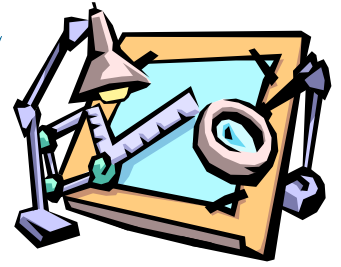


CHB SPOTLIGHT



COLORADO HOME BUILDERS —
YOUR LOCAL CUSTOM HOME BUILDER SINCE 1993

CARBON MONOXIDE

Protect yourself from the hazards of carbon monoxide (CO)

Carbon Monoxide (CO) is a clear, odorless gas that is poisonous to humans and pets.

Defective furnaces, fireplace flues, and oil heaters have long been the primary cause of accidental CO poisoning.

There are no perceptible symptoms if an individual's CO levels are less than 10 percent. Most people are unaware that they are being exposed.

Here is what to look for:

At 10 percent levels, symptoms may mimic the flu or a cold. These may include:

Headache, Fatigue, Mild confusion, Irregular breathing and heartbeat, Nausea, Coughing

Take note especially if everyone in the home is experiencing at least some of the symptoms, and pay particular attention if pets exhibit symptoms since animals cannot get the flu.

At levels greater than 20 percent, a person can lose consciousness, go into a coma, or die.

If CO poisoning is suspected:

- ◆ Evacuate.
- ◆ Get everyone into the fresh air immediately.
- ◆ Call 9-1-1 from another location.
- ◆ Report it to the fire department, even if everyone is feeling better.

Common sources of carbon monoxide poisoning include:

- ◆ Furnaces
- ◆ Gas appliances including, stoves, clothes dryers and water heaters
- ◆ Automobiles. In many states it is required by code to prevent CO from the exhaust from entering living spaces. This is done by lowering the garage floor below the main floor of the house and placing vent holes at the bottom of the exterior garage walls.

How to Prevent Carbon Monoxide Poisoning

Have your furnace and gas appliances inspected and maintained by a qualified contractor once a year. This should be done before the start of the heating months.

In addition to professional annual checkups, periodically check your furnace. Look for these things:

- ◆ Flames should be mostly blue and steady.
- ◆ Look for discoloration or soot buildup around the burner access door and vents. This could signal a problem.
- ◆ Check the venting system. Soft, rusted or broken vent piping can release combustion products indoors.
- ◆ Examine the furnace or boiler. See that it's free of dust, rust or any other signs of corrosion.
- ◆ Check air filters regularly. Clean or replace them as needed.
- ◆ Make sure furnace panels and grills are in place and the fan compartment door is closed when the furnace is on. Leaving these doors open could cause CO to build up in living areas.
- ◆ Do not store items in front of furnace/gas appliances or obstruct combustion air grilles

Install Carbon Monoxide alarms

It is a good idea to install a CO alarm on each level of your home, and in or near each sleeping area.

Try to keep the detectors at least 20 feet from any fuel burning appliances and at least 10 feet from high humidity locations like bathrooms and kitchens. If an alarm sounds, call a professional to check your gas burning appliances.



ENERGY SAVINGS

Energy saving tips:

- ◆ Get rid of spare refrigerators or freezers. An extra appliance can add more than \$100 to your energy bills every year, and it's a safety hazard for small children.
- ◆ Keep outdoor hot tubs covered when not in use. If you have a pool, use a solar cover to use the natural warmth of the sun to heat the water.
- ◆ Keep waterbeds covered with quilts or blankets to help retain their heat. You might also want to insulate the bottom with a sheet of rigid foam insulation.
- ◆ Keep the garage door closed, especially during the winter.
- ◆ If you need a new lawn mower, consider an electric model. They're less expensive to operate (about three cents of electricity per use), 75 percent quieter, and they significantly reduce toxic emissions.
- ◆ Instead of air-polluting and expensive charcoal or propane, try an electric or natural gas grill. They're more economical and more convenient - you'll never run out of fuel.
- ◆ Unplug any electrical device that's not being used. Many appliances, especially computers, televisions and VCRs draw power even when turned off.
- ◆ Place humidifiers and dehumidifiers away from walls and bulky furniture. These appliances work best when air circulates freely around them. Be sure to clean the unit often to prevent unhealthy mold and bacteria from developing.
- ◆ If your home has no sidewall insulation, place heavy furniture like bookshelves, armoires and sofas along exterior walls, and use decorative quilts as wall hangings. This will help block cold air.
- ◆ When you take a vacation, don't forget to give your appliances a rest too. Turn off and unplug everything you can, set your water heater to the lowest setting and shut off the water supply to the dishwasher and washing machine.

How to save water in your home

Water is precious, and it can also be expensive, so follow these tips to save water all throughout your home!



Things You'll Need:

Faucet aerators ,Food coloring ,Plastic two-liter soda bottle

- ◆ Install faucet aerators on all the faucets, inside and out, in your home. They make it seem like you're getting more water from the tap, but they really add air to the water, and so, they save water.
- ◆ Fix leaky faucets and pipes ASAP, they just waste water.
- ◆ Check your toilets for leaks. Add a few drops of food coloring to the tank water. If you can see the food coloring in the toilet bowl, your flush valve in the tank is leaking. It needs to be replaced because it is wasting water.
- ◆ Fill a two-liter plastic soda bottle with water and seal it. Place it inside the tank of your toilet to save water every time you flush.
- ◆ Turn off the water while you brush your teeth or lather up in the shower.
- ◆ Don't let the hot water run while you do dishes. Stack the clean dishes in the sink, then rinse them all at once.
- ◆ Run only full loads in your dishwasher.
- ◆ Turn the water off while you're washing your face, brushing your teeth or shaving. For every minute that the faucet is off, you'll save about four gallons of water.
- ◆ Take showers of five minutes or less to conserve water. If you prefer taking baths, keep the tub less than half full.
- ◆ Try and avoid washing your own car. Go to a car wash and use the automatic washer. They use less water than you would in your driveway. Also it's their water bill not yours that is adding up.
- ◆ Water your lawn in the morning during the summer. Evaporation is at its lowest during the early morning hours (5am – 8am)

QUOTE OF THE MONTH

The secret of joy in work is contained in one word – excellence. To know how to do something well is to enjoy it
~ Pearl S. Buck ~



Did you know?



Pro Home Inspections Your qualified Home Inspector

Did you know that we do Home Inspections?

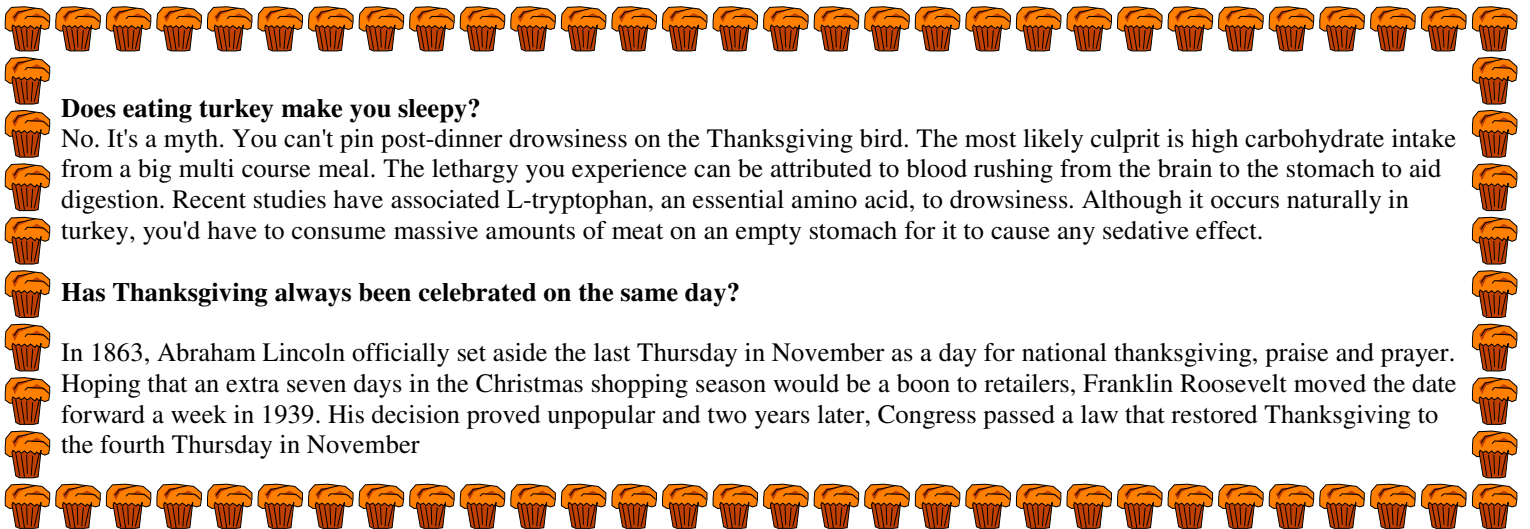
We offer full service home inspections. We specialize in inspections for:

- ◆ Purchasing homes: Making certain that Buyers understand what they are buying so that they can make an informed decision. We offer detailed inspections for both new and existing homes.
- ◆ Home Maintenance: Evaluating your home to understand regular maintenance items that should be performed on a regular basis, and to anticipate future items to minimize future repairs and additional out of cost expenses.
- ◆ Work performance for hired contractors: We will inspect their work to make sure that it complies with industry standards, safety rules, and code compliancy.
- ◆ Radon Gas Testing: One and two canister testing for both real estate transactions and for personal knowledge and family safety.

Please call us to schedule the Home Inspection that you need or to inquire on our services.

Contact us at 548-1139

THANKSGIVING TRIVIA



Does eating turkey make you sleepy?

No. It's a myth. You can't pin post-dinner drowsiness on the Thanksgiving bird. The most likely culprit is high carbohydrate intake from a big multi course meal. The lethargy you experience can be attributed to blood rushing from the brain to the stomach to aid digestion. Recent studies have associated L-tryptophan, an essential amino acid, to drowsiness. Although it occurs naturally in turkey, you'd have to consume massive amounts of meat on an empty stomach for it to cause any sedative effect.

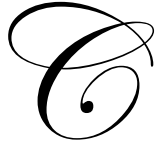
Has Thanksgiving always been celebrated on the same day?

In 1863, Abraham Lincoln officially set aside the last Thursday in November as a day for national thanksgiving, praise and prayer. Hoping that an extra seven days in the Christmas shopping season would be a boon to retailers, Franklin Roosevelt moved the date forward a week in 1939. His decision proved unpopular and two years later, Congress passed a law that restored Thanksgiving to the fourth Thursday in November

BRAIN TEASERS

1. What do you get if you add 2 to 200 four times?
2. Which animal eats with its ears?

Be sure to look for the answers to these riddles elsewhere in this issue



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Hot off the press!

Saving Time with the help of Concierge Extraordinaire!

Concierge Extraordinaire finds that, on average, people spend more than 5 hours a week just keeping their busy lives in order - just think about all the time you spend running to the grocery store for a carton of milk or fresh vegetables; going to the bank to make a deposit or get a roll of quarters for laundry; stopping by the drugstore to pick up prescriptions and beauty supplies. The list goes on and on! And, don't forget to add in time spent in traffic, searching for a parking space and waiting in line. So much of your post-work and weekend time is spent doing the important, but mundane and unpleasant tasks. Now imagine having someone else do all those time-sapping tasks for you! Your To-Do list could instead become filled with the activities that you love - catching up with a friend over a glass of wine, browsing the aisles of the local bookstore, going for a long bike ride, or spending the morning with a newspaper in one hand and a cappuccino in the other.

With Concierge Extraordinaire, the phrase,
"I don't have time" can be something of the past!

Visit our website for details on our services and fees.

www.concierge.com

Contacting us

There are three ways to contact Concierge Extraordinaire:

Phone: (719)592-0240

Email: info@concierge.com

Visit our webpage and go to the Contact us page. Fill out our Request for Information.

We'll quickly process your request and get to work.



CONCIERGE EXTRAORDINAIRE, LLC

GIVING THE GIFT OF TIME.....

Answers to brain teasers:
1. 202,202,202,202
2. All of them, since no one takes of its ears to eat

All material contained within was written and compiled by the Colorado Home Builders team.