



What Do You See?

On July 4, 1939, Lou Gehrig spoke to over 62,000 fans at Yankee stadium after his career was cut short by what would become known as “Lou Gehrig’s Disease”

“Fans, for the past two weeks you have been reading about the bad break I got. Yet today I consider myself the luckiest man on the face of this earth. I have been in ballparks for seventeen years and have never received anything but kindness and encouragement from you fans.

“...When everybody down to the groundskeepers and those boys in white coats remember you with trophies-that’s something...When you have a father and mother who work all their lives so you can have an education and build your body- it’s a blessing. When you have a wife who has been a tower of strength and shown more courage than you dreamed existed- that’s the finest I know.

“So I close in saying that I may have had a tough break, but I have an awful lot to live for.”

How do you look at life affects your ability to be grateful? The ultimate evidence of gratefulness is your ability to find reasons for gratitude, even during difficult times. When you face a difficult situation, ask yourself what benefits you still enjoy.

The INS and outs of Insulation

People may not see insulation, but they sure can feel it. With everyone wanting to be more energy efficient these days, customers are demanding quality insulated homes.

Heating and cooling cost take more than 50 percent of the energy consumed in a single family home. Having the recommended levels of insulation will save energy, cut down on utility cost and greatly improves comfort level.

Do you ever find yourself standing at the hardware store looking at fluffy bags of pink, blue, white and beige boards asking yourself which one is right for you?

Insulation does not come in “one size fits all”. The right amount depends on many things, climate, type and efficiency of heating and cooling systems, where are you planning to add it and how much cavity space do you need to fill.

The U.S Department of Energy has developed ZIP-CODE (www.ornl.gov/-roofs/zip/ziphome.html) and it calculates recommendations for insulation in your area. It includes local weather and cost information and allows you to add building data to improve calculation accuracy. Remember, if insulation is installed poorly, there will be poor results.

****Batt & Blanket Insulation****

You are probably most familiar with this type of insulation. It is easy to work with and it is cheap. Only problem is that it does not air seal as well as the others and it must be carefully installed in order to work effectively.

****Loose-fill Insulation****

Loose fibers of rock wool, fiberglass or cellulose can be blown into small cavities using special equipment. This does cost more than batts, but it can reduce air leakage in wall cavities and can reduce sound. It is suited for hard to reach areas and areas that are block off.

****Rigid Board Insulation****

This is made from fiberglass, polystyrene and polyurethane and is used for reroofing on flat roofs, on basement walls, concrete slabs and in cathedral ceilings. For fire safety purposes, this application must be covered with ½ inch drywall or other building code approved materials.

****Spray Foam****

This type of insulation is a two-part liquid that contains a polymer and foaming agent. It is sprayed into wall, ceiling and floor cavities. It expands into a solid plastic covering every nook and cranny. It should only be applied by a professional and this does cost more than a traditional batting. Spray foam is both an insulation and an air-barrier, it eliminates any additional steps such as caulking, apply house wrap and taping joints/

SO REMEMBER: picking the right insulation will not only provide you more comfort, but also money in your pocket.

Thanksgiving Divorce

A man in Phoenix calls his son in New York the day before Thanksgiving and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough.

"Pop, what are you talking about?" the son screams. "We can't stand the sight of each other any longer," the father says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her."

Frantic, the son calls his sister, who explodes on the phone. "Like heck they're getting divorced," she shouts, "I'll take care of this,"

She calls Phoenix immediately, and screams at her father, "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife. "Okay," he says, "they're coming for Thanksgiving and paying their own way."