



Thoughts from the Crawlspace

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WINTER 2011

Important Dates

- 1/11 New Year's Day
- 1/8 Elvis Presley's Birthday
- 1/11 Amelia Earhart Day
- 1/21 Martin Luther King, Jr Day
- 2/2 Groundhog Day
- 2/7 Charles Dickens Day (1812-1870)
- 2/12 Abraham Lincoln's Birthday (1809)
- 2/14 Valentine's Day
- 2/22 George Washington's Birthday (1732)
- 3/1 Peanut butter Lover's Day, National Pig Day, Share a Smile Day
- 3/2 Dr. Seuss' Birthday (1904)
- 3/8 Mardi Gras (Fat Tuesday)
- 3/9 Ash Wednesday
- 3/13 Day Light Savings Time
- 3/18 St. Patrick's Day
- 3/18 1st Walk in Space
- 3/20 1st Day of Spring
- 3/29 Passover begins
- 3/30 Alaska purchased (1867)

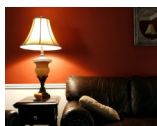
INSIDE THIS ISSUE:

- Home Décor 1
- Appliance Safety 1
- Creation Minute 2
- Healthy Eating 2
- All-Wheel Drive 3
- The Ancient New Year 3
- Stay Active 3

Thought for the season:

When leaving your house vacant for an overnight trip or vacation, turn the water off at the main valve to avoid unnecessary headaches when you return.

Home Décor Decorating Tips for 2010-2011



The year 2010 was an interesting year when it came to home-decor and home improvement. This year is all about the small touches or the small things that you add to your home to improve its appearance. It is not about making big changes, such as replacing your entire living room furniture. Here indeed, the saying small is big, is true.

So here are a few tips from 2010 that can be used in 2011 as well.

Tip #1: Go to yard sales and

thrift stores to find flashy and small items that can be used to decorate your home. There is a modern trend now-a-days with many little things that can be scattered around the home to look the part. Vintage items are in, and the shabby-chic style is all the rage.

Tip #2: Luxury without spending too much money is popular these days. This means that you can easily invest in small items that add that luxurious touch to the home furniture and accessories. For example, now is the time to buy that

eccentric shower head that you've always dreamed about. Also, having glass tiles on the bathroom walls are one of the main elements of this year.

Tip #3: If comfort is your area, you are in luck as 2010 and the next, highlight neutral colors that are softer and easier on the eyes. These are very popular. Pastels with a flash of color in them, including oranges and purples are already in most modern homes of today.

So when you want to decorate your home, or remodel it, don't go big. Make small changes that have great appeal. Change the knobs and decorations on your kitchen cabinets. Re-face your cabinets with livelier colors, but don't change the entire cabinet set-up.

Appliance Safety



It wasn't too long ago that a family moved into their new "dream" home near Sacramento, CA outfitted with the latest state of the art appliances. Moving trucks had completed the move, the family was snuggled in, and 3 days later, the kitchen went up in flames. The fire was traced to an over the range microwave. Unknown to the homeowners, the microwave had been recalled for faulty insulation on one of the wires. Unfortunately, this type of story is happening in multiple places around the country.

While homes don't always go up in flames as a result of

such problems, they can create other safety hazards that endanger humans and property alike. National records indicate 20% of homes have at least 1 appliance that has been subject to recall.

Fortunately, there is a relatively new way to check if any of your appliances have been recalled. Recall Chek has a national list of appliance model numbers going back almost 40 years with literally millions of appliances in its database. For a relatively small fee they will check for any recalls on the following appliances: water heaters, furnaces, air conditioners, ranges, cook tops, microwaves, dishwashers, and re-



frigerators. To get this service, however, you need to be a Recall Chek dealer.

With this service, the dealer will send you a detailed report of any potential safety hazards associated with your appliances as well as recalls of any units. If you are unfortunate enough to have one of (continue on page 4)



Photo by Ed Bowlby. For more information and to see other photos: <http://www.jji.org/volumes/volume2/issue1/features/photos.html>.

Creation Minute

Have you ever wondered why those soft, furry creatures called sea otters always look like they are on vacation and having a ball in the water? Actually, all that swimming around, in and underwater, as well as floating on their backs, is just the beginning to a more intricate purpose for the otter. These mammals are caretakers of a vast ecosystem which includes giant seaweed "bushes" or "trees" known as kelp.

Kelp is an amazing plant. It can grow to a foot or more in one day and reach 100 feet. These fragile plants need intimate management and care...care that sea otters play a vital role in stabilizing. That is why sea otters are known as



"keystone species."

You may be wondering why or even how sea otters have acquired this distinguishing

title, "keystone species". Well, it is really a matter of simple food chain dynamics. According to the article by Joe Francis in the *Answers Magazine*, sea otters are not the only animals who live, move, and breathe among the kelp forests below the water's surface. Many creatures, like the prickly sea urchins, have been known to wipe out whole kelp underwater jungles in a matter of only a few short months. This is where the role of the sea otter as predator is so important. Sea otters limit the amount of destruction administered by such injurious creatures, such as the crabs, abalones, and purple sea urchins.

So why is the job of the sea otter such a big deal? Well, these kelp-gluttons live near the sea floor in difficult to reach places; however, it is not too difficult for a sea otter. This amazing creature uses its incredible diving skills, unique paws, and divinely designed, sensitive whiskers to detect and extract its prey. They are fast and nimble and have an insatiable appetite. Their most unique feature is their amazing eyes which contain reflective crystals at the back, allowing them to gather more light when the water is murky. Being equipped with a form of "night-vision goggles" so-to-speak, is truly a master stroke for the survival of this species in this environment.

To learn more: Visit The Creation Museum for more information about Creation Science. www.creationmuseum.org/

Healthy Eating

We all have deadlines to meet and many of us end up frequently dining out due to convenience. Many of us have pulled late nights and early mornings as well trying to juggle work responsibilities and family responsibilities in the home. With all the craziness of life, we sometimes forget how simple it is to take control of one's health.

In an article written by Katrina Bertol, she lists the following tips from www.NaturallySavvy.com that will outline some simple ways to enhance your everyday health, boost your metabolism, maintain a healthy weight, increase brain function and start feeling powerful from the inside out:

1. Start Your Day Off Right By Eating Breakfast.

Eating breakfast is important for sustaining energy and maintaining blood sugar levels. Choose



a healthy breakfast high in complex carbohydrates (oatmeal, cereals, fruits, vegetables), high in fiber (whole grains cereals, breads and ground flax), rich in protein (nuts, seeds, soy milk, organic milk, yogurt, eggs, protein powders) and provides good fats (nuts, seeds, healthy oils like extra virgin olive, flax and coconut).

2. Don't Rely on Coffee.

Excess coffee overloads your liver, dehydrates you (coffee is a diuretic) and increases the risk of blood sugar irregularities.

3. Stay Hydrated.

This step is as easy as carrying a stainless steel or glass water bottle with you. Count how many times you fill it up. At least 8 glasses of water a day will keep your energy levels high, your hunger down.



4. Decrease Packaged/ Refined Goods.

Most packaged goods are loaded with sugar, excess sodium, stabilizers, preservatives and artificial colors and flavors.

If you can't pronounce even 1 ingredient, skip it! Another good rule of thumb: The fewer the ingredients the better.

5. Eat Local, Whole Foods.

How did our ancestors eat 100 years ago? Fresh meats, fish, beans, grains, nuts, seeds and fruit and veggies topped the list. Whole foods are the key to good health.

6. Dine Out the Smart Way.

When trying to choose a meal to eat out, look for words like steamed, baked, poached, roasted, broiled or grilled. Do your best to avoid foods with the words fried, au gratin, crispy, escalloped, pan-fried, sautéed or stuffed.

7. Supplement.

No matter how good your diet may be, no one has a perfect nutritional profile. With environmental toxins so prevalent and poor soil quality, we are not getting appropriate nutrients in our diet. A good quality multivitamin/mineral is a must-have, along with probiotics, a B-complex vitamin (for stress, metabolism and healthy immune) and a good quality EFA (essential fatty acid/omega 3) supplement.

It's not hard to make decisions when you know what your values are.

~Roy Disney

All-Wheel-Drive Minivans

...Available in 2011

Here is an excerpt from an article written by John Bruzek from Cars.com.

Q. What all-wheel-drive minivans are available for 2011?

A. Your one and only choice is the 2011 Toyota Sienna. As the number of minivans on the market has dwindled, so has the availability of all-wheel drive. Chrysler had offered all-wheel drive on the Town & Country and Dodge Grand Caravan, but it stopped after 2004 because of low demand.

General Motors offered all-wheel drive on minivans such as the Chevrolet Uplander and Saturn Relay, but now GM is out of the minivan market entirely (as is Ford).

Most consumers who want a people mover and all-wheel drive will opt for an SUV or crossover (partly because there are few alternatives), so the all-wheel-drive minivan has become a novelty.

If the lack of all-wheel drive isn't a deal-killer, you should also consider the Town & Country, Grand Caravan, Honda Odyssey and Kia Sedona - front-drive minivans that come

with traction control, which can help get you going in slippery conditions, and stability control, which can keep you pointed in the right direction if you start to skid. A redesigned 2011 Nissan Quest will be available



in early 2011, though it won't come with all-wheel drive.

RecallChek
Authorized Dealer

Visit

www.goldkeyinspect.com

and click on the Recall Chek button to purchase your report concerning possible recalls on your appliances.



The Ancient New Year

So how did you celebrate your new year?

The celebration of the New Year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring).

The Babylonian new year celebration lasted for eleven days. Each day had its own

particular mode of celebration, but it is safe to say that modern New Year's Eve festivities pale in comparison.

The Romans continued to observe the New Year in late March, but their calendar was continually tampered with by various emperors, such that the calendar soon became out of synchronization with the sun.

In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the New Year. But tampering continued until

Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the New Year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

Traditions of the season include the making of New Year's resolutions. That tradition also dates back to the early Babylonians. The early Babylonian's most popular resolution was to return borrowed farm equipment.

Stay Active to Be Happy and Have More Energy

It's cold outside, you've barely recovered from the holidays, and a lot of people have the sniffles. You might not feel like working out, but it's just what you should do now, according to new federal research.

They say one week without exercise increases fatigue by up to 20

percent. After two weeks, their study subjects started to show signs of depression.

If you can't make yourself go to the gym, do a lower-intensity routine in your living room. After a few sessions, you'll feel more like working out.

Choices are the hinges of destiny.

~Attributed to both Edwin Markham and Pythagoras



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Gold Key Home Inspections, Inc. is an inspection company committed to serving clients with exceptional customer service and quality. We are a one-stop shop for inspections. The services offered are:

- ⇒ Whole house inspection
- ⇒ Termite inspection
- ⇒ Radon analysis
- ⇒ Recall Chek on appliances
- ⇒ Well system check
- ⇒ Septic system location inspection
- ⇒ Sprinkler system check
- ⇒ Commercial inspections
- ⇒ Visual Mold Inspections
- ⇒ Winterizations/de-winterizations

Serving Humanity one inspection at a time!



(continued from page 1) **Are your Appliances a ticking time**

these recalled units, they will personally contact you and give you directions on how to get the appliance(s) repaired for free.

This is a tremendous service that benefits the homeowner in a variety of ways. First, it finds any potential hazards with appliances in your home that you may not know about. Second, for no additional fee, it directs you on how to get it repaired for free (in most cases). Third, it gives you the peace of mind that your appliances are recorded in a database that will alert you if future recalls occur.

At Gold Key Home Inspections, we take pride in our cutting edge services, and this is no different. With a home inspection, your client will automatically receive a FREE Recall Chek on all the home's major appliances. The chances of your client having an

actual recalled appliance is around 20% and this service will find it if it exists.

If you are not buying a home and want this service, you can order it either by calling us, going to our website and clicking on the Recall Chek button, or going to Recallchek.com. For \$29.95, you can enter the pertinent numbers on your own appliances and find out if there are any potential problems.



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90-Day Home
Warranty
with every whole
house inspection.*

*Using the power of
decision gives you
the capacity to get
past any excuse to
change any and
every part of your life
in an instant.*

~Anthony Robbins