



Holencik

EXTERIORS

Spring 2016

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Dear Jolynn,

Spring is here! With such a mild winter, it may seem like spring has been here since November (with the exception of that ridiculous snow storm!), but here we are, it is really spring - it seems like the years are just flying by.

In this issue, you will find information on insulating (or re-insulating) your home, some easy indoor gardening (that even I, and my complete lack of a green thumb, can do) that can save you money, and an article about why taking a hike is the perfect way to soak up some fresh air and sunshine this season.

As always, please feel free to forward this newsletter to anyone you think might enjoy it, and to email me at Rachel@Holencik.com with any ideas or questions to be addressed in future editions. **Any other inquiries should be directed to Office@holencik.com.** Thank you!

Sincerely,
Rachel Holencik

Check us out!

[Visit our website to learn more.](#)

Holencik Exteriors has your house covered. Whether the job is residential or commercial, large or small, we do more than just roofing! Outside of re-roofing and repairs (including shingle, slate and flat roofs), we install soffit, fascia, gutters, gutter protections systems, insulation, siding, windows, skylights, sun tunnels, and more!

To learn more about the work we do and the materials we use, visit our website by clicking [here](#), or call the office at 610.262.0919.

If you don't need work done right now, but you know someone who does, we also offer referral rewards! Tell your friends about us, and when we ask them, "how did you hear about us," make sure they share your name. You will earn gift card rewards for stores and restaurants from \$15 - \$100 dollars for each job we get because of you!

Insulation

Didn't my house come with that stuff?



Let's start with the basics - what is insulation? Insulation is a barrier; it keeps your home warmer in winter and cooler in the summer. There are many types of insulation but the main goal in using any of them is to reduce cost of heating and cooling bills, which in turn, reduces greenhouse gas emissions; so proper insulation is good for your wallet and the environment. It is commonly installed in batts or rolls, or loose, blown-in fill, typically made of fiberglass (plastic fibers, reinforced with glass fibers) or cellulose (organic plant material). Polyurethane spray foam insulation has also been gaining popularity.

How do you know if you need more insulation? In an ideal situation, assuming your home was built with enough insulation, that was properly installed, and there have never been any leaks that allowed water, rodents, or bugs into your insulation, it should last the life of your home. But here is the problem, almost no home would meet all of those criteria. And even if your house was built to today's codes - that still isn't as good as the recommended amount of insulation to really make your house energy efficient. Insulation is measured by R-value. R-value is the measure of insulation's ability to prevent heat from passing through it. Code in our area requires an R-value of 38, and EnergyStar recommend R-60. The EnergyStar website states that most homes in the

US would benefit from added insulation, citing that if you added up the air leaks between holes and gaps in the average home, it would be the equivalent of leaving a window open all year. So essentially any home would benefit from added insulation.

If you would like to save money by adding insulation to your home - call us at 610.262.0919 or visit our website holencik.com to find out what we can do to help. To learn more about insulation, the types and materials, or how it can save you money, visit the EnergyStar website by clicking [here](#).

Regrow Your Kitchen Scrap

Any good gardener knows, that produce needs nutrients.

An easy way to save a little cash.

Have you seen this advice making its way around the internet lately? You can regrow some of your fruits, vegetables, and herbs from the stuff you usually cut off and throw away! And the best part - it doesn't require a greenhouse, and most of it doesn't even require a garden!

If you are into organic fruits and veggies, this could end up being a big money saver. As long as you start with organic produce, all of what you grow will also be organic. If you aren't into organic it is no problem, the process works with non-organic as well, and is completely a matter of preference.

Let's start with the stuff that doesn't need soil (without going to soil, these plants will regrow 2-3 times, giving you a little more bang for your buck).

1. Romaine Lettuce: Rather than throwing away the heart of your lettuce, cut it off and place it in a container with a half inch of water. Keep it in a sunny spot, and change the water every two days. You should notice new leaves growing in just a few days! Use the new leaves, but keep the heart growing.

2. Green Onion: After using the good part - keep your trimmed roots and place them in a glass with enough water to cover them. Change the water every few days - and you will have a whole new batch of green onions in about one week!

3. Lemongrass: if you buy the kind with the roots still attached, and you place them in a glass with enough water to just cover those roots, new leaves will continue to grow, allowing you to take them as you need them.

While some plants can live and grow for a while in just water, their flavor will fade and they will eventually die. If you transplant the previously discussed plants into little pots of soil, even if you just keep them in your kitchen, they will live and produce longer. The general rule of thumb is that when they begin to sprout, they are developed enough to move to a pot.

If you are willing to transfer your regrown kitchen scrap to pots or a garden, there are numerous produce items that you would almost never need to buy again (if you are devoted to the process). Here are a few:

1. Celery: cut across the base, leaving it together (many people do this anyway when they clean celery), put the base in a shallow bowl with a little bit of water. When you see roots and tiny leaves growing in the center (about 5 days later), you can move it to a planter and it will regrow! You can reuse the same base over and over. If you just use a few shoots at a time, you can keep the base planted and watch new growth continuously form.

2. Basil: Place the stem in a glass of water, making sure that there are no leaves below the water line. When roots begin to grow, move it into some soil.

3. Garlic: If you buy more garlic than you actually need, don't throw away those extra cloves! Separate and plant them. Each clove can grow a whole new bulb. If you use just one of those bulbs to separate and replant, you could end up with more garlic than you know what to do with!



Take a Hike!

No, really. It's good for you.

Taking a walk is good for you, we all know that. There are many health benefits associated with exercise, and walking is an easy way to take advantage of them. In fact, even a brisk 30 minute walk can get you all of these benefits: a stronger heart, lower risk of type 2 diabetes, weight loss, toned muscles, a vitamin D boost (if you walk outside), and there are even studies that link a decreased rate of dementia and depression in those who walk regularly.

So What could be better than all that? Walking in the forest.



Walking in the forest, or "forest-bathing" as it has come to be called, was developed in Japan in the 1980s (although people throughout history have known that being surrounded by nature has a calming effect - it was officially recognized by the Japanese government in 1982 as a means to improve one's life). Today, there is scientific data showing the positive emotional and physical benefits of walking (or sitting for that matter) in the woods. Just 5 minutes in a forest has proven to provide positive effects on our bodies.

Science has shown that being in a forest boosts our immune systems. The theory is that breathing in phytoncides (a chemical produced by plants that has antibacterial and antifungal qualities) boost our NK (natural killer cell) count and helps our bodies to fight off illness and disease. One study showed that forest-bathing for 3 days (2 nights) increased NK counts for 30 days!

Other studies have showed that just sitting and looking at trees lowers blood-pressure and reduces stress. There have even been studies that showed that patients recovering in a hospital with a view of nature from their windows, have shorter post-operation stays and take fewer pain-killers!

Reap the benefits of exercise by taking a few short walks every week, and double down on the perks by trying to take that walk in the woods. If you don't live near a forest, other studies have shown similar effects can be achieved by walking through a tree-filled park.

*"Spring is a time to
find out where you
are, who you are, and
move toward where
you are going."*

~Penelope Trunk



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