



WINTER NEWSLETTER January 2014

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8 TIPS FOR SHOVELING SNOW

It seems like it has snowed every day for the past two weeks here in Madison, WI, and it almost has. The problem though, is 1/4" to 1" is not quite enough snow for me to get out the tractor-plox or snow blower. Solution - I end up using a shovel, and I have quite a large driveway.

My dogs love the snow and so do my great nieces and nephews. But for 'bad-back' people like me, it can be a real drag! For this reason, I thought I would share some tips on shoveling snow.

1. If you're hurting or not physically fit - have someone else shovel

Shoveling snow can take a toll on your heart and back. If you have any questions about being able to handle the exertion, always consult your doctor first. It may be best to have someone else do the shoveling for you. Or you can wait until there is enough snow built up and use a snowblower.

2. Stretch and warm up your muscles first

Shoveling is a physical exercise, and as with any exercise you should warm up your muscles first. Do basic stretching exercises for a couple minutes before you start, just as a runner would.

3. Layer clothes

Since I live in Wisconsin, I am used to this idea. You don't want to become overheated when you are shoveling, as much as you don't want to get too cold. Also, make the first layer of clothes some type of 'wicking' layer. That will keep any perspiration away from your body and causing a chill.

4. Don't use too large of a shovel

Shovels should be light weight, around 3 lbs, and the blade should not be too large. Keeping the blade smaller keeps the load of snow lighter. It's better to take more steps than it is to add strain to your back. Handles need to be long enough so you don't bend over. You can also buy shovels with ergonomic handles that take more of the load off your back.

5. Pace yourself

The trick is to shovel very efficiently without becoming tired. If you need to stop a lot, then you are going too fast, and you run the risk of adding more than normal perspiration. Instead, try to keep moving at a steady pace, which is around 15 scoops a minute.

6. Push the snow

It is better all the way around to push snow and not carry or throw it. Large scoop shovels are great for this task. If you must throw the snow, make certain you are not picking up more than your back can handle and don't forget to bend your knees.

7. Don't do the twist

Always keep your feet in the direction you are pushing or throwing the snow. You should never twist at your waist to throw it. Always turn your body to the direction you will be throwing the snow before loading up your shovel. (Your back will thank you for this tip!)

8. Large jobs require rest breaks

This is especially true for me. The general rule of thumb is 15 minutes of snow shoveling should be followed by a 15 minute break. As with any exercise, remember to hydrate and stretch during your break. I usually like a hot beverage such as tea or coffee.

Hopefully with these tips, everyone can continue to have a safe winter... and remember, spring is just around the corner... I hope!



NARI 2014 REMODELING EXPO

Come and visit us at this years NARI (National Association of the Remodeling Industry) Remodeling Expo, located at [12300 Wisconsin Street, Columbus, Ohio](#). If you are thinking about remodeling, have a question or need ideas, it's a great source for information. Homeowners can learn about the latest home improvement trends and new products.



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MADISON MARRIOTT CONVENTION CENTER

FRIDAY 2PM-7PM
SATURDAY 9AM-6PM
SUNDAY 10AM-4PM

We hope to see you there!



HOME REMODELING TRENDS FOR 2014

2014 is well on its way, and it's exciting to see what will happen in the world of [home remodeling](#) in the new year!

As we've mentioned before, [high-tech homes](#) have been gaining a lot of ground in the last few years and this year will be no different! Home automation used to be expensive and overly complicated to use, but that isn't the case anymore. [Smart thermostats](#) like Nest are becoming more affordable every day, can be installed in less than an hour, and can save you big on energy spending. Even just a few years ago, something like a [USB outlet](#) might have sounded like a novelty. But with the ubiquity of smartphones, tablets, and other devices that charge with a USB cable, they can be a really handy way to save outlet space by keeping them free of clunky chargers.

What does the new year have in store for color?...

...TO READ MORE, follow our blog at the link below:

<http://adamsdesignconstruction.wordpress.com/2014/01/17/home-remodeling-trends-for-2014/>



IT TAKES MORE THAN TECH TO MAKE A SMART KITCHEN

Each year, we're getting closer to having kitchens like something straight out of The Jetsons. 'Smart' kitchens, sporting the latest in high-tech appliances and gadgetry, are an ever growing trend and it won't be too long before we have our own Rosie the Robot to make us a cup of joe in the morning.

But in reality there's a lot more to a smart kitchen than refrigerators with touch screens and ovens that will toast at you when your meatloaf is done. [Designing a really smart kitchen](#) is all about making it easy to use, as well as [energy efficient](#). Of course state-of-the-art appliances go a long way to making a kitchen smart, but they're only one piece of the puzzle.

To get an idea of how important smart kitchen design can be, first let's take a minute and think about a 'dumb' kitchen.

...TO READ MORE, follow our blog at the link below:

<http://adamsdesignconstruction.wordpress.com/2014/01/02/it-takes-more-than-tech-to-make-a-smart-kitchen/>



WINTER FUN FACTS

No two snowflakes are alike - all snowflakes have 6 sides.

Iceicles form most often on the south side of buildings.

Hot water freezes faster than cold water.

The coldest temperature ever recorded in the world was -128 degrees Celsius (or -198.4 degrees Fahrenheit), at Vostok Station, Antarctica in 1983

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