enjoy the weather and the upcoming summer months.

For these reasons we are offering our Spring Home Maintenance Check-List to help you get your home in tip top shape. And best of all it's **FREE** !

So download our **FREE** Spring Home Maintenance Check-List and your home will thank you.

[Click here for your FREE Spring Home Maintenance check-list.](#)



COUNTER DEPTH REFRIGERATORS

I recently had to replace my refrigerator, no choice in the matter, but I still shopped around. I came across counter depth refrigerators. What a great idea! If you are looking to add a little more space to your kitchen, consider switching to a counter depth refrigerator.

This kind of appliance does not stick out any farther than your kitchen cabinets, which means that it takes up less room than a traditional fridge, saving several inches in depth. However, it is often a bit taller than most refrigerators so that you do not lose much space when it comes to storing your food. This means that you need an appropriately high ceiling in order to fit this fridge into your home, so be sure that you measure the height as well as the depth and width. Sometimes hanging a cabinet a bit higher is all that is needed.

Counter depth refrigerators are not for everyone, and if this style does not appeal to you, remember that there are several other types of fridges on the market. I must say I am not unhappy my old fridge is gone. However, getting excited about purchasing a new major appliance does make me feel rather old. Priorities change.

~Lisa

FACEBOOK & ADAMS DESIGN CONSTRUCTION

Have you been following Adams Design Construction on Facebook yet? If not, you are missing out!

Every Wednesday we offer a GREAT IDEA! Sometimes it's a design we like, or tips and hints along with some DIY's that we think are brilliant!

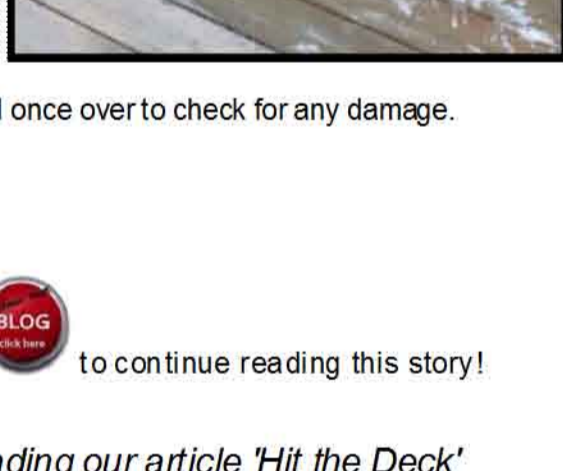
So, check us out on Facebook, LIKE us and start following our GREAT IDEA Wednesday. Let us know what you think!



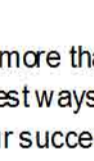
HIT THE DECK – Tips for Getting Your Deck Ready For Summer

Unless you're a die-hard grill enthusiast and don't let feet of snow get in the way of a good barbecue, it's probably been a few months since your deck has seen any action. Before grill season is in full swing and you're out there every night, take some time now to get it ready to rock.

A lot can happen over the winter in Wisconsin. Week long blizzards, ice storms, polar vortexes, and the inevitable thaw-refreeze limbo that happens near the end can really put a beating on your home, and your deck is no exception. Even an incredibly well sealed deck can see some strain over a harsh winter like we just had. So first things first, start by giving your deck a good once over to check for any damage.



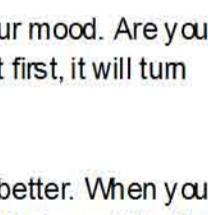
The most obvious signs.....



...you will need to check out our blog [click here](#) to continue reading this story!

[Click here to continue reading our article 'Hit the Deck'](#)

SMILE, It Will Make You Healthy



Have you smiled today? Smiles do a lot more than simply let the world know you're happy. It is one of the easiest ways to boost your health, your mood, your longevity, and even your success. Here are just a few things that a smile can do for you:

- 1. Reduce Stress** - Stress relief may be as simple as smiling a little more throughout the day. Smiling releases endorphins that counteract and diminish the stress hormones.
- 2. Lower Heart Rate** - Smiling slows the heart and relaxes the body. People who smile and laugh often are less likely to develop heart disease. Smiling has also shown to reduce blood pressure temporarily.
- 3. Better Mood** - The endorphins do more than ease stress, they lift your mood. Are you feeling down? Put a smile on your face, even if it isn't entirely genuine at first, it will turn your day around.
- 4. Boost Immune System** - Smiling helps the immune system to work better. When you smile, immune function improves possibly because you are more relaxed. Prevent the flu and colds by smiling.
- 5. Ease Pain** - Studies have shown that smiling releases endorphins, natural pain killers, and serotonin. Smiling and laughter together have been shown to lessen pain and can act as a natural painkiller.
- 6. Stay Positive** - Try this test: Smile. Now try to think of something negative without losing the smile. It's hard. When we smile our body is sending the rest of us a message that "Life is Good!".
- 7. Look Younger** - The muscles we use to smile lift the face, making a person appear younger. Don't go for a face lift, just try smiling your way through the day – you'll look younger and feel better.
- 8. More Successful** - Smiling people appear more confident, are more likely to be promoted, and more likely to be approached. Put on a smile at meetings and appointments and people will react to you differently.
- 9. It's Contagious** - If you smile, around 50% of people will smile back. This spreads the health benefits throughout those around you! When someone is smiling they lighten up the room, change the moods of others, and make things happier. A smiling person brings

SPRING FUN FACTS

~Before we called it spring, this season was known as Lent or Lenten.

~Dandelions originated in Asia, and now are world wide.

~The earliest known use of the term 'spring-cleaning' was in 1857.



~If you were standing on the equator during the spring equinox, you would see the sun pass directly overhead.



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