

KAMINER INC.



AROUND THE HOUSE

FEBRUARY 2012

NEWS FROM OUR FAMILY TO YOURS



HEATING AND COOLING

"The Comfort Specialist Company Since 1956"

A Name You Can Trust.



Inside This Issue:

- Home Improvement Ideas
- Keep Vitamins In Your Regimen
- Texting & Driving

Plus much, much more!!!



February is National Heart Disease Awareness Month

Know the risks for heart disease

The leading cause of death for both men and women in the United States is cardiovascular disease, which includes heart disease and stroke. They kill an estimated 630,000 Americans each year.

Heart disease can be prevented. American Heart Month is a good time to decide what you can do to achieve a heart-healthy life.

The most common type of heart problem is coronary artery disease (CAD), which can lead to a heart attack. You can reduce your risk through lifestyle changes and, in some cases, medication, such as a statin.

The American Heart Association's **Go Red For Women** campaign urges citizens to spread the message that heart disease is not only a man's problem. More women die of cardiovascular disease than from the next four causes of death combined, including all forms of cancer. Women once believed breast cancer was their greatest health risk; new data show that while one in 30 women die of breast cancer, one in three women die of heart disease.

Eighty percent of all cardiac events can be prevented if people made the right choices for their hearts. The advice for both men and women is the same:

- Watch your weight
- Quit smoking
- Control cholesterol
- Control blood pressure
- Drink alcohol in moderation
- Get active and eat healthy
- Manage stress

Don't wait more than five minutes before calling 911 for help if you experience any of these signs.

This month, we can rededicate ourselves to reducing the burden of heart disease by taking steps to improve our own heart health and encouraging our families to do the same.

Presidents Day Trivia

The third Monday in February is designated in the United States as Washington's Birthday, more commonly known as Presidents Day. This list looks at facts and traditions surrounding the celebration of this holiday.

1. Not Officially Presidents Day

As stated in the introduction, the federal holiday celebrated on the third Monday in February is not officially called Presidents Day. Instead, it is Washington's Birthday. There was an attempt in 1968 to officially name it Presidents Day. However, this suggestion died in committee. Many states, however, choose to call their own celebration on this day "Presidents Day."

2. Washington's Birthday Celebrated During Washington's Lifetime

Many across the newly formed United States celebrated Washington's Birthday in the 17th century while George Washington was still alive. However, it wasn't until 1885 that Chester Arthur signed the bill that made it a federal holiday.

3. Abraham Lincoln's Birthday is Not a Federal Holiday

Even though many states celebrate Abraham Lincoln's birthday concurrently with Washington's birthday, it is not a federally designated holiday.

4. Cherries, Cherries, and More Cherries

Traditionally, many celebrated and continue to celebrate Washington's Birthday with desserts made with cherries. Cherry pie, cherry cake, bread made with cherries, or just a huge bowl of cherries are often enjoyed on this day. Of course, this relates to the apocryphal story that Washington would not tell a lie when asked if he cut down a cherry tree.

5. Shopping and Sales

One thing that many people connect with Presidents Day is retail sales. In the 1980s, retailers began to use this holiday as a time to clear out their old stock in preparation for spring and summer. One wonders what George Washington would have thought about this celebration of his birthday.

6. Reading of Washington's Farewell Address

On February 22nd of almost every year since 1888, Washington's Farewell Address has been read in the US Senate. While this does not happen on Presidents Day, it is an annual celebration of Washington's Birthday that stems from 1862 when the Address was read as a way to boost morale during the Civil War. This address was and is so important because it warns of political factionalism, geographical sectionalism, and interference by foreign powers in the nation's affairs. Washington stressed the importance of national unity over sectional differences.

Article Source: http://americanhistory.about.com/od/holidays/tp/presidents_day.htm

Just For Fun



That's Easy for You to Say!

Mr. See owned a saw.
 And Mr. Soar owned a seesaw.
 Now, See's saw sawed Soar's seesaw
 Before Soar saw See, which made Soar sore.
 Had Soar seen See's saw
 Before See sawed Soar's seesaw,
 See's saw would not have sawed Soar's seesaw.
 So See's saw sawed Soar's seesaw.
 But it was sad to see Soar so sore
 just because See's saw sawed Soar's seesaw.

Don't Forget the Groundhog!
 What should you do if you find a
 groundhog sleeping in your
 bed?

Groundhog's Day – February 2



Sleep somewhere else!



KAMINER INC.

Happy Valentine's Day!

February Is:

- American Heart Month
- An Affair to Remember Month
- Black History Month
- Canned Food Month
- National Cherry Month
- National Grapefruit Month
- National Weddings Month
- National Children's Dental Health Month

Valentine's Day has mysterious, romantic origins

On February 14, lovers, friends and family members exchange Valentine cards or gifts as tokens of caring and love. Valentine's Day is one of the most romantic days of the year.

Its history, however, is shrouded in mystery. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made the best soldiers, he outlawed marriage for young men. Valentine defied Claudius and performed marriages for young lovers in secret. When it was discovered, Claudius ordered that he be put to death.

According to another legend, Valentine sent the first valentine greeting himself. While in prison, he fell in love with a young girl who often visited him. Before his death, he wrote her a letter, which he signed "From your Valentine."

Others claim that the Christian church celebrated Valentine's feast day in February to compete with celebrations of the pagan Lupercalia festival, which began on February 15. It was a fertility festival dedicated to Faunus, the Roman god of agriculture.

In Great Britain, Valentine was one of the most popular saints. Valentine's Day began to be celebrated in the seventeenth century. By the 18th century, it was common for friends and lovers to exchange tokens of affection or handwritten notes. Some years later, printed cards began to replace written letters. They were an easy way to express emotions in a time when direct expression of one's feelings was discouraged.

In the 1840s, Esther A. Howland began to sell the first mass-produced valentines in America. According to the Greeting Card Association, an estimated 1 billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. About 2.6 billion cards are sent for Christmas.

Random Acts of Kindness Week: February 13-19

This celebration is held to increase awareness of kindness and its benefits to both the giver and receiver.

Anonymous acts make the giver feel good, maybe for the rest of the day or evening. The odd thing about it is that you can't plan to do any particular type of kindness, all you can do is recognize an opportunity to kindly help someone.



WE WELCOME THIS MONTH'S NEW CLIENTS TO THE "KAMINER" FAMILY

Here are some of our new clients that became members of the "Kaminer Family" this past month. I'd like to welcome you and wish you all the best!

***The Well's/ Columbia, SC 29204
The Comb's/ Lexington, SC 29073
The Cambell's/ Lexington, SC 29072
The Mullen's/ Columbia, SC 29206***

We are giving recognition to our new clients and our superb friends who are kind enough to refer their neighbors and relatives to us.

Test Taking Techniques That Give You An Advantage

When it comes to taking important entrance exams for college or graduate school, students know that their futures depend on doing well.

The techniques that will help them make the most of their knowledge can be used later in life to prepare for a meeting with a committee, with customers, with the boss, or when taking tests for career advancement. Their advice:

- * Eat right. You know that eating a breakfast of high-carb, slow-digesting foods like oatmeal are best for the day of a meeting or test. But what you eat a week in advance matters too. Researchers at the University of Oxford say a high-fat, low-carb diet heavy on meat, eggs and cheese can make performance decline.
- * Test yourself repeatedly before an exam or a meeting where you will have to show your knowledge. It teaches the brain to quickly retrieve and apply knowledge from your memory.
- * Consider the facts and expertise you will need and how you will express them. Prepare in a quiet room without the distractions of music, text messages, TV and email.
- * Sleep. Advisors at the sleep lab at the University of North Texas in Denton, recommend reviewing technical material just before going to sleep at night. It makes the information easier to recall.
- * Don't wake yourself up earlier than usual. The last couple of hours of sleep are important and aid memory.
- * Don't study or work all night. Psychologists at St. Lawrence University in Canton, N.Y., say it impairs memory and reasoning not for as long as four days afterward.
- * Boost your confidence. Envision yourself discussing matters and answering questions calmly and confidently.
- * Pace yourself and your replies to questions. Don't rush. Practice waiting a few seconds before answering and speaking more slowly.

Celebrate Valentine's Day With a Special Dinner: Pepper-Honey Cedar Plank Salmon

Ingredients

- 2 (12 inch) untreated cedar planks
- 1/4 cup pineapple juice
- 1/3 cup soy sauce
- 2 tablespoons white vinegar
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 3/4 cup honey
- 1/4 cup packed brown sugar
- 1 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
-
- 6 (6 ounce) skinless, boneless salmon fillets
- 1 pinch salt and pepper to taste

Directions

1. Soak the cedar planks in warm water for 1 to 2 hours. Add a splash of bourbon to the water if desired.
2. Bring the pineapple juice, soy sauce, vinegar, lemon juice, olive oil, and honey to a simmer in a saucepan over medium-high heat. Reduce the heat to medium-low, and stir in the sugar, 1 teaspoon black pepper, cayenne pepper, paprika, and garlic powder. Simmer, stirring occasionally, until the sauce has reduced to a syrupy consistency, about 15 minutes. Set the sauce aside.
3. Preheat an outdoor grill for medium heat. Place the planks on the grate. They are ready to cook on when they start to smoke and crackle just a little.
4. Season the salmon with a light sprinkling of salt and pepper. Place the fillets onto the smoking cedar planks, close the lid of the grill, and cook for 10 minutes. Spoon a small amount of the sauce over the salmon fillets, and continue cooking until the fish turns opaque in the center, about 5 minutes more. Serve with the remaining sauce.

No need to buy organic

Nutrition scientists reporting in Health say there's no point in spending extra money to buy organic forms of these foods.

Avocados: Just washing their thick skin before cutting into them will get rid of any residual pesticide.

Eggs: They have no higher contaminant level whether or not they are labeled organic.

Spices: They are eaten in small quantities so any risk of nonorganic is minimal.

Call Today To Learn
How To Save On
Your Next Home
Project

(866) 226-9080