

# Holencik

## EXTERIORS

Summer 2016

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Greetings!

It seems like there have been too many days this summer when it was too hot for me to even leave the air conditioning, unless I'm heading out to the pool. The whole thing leaves me feeling a little bad for my husband, (Adam) since he and the rest of our crew members are busy working out in the heat. He assures me though, that he would never trade working outside for working at a desk, no matter the weather. But he still comes home looking for a way to cool down. I think that trying out the popsicle recipes in this newsletter might be just the way to do that - and I think our kids will like them too. Check them out (even if you're on a diet!) - because they are HEALTHY do-it-yourself ice pops.

Other things you'll find in this issue are tips for deciding whether or not it is time to replace your windows, and some camping tricks to make a summer outing a little easier and more enjoyable.

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

Sincerely,  
Rachel Holencik

**Check us out!**  
**We're Hiring.**

**Know someone looking for a job? Maybe one with good pay, benefits, holidays and even their birthday off? How about an IRA with matched contributions? If you do - direct them our way! We are hiring! For details and to apply, visit our website by clicking [here](#).**

## Windows

How do I know when to replace them?



**If you feel a draft** when you are near your windows or you can see fogging between the glass - it is probably time to replace them. These issues show that your windows are not performing the way that they should, and you are losing money in heating and cooling costs because the energy used to heat and cool your home is pouring out through your windows.

**If you have trouble opening and closing** your windows, or even worse, the windows are painted or nailed shut, you should consider replacing them for safety reasons - it may even be a code violation to have windows that do not easily open for a means of escape.

**If you notice any water stains** around your windows, or chipping/cracking on or around the windows, it is sometimes possible to repair the window, but likely that you would benefit from replacement.

People also consider replacing their windows for aesthetic reasons, new windows can really improve the look of a home and help with resale value. You might also consider updating your old windows (even if they seem to be in good shape) because new windows typically help to reduce energy consumption and cost and can come with "low-e (low emissivity)" glass which helps to reduce heat transfer and block ultra-violet rays, which can fade carpets, furniture and whatever else they come in contact with.

If you are interested in having your windows replaced, or just finding out if you would benefit from window replacement, we can help! Call us at 610.262.0919.



## Camping Hacks

### Camping made easy.

Camping can be really fun - or it can be a really big hassle! Try these camping tips to improve your trip by limiting the amount of stuff you need to take, and being prepared for some typical road bumps like bug bites and damp firewood.

1. Easy tick removal - soak a cotton ball in liquid soap, and hold it on a tick for about 30 seconds, when you remove the cotton ball, the tick should have backed out of the skin!
2. Wrap duct tape around your water bottle in case of emergency, you will be able to unwrap the tape to use it for various repairs, should it be necessary. It will also help to insulate your bottle (but beware that if it is left on a long time or out in the sun, the adhesive may become too strong to be removed).
3. If you like to make scrambled eggs while you camp, you can eliminate the bowl and whisk by breaking your eggs into a water bottle before you leave home. A regular plastic bottle will hold about 8 eggs and you can just shake it to scramble them up! Remember to keep this cold though.
4. Use an old baby food container or an other small plastic container to hold matches and keep them dry. Glue a small piece of sand paper to the lid to help light them quickly and easily.
5. If you remembered to pack deodorant, but forgot anti-itch cream, you can stop bug bites from itching by coating them in deodorant.

6. Place a light on top of a clear bottle full of water and the water will light up, creating a lantern that lights a larger area.

7. If you can't get your fire started, you can use some hand-sanitizer to give you a boost.

8. Mix your pancakes in an empty ketchup bottle for easy squeezing into your pan.

9. Plan fun activities that don't require you to bring along board games and crafts supplies - like a nature scavenger hunt or mad-lib style ghost stories!

10. If you have small children and keeping them clean is a hassle, use a plastic storage tub for your camp goods, because it can double as a bathtub.



## Summer Snacks, done right.

### Healthy recipes to satisfy that Popsicle craving.

On a hot summer day, there are very few things that cool you down like a sweet, frozen, ice pop! But basically they are just frozen juice concentrate, a.k.a. sugar and food coloring. If you are looking for a healthy snack that will do the trick, but won't wreck your diet (and would be a great replacement for the unsuspecting kids in your life), try one of these recipes.

Start with some Popsicle molds (usually just a few dollars at any store with a seasonal aisle), or just some small cups and Popsicle sticks.



#### Yogurt Berry Pops:

- 16 oz. plain yogurt
- 3 tbsp honey
- 1 tsp vanilla extract
- 4 oz. blueberries
- 4 oz. raspberries

Mix the yogurt, honey and vanilla extract, and fill the molds half way. Drop in some whole berries. Puree the rest of the berries with the left over yogurt mixture, and top off each pop. Place the sticks in the ice pops and freeze for 3-4 hours.

#### Kiwi Pineapple Pops

- 1 whole, cleaned pineapple, cut into chunks
- 2 tbsp honey
- 6 ripe kiwis, peeled and sliced

Blend pineapple chunks, honey and kiwi (leaving one whole slice for each ice pop). Place one sliced kiwi in each mold, then fill with fruit blend. Freeze over night.

#### Orange Creamsicle Yogurt Pops

- 2 cups plain yogurt
- 1 cup orange juice
- 1/3 cup pure maple syrup
- 1 tbsp vanilla extract

In a medium bowl, whisk together all ingredients until well blended. Fill molds, and freeze at least 4 hours.

#### Fat Free Fudgesicles

- 12 oz. can of evaporated milk
- 1/3 cup cocoa powder
- 1/3 cup non-fat milk
- 1/3 cup honey

Whisk all ingredients in a medium bowl until well blended, making sure that the cocoa powder is completely dissolved. Pour into molds, and freeze until solid.

*"Sometimes you find yourself in the middle of nowhere, and sometimes in the middle of nowhere you find yourself."*

~Unknown



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