

**HunterDouglas ENERGY SMART STYLE**  
REBATE PROMOTION

**February 1 – April 25, 2015.** Take advantage of these manufacturer rebates and free upgrades to keep your family warm and brighten your home

ENERGY  
SMART  
STYLE

**\$100 Rebate** on 4 **Duette Honeycomb Shades**  
plus \$25 rebate per additional unit

**\$100 Rebate** on 4 **Solera Soft Shades**  
plus \$25 rebate per additional unit

**\$100 Rebate** on 2 **Silhouette Window Shadings**  
plus \$50 rebate per additional unit

**\$100 Rebate** on 2 **Vignette Modern Roman Shades**  
plus \$50 rebate per additional unit

**PLUS FREE LiteRise cordless lift system on all treatments listed above!**

**Call Erin or Rick at Richards to schedule your free in-home consultation and save today!**

**Company Update**

Have you been to the PPL Center to see a Lehigh Valley Phantoms game, concert or other event yet? If you get the chance – you might see a familiar logo! Richards Window Fashions is a proud partner of the Lehigh Valley Phantoms! We have an ad on the LED display that wraps around the inside of the arena during hockey games – it plays 4 – 6 times per game! And we also have a poster up on the wall next to the Team Shop at the Air Products Gate (that's always up during all events). As many of you know, I'm a HUGE hockey fan, so we jumped at the opportunity to support our local AHL team. I also have season tickets (so do my parents!) – so you may bump into us at a game! Please support the Phantoms and all of the wonderful new local restaurants and stores in and around the PPL Center – the Allentown downtown area has undergone some amazing changes and many more are still in the works!

We'll see you at the LVBA Spring Home Show in Stabler at Lehigh University March 27 – 29th! Both Penn Windows and Richards Window Fashions will have displays. This is the area's biggest home show and you'll have the opportunity to see hundreds of wonderful local businesses to make your home more beautiful, functional and energy efficient!

We'll see you again in May! Keep in touch with Penn Windows and Richards Window Fashions through our facebook pages and twitter feeds! And, as always, don't hesitate to email with questions or requests at erin@pennwindows.com. Spring is coming!!



I look forward to hearing from you!  
*Erin Duffield*

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Refer A Friend



**If you refer someone (friend, co-worker, relative, neighbor) and if they choose us to do their project we'll send you a \$50 Visa gift card!**  
**We appreciate your business!**  
**610-433-4196**

Visit our showroom at  
**1518 Union Blvd. in Allentown**  
Showroom hours:  
Monday — Friday 8 - 5 and Saturday 10 - 2



9	0	5	6	0	4	2	7
3	6	4	1	7	2	5	8
2	7	1	8	9	3	4	3
7	5	2	9	4	1	8	6
0	1	9	3	2	0	7	5
4	3	8	5	8	7	8	1
6	2	8	7	5	9	3	4
1	9	3	4	0	8	2	7
5	4	7	2	1	9	6	9

## Tax Increase Prevention Act of 2014

Yes! The Tax Increase Prevention Act of 2014 extended through 12/31/14 for some energy efficiency measures that previously expired at the end of 2013. The eligible incentives cover residential energy efficient improvements, Energy Star rated replacement windows and doors installed in primary residences (not new construction or rental properties), installed by 12/31/14. This is an extension of the 2012 – 2013 tax credit, so the same rules apply. The credit is 10% of the cost of the windows and doors (not including installation charges) up to \$200 for windows, \$500 for doors, with a maximum of \$500 total credit. If you've taken a tax credit of \$500 or more for ANY Energy Star qualified product (such as HVAC, insulation, roofing, windows, doors, etc) in the 2006 through 2013 tax years, you are not eligible for this tax credit for 2014.

If you'd like tax credit certification for windows and doors installed in 2014 please email me at erin@pennwindows.com or call the office at 610-433-4196. I'll send you a letter with the cost breakdown, a copy of your contract, and the certification letter from the manufacturer. I'm happy to answer any questions as well!



## 100 Years Ago... Fannie Farmer Changed Cookery

"The time is not far distant when a knowledge of the principles of diet will be an essential part of one's education. Then mankind will eat to live, be able to do better mental and physical work and disease will be less frequent."

Born in March 1857, author and cook Fannie Farmer lived during an era when cooking from scratch did not mean opening a box of gelatin. If you wanted to make a gelatin mold, you first purchased two calves hooves. If you wanted the gelatin colorful, which of course you did, you got some spinach to make the green coloring and beets to make the red, according to National Public Radio.

Making a meal and keeping house was truly a complex and time consuming job in those days, and Fannie Farmer, known today for her legendary cook book, brought a scientific approach to cooking, including introducing level measurements. Farmer's interest in diet and food was born out of necessity.

At the age of 16, she suffered a stroke that left her unable to walk for many years. During her convalescence she began to learn to cook. Her family valued education and when, at the age of 30, she was finally able to walk, Farmer attended the Boston Cooking School. It was there she excelled in the art of cooking, taking a particular interest in an area for which she is not especially remembered today: preparing food for the sick.

She was deeply interested in the nutritional value of food and how its different properties aided in battling illness, but she also believed that it had to be presented well, be visually attractive and taste good to ensure that people could be persuaded to eat it. Fannie Farmer died 100 years ago at the age of 57.



## Sales of LP Records Surged 49% in 2014

Nearly eight million old-fashioned vinyl LPs were sold last year.

Younger people, especially indie-rock fans, are buying the records. They are attracted by the perceived superior sound quality of vinyl and the ritual of putting needle to groove, says advisor Neil Shah. While new LPs continue to hit the stores, the machines that press records haven't been manufactured for decades. Just one company manages to supply approximately 90 percent of raw material that the industry needs.



## New Study: Caffeine Reduces Risk of Kidney Stones



Doctors used to tell people prone to forming kidney stones to avoid caffeinated drinks. Now they are doing the opposite because an analysis of studies given in the Journal of Clinical Nutrition suggests that caffeine actually helps to prevent kidney stones. The research on three large studies of health professionals, who had never had kidney stones, found that those who consumed the most caffeine were 25 percent less likely to develop stones than those who seldom consumed it. The researchers say coffee contains various antioxidant and anti-inflammatory compounds that play a role in kidney stone prevention.

## Word Find Swim Fun!

AEROBICS  
ANCHOR  
BATHING CAP  
BREASTSTROKE  
BREATHING  
CANNONBALL  
CRAWL  
DISTANCE  
DIVING  
EXERCISE  
FALSE START  
FINS  
FLOAT  
FREESTYLE  
GOGGLES  
HEAT  
KICK  
LANE  
LAP  
MEET  
PLATFORM  
RELAYS  
SPLASH  
SPRINGBOARD  
TOUCH PAD  
TREAD  
WATER POLO

T G H C A N N O N B A L L  
F R E E S T Y L E D Y S Z  
B M A D A P H C U O T H S  
M R D T T T V K R G R R P  
B R E A S T S T R O K E R  
I T O A U E D K I C K L I  
M L S F T T S I Y S G A N  
F S C N T H R L V N C Y G  
L P I T D A I E A I Y S B  
W L B E I Z L N A F N R O  
A A O H S Q E P G D P G A  
R S R T T N A N C H O R R  
C H E W A T E R P O L O D  
O E A L N S E L G G O G D  
M L P A C G N I H T A B Z  
U U A P E X E R C I S E L

## Sudoku

Each row, column and 3x3 box must contain the digits 1 through 9 exactly once.



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



## Thanks for the kind words!

"Very nice experience with Richards. The installer noticed an imperfection on the shade's headrail (I believe that's what it's called), hardly discernible, and insisted that it be replaced. Within a week & 2 days, it was replaced. (Steve was our installer.)"

**Jim & Dawn P. of Macungie**

"Knowing I had a very bad experience with another window company, your installer went above and beyond to be sure I was happy with his work. He encouraged me to look over the windows to be sure I was satisfied with his work before he left. He also encouraged me to ask any questions while he was installing the windows. We will be needing more windows installed in the near future & at this point we feel confident in continuing with Penn Windows."

**Karen M. of Coplay**

"Erin is very pleasant – nice working with her. Installer was also pleasant – believe his name is Steve. Love the new shade and look forward to using Richards Window Fashion's services again sometime!"

**Sally L. of Bethlehem**

"We are a return customer because of the excellent service we received the first time from Penn Windows. We are very happy with our new front windows and the installation was clean and the installers were very pleasant."

**Ron & Sue B. of Slatington**



## Make-Ahead Breakfast Casserole

6 eggs 2 cups of milk

6 slices of bread cut into bite-sized pieces

1 pound roll of breakfast sausage  
or 1 pound of bacon

1 teaspoon dry mustard

1 teaspoon salt

8 ounces of cheddar cheese, shredded

1 3-ounce can of mushrooms, drained

First brown the meat, cook it, drain off the fat and discard. If you are on a low-fat diet, the meat can be rinsed to further reduce the fat content. In a large bowl, beat the eggs; add the milk, salt, and dry mustard. Beat again. To that mixture, add the sausage (or bacon), the mushrooms and the bite-sized pieces of bread and carefully blend. Pour the mixture into a greased 9-inch baking dish. Cover and refrigerate over night.

The next morning, bake the casserole at 350 degrees for 40 to 45 minutes or until set. While it's baking bring out the fruit bowls and fill them with fresh fruit or canned fruit cocktail. Serves six.





# Home & family NEWS

"News You Can Use Around Your House"

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Breakfast Casserole

We Specialize In . . .

**Penn Windows**  
1518 Union Blvd  
Allentown, PA 18109

**Address Service Requested**

PRSR STD  
U.S. POSTAGE  
**PAID**  
JumboPostcard.com  
60084



You'll love what you see

### We specialize in...

- Custom vinyl windows - all styles
- Custom steel and fiberglass entry doors, storm doors, French doors and patio doors



### We specialize in...

- Hunter Douglas custom blinds & shades
- Plantation shutters in wood and composite
- Innovative child-safe lift options
- Free in-home consultations
- Remote control options!

