



Norway Builders

Full Service Construction Company

4532 Middaugh Avenue
Downer, Illinois 60515
630-769-1280 Office

25 Years and Building
Whole House Remodeling & Construction

Discover why our customers keep coming back for more



February 2009 Newsletter

Tips for Home Maintenance (Handyman Division)

Frozen pipes - We have had several calls with sump pumps being frozen on the outside causing sump pumps to run continuously including the battery backup. Make sure those sump pumps are running properly.

Battery Backups - Remember to check your battery backups to make they are sure working properly and that they have water in the battery along with checking main pumps for their operation.

Frozen outside hose faucets - if you left your hose connected over the winter, it could have freeze the frost connection causing it to crack or break. Make sure you have someone watching from the inside to make sure you will not have a flooding problem inside your home when turning the outside hose on.

Any questions or concerns Call Bob - 630-769-1280



SPRINGTIME

Bathrooms need to be recaulked, grouted and sealed at least once a year.

Smoke alarms and carbon Monoxide detectors need to have the batteries changed.

Furnace filters need to be changed or cleaned.

April Aire needs to be on to prevent hardwood floors from shrinking along with all wood products - cabinets and doors.

EDO to ensure working properly the eyes and rails need to be cleaned and rails should be greased.



Allow yourself a little self indulgence

Kitchens and Baths - the two rooms that consistently make biggest impressions on buyers without a doubt are kitchens and bathrooms. Even for the homeowners are spending more time at home enjoy these spaces. Kitchens have become a living space rather than just a cooking and eating space. Basements can be another value improvement for people staying home-this a place for the kids to be while giving you your own space knowing where they are.

4 Rehabs must dos - 1st Universal bath designs with doorless showers, decorative grab bars that match all fixtures. 2nd A shower with multiple shower heads with a vent that vents to outside (cuts down on mold build up.) 3rd Kitchen islands that have character with lots of storage and 4th stainless steel appliances.



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There are GOOD signs out there!

Thanks to the feds actions, 30 year fixed mortgage dropped below 5% and stand at their lowest levels in 50 years. If rates stay below 5% or drop even lower, home sales could raise 10-15% this year bringing price stabilization to many parts of the country according to Realtor Magazine February Issue.

Material costs – many costs have actually **DECREASED** or remain the same. Only costs that increased significantly are asphalt and roofing.

Housing Market is **IMPROVING** slowly according to the Realtor Magazine. There are less new home starts causing the supply to decrease.



Make sure your **kitchens are light and bright** – even in a bad market it will make you home more enticing according to Realtor Magazine. Selling or buying call **Norway** for all your home improvement needs!



Power Foods

1) Almonds and Other Nuts – Eat them with skins intact.

Superpowers: Building muscle, fighting food cravings

Secret weapons: Protein, monounsaturated fats, vitamin E, folate (in peanuts), fiber, magnesium, phosphorus

Fight against: Obesity, heart disease, muscle loss, cancer

Sidekicks: Pumpkin seeds, sunflower seeds, avocados

Impostors: Salted or smoked nuts. High sodium spikes blood pressure.

Website: menshealth.com

Quotes

If you believe you can or can't you are right!
Henry Ford

Check out the web page at NorwayBuilt.Com



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