

MBC

Building & Remodeling, LLC
PA - 1024

VOLUME 4 | ISSUE 7

WHAT'S COOKING IN
KITCHEN DESIGN?

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MBC Building & Remodeling, LLC

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FOR OUR FRIENDS & NEIGHBORS

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The kitchen remains one of the most popular places in the home. Even with slowing home sales in many U.S. markets, kitchen remodeling projects continue to provide positive returns at the time of a home sale. So, instead of major renovations and overhauls, this subdued market has kicked off beautification and smart kitchen re-dos to improve the home.

A successful redesign depends on making choices that enhance the kitchen and its role in

What's Cooking in Kitchen Design

today's families. The kitchen is not just a place to eat but a place to entertain, to show off culinary skills and to gather with your family and friends.

Remember, not every kitchen remodeling project has to be a total

'tear it all down' operation to be an effective one. Here is a sampling of some hot trends that are simple, yet effective ways to improve the design and look of your kitchen:

- Consider adding crown molding, corbels and appliques.
- New hardware can immediately revitalize old cabinets.

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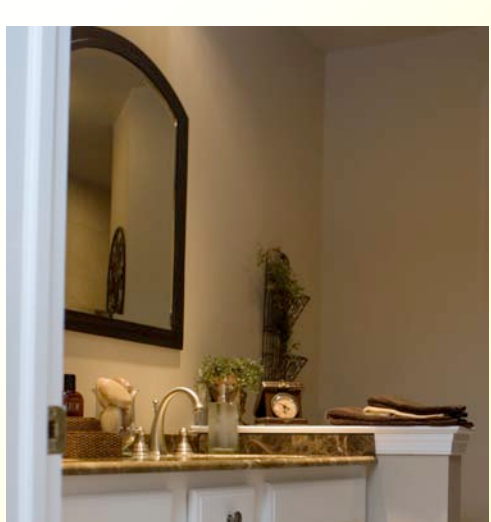
email the expert

Question: Is there anything I should do to "Summerize" my home?

- John Young

Answer: That's an excellent question, John. Of course it's important to have your home's cooling system checked. It's also an ideal time to look at energy efficient projects such as replacement windows, roofing, etc. Prepare your home for Summer by adding shade trees in your yard. It's a good idea to include planting a shade tree next to your air conditioner's outside unit; the extra shade should help it run more efficiently. Additional vegetation around any paved areas (driveways, walkways, sidewalks, etc.) will also reduce the reflected heat and sunlight. Finally, you can help your home run efficiently by having additional ceiling fans and dimmer switches installed.

You can email the Expert by sending your questions to Mike@MBCremodeling.com. Please be sure to include your name and phone number in case additional information is required to answer your question.



THANK YOU FRIENDS FOR YOUR
REFERRALS & REPEAT BUSINESS

We cannot thank enough everyone who has referred MBC Building & Remodeling, LLC to their friends or family this past month. Your kind actions are really what make us a success. While we don't have enough room to mention everyone, here are a few:

Curtis & Donna Edwards

JUST FOR LAUGHS :) –

Q: What do frogs order when they go to a restaurant?

A: French Flies.

famous quote

"I think men who have a pierced ear are better prepared for marriage. They've experienced pain and bought jewelry."

Rita Rudner

Why is Sushi So Great?

Sushi is more than a tasty, low-calorie meal. Research shows eating it can do the following:

Improve your immunity. Nori (the seaweed in rolls) provides a good dose of Vitamin C.

Shrink your waist. Eat brown rice; it has nearly triple the fiber of white, so you'll stay full longer.

Treat your heart. Wild salmon is rich in heart-protecting omega-3 fatty acids. It's also low in mercury. (For more fish facts and to view a list of good fish to eat, visit oceansalive.org)

Curb cancer. Ginger may help prompt ovarian cancer cells to self-destruct.

Aid your smile. The same chemicals that add zip to wasabi (isothiocyanates) can also kill germs that cause tooth decay. So, go ahead and pick up a pair of chopsticks!

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- Add trash can pullouts and plate and utensil organizers to

improve

- organization and convenience.
- Replace older countertops with more popular ones like Corian or granite.
- Add new cabinet fronts to bring a refreshing look to an older kitchen.
- Consider mixing cabinet colors. This is a growing trend in today's kitchens.

The first portable MP3 player was released 10 years ago and held up to 8 songs. Which company was behind this music playing marvel?

- A. Rio
- B. Saehan
- C. Apple
- D. Sanyo

The first correct answer faxed to (fax number) or emailed to (email) will be this month's winner of 2 Movie Passes at (local theatre)!

LAST ISSUE'S TRIVIA WINNER

MBC Building & Remodeling, LLC is pleased to announce last issue's Trivia Challenge winner. Elvin Jones of Lampeter! Elvin was the first person to correctly answer this question:

Stilton is a cheese which originated in which country?

Answer: England

WE WELCOME OUR NEW FRIENDS INTO THE MBC FAMILY

We believe in treating all of our customers like family, just ask any of our longtime customers. We are excited to welcome each of our first time **MBC Building & Remodeling, LLC** customers. We appreciate the opportunity to serve you and hope to see you again very soon. Here are just a few of the new members of the family.

- Robert & Kim Rudis
- Olga Shelkova
- Julie & Bob Backes

Thank you and welcome to everyone who recently joined our MBC Building & Remodeling, LLC family... we couldn't do it without YOU!

GET \$75 FROM MBC!

Just tell your friends and family about us!!
The MBC Referral Rewards Program:

Step 1 - \$25 No Strings Attached: Refer someone to MBC Building & Remodeling, LLC. We will send you \$25 when we get an appointment with your referral, NO STRINGS ATTACHED.

Step 2 - \$50 more!: When your referral signs a contract with MBC over \$1000, we will send you another \$50 PLUS give them 5% off of their project up to \$500!

When you refer your friends, neighbors or family, you've helped our business grow. Offering you this reward is our way of showing how much we appreciate your actions.

Remember to tell your friends to mention your name whenever they use our services!



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WIN 2 TICKETS TO THE MOVIES!

Be the first to answer our Trivia Question
and you win 2 movie tickets to
Manor Cinemas in Lancaster!!

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Sudoku Puzzler

The Rules of Sudoku (s_doku²)

The classic Sudoku game involves a grid of 81 squares. The grid is divided into nine blocks, each containing nine squares.

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission.

Every puzzle has just one correct solution.

		2			8			
		8			3		5	
		3	7		1	9		
3				5	1			
	5	9		6		8	2	
			4	8				3
	4	2			3	7		
7		1			8			
	8				4			

For the solution to this issue's Sudoku
Puzzler, email us at
Mike@MBCremodelina.com



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**Green
Tip**

Squirrel Proof Your Plants and Bird Feeder: To keep squirrels from eating your plants and eating your bird seed, use cayenne pepper. Sprinkle the pepper on your plants and in the bird seed. It doesn't hurt the plants or affect the birds and the squirrels won't come near.