



Home family NEWS

"News You Can Use Around Your House"

www.pennwindows.com • 610-433-4196

September 2017

# Join Us Again!

## ANNUAL OPEN HOUSE!

Thurs, Sept. 28<sup>th</sup>  
4pm - 7pm

Penn Windows & Doors  
and  
Richards Window Fashions  
1518 Union Boulevard  
Allentown, PA 18109

(parking on street or use lot next door or directly behind the store)

Celebrating another great year with customers, vendors, partners and friends in the community! Come see our showroom and staff and enjoy delicious food by Voracious Catering and desserts by La Dolce Vita. Sample wines from Rick's personal wine collection!

**Prizes awarded every hour for local restaurants, businesses and entertainment!**

Any questions (or to RSVP) email [erin@pennwindows.com](mailto:erin@pennwindows.com) or call 610-433-4196. Feel free to bring friends, family and neighbors! The more the merrier!  
**We're looking forward to seeing you!**

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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



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



Penn Windows & Doors is proud to announce that we now carry OKNA's Eco-Pro 600 series window. This window series offers all of the decorative options of the Enviro-Star, with the practicality and energy efficiency of the Precision Weld series. It's the best of both worlds in one window. Enjoy hardware finish options, laminate "wood" interiors, and 7 exterior colors, combined with superior air infiltration and U-Value. This line is exclusive to Penn Windows & Doors. Call (or stop into the showroom) to schedule a free in-home consultation and Andy will show you why the Eco-Pro is right for your biggest investment - your home. OKNA windows are manufactured right in Bristol, PA (only 90 minutes away).



## For Your Health

### Top source of hidden salt: bread

Here's a surprising discovery made by the Centers for Disease Control and Prevention: the number one salt culprit in the United States is bread, including rolls and sweet rolls. Americans get twice as much salt from bread products as from salty snacks, which only stand at number 10 in the CDC's list of the saltiest foods.

Breads and rolls aren't saltier than many other foods, but people eat a lot more of them, according to the CDC. Breads and rolls account for about 7 percent of the salt we consume.

About 40 percent of the salt we get is hidden. After bread, the next nine are:

- Cold cuts and cured meats
- Pizza
- Fresh and processed poultry
- Soups
- Sandwiches on bread or buns
- Cheese
- Pasta dishes
- Meat-mixed dishes, like meat loaf
- Snacks, such as chips, pretzels and popcorn.



These 10 foods are responsible for 44 percent of all sodium consumed. Nine out of 10 Americans over age two get too much sodium. On average, we eat 3,300 mg a day. Experts say everyone over age 51, all African Americans and anyone with high blood pressure, diabetes, or chronic kidney disease should limit sodium to 1,500 mg a day. For everyone else, less than 2,300 mg is recommended.

## Company Update

Hope to see you at the Open House on Thursday, September 28th! This year my dad is donating wine from the "Hauler Wine Cellar" for our guests to enjoy. Ask for his recommendations! We're so excited that this event has become so popular - I can't even take credit because I'm pretty sure it's the fantastic food and prizes! Make sure you check out the new Hunter Douglas treatments - some very cool things came out this summer. Call or email any questions about the event!

We are currently at 8 - 10 weeks for window and door installations so again, if you want your project done before cold weather hits, the sooner the better!

Richards Window Fashions is running at 4 - 6 weeks for installation, so take that into account if you want to spruce up the house before the Holidays! Stay tuned for the next Hunter Douglas rebate - it should be starting the end of September.

Any questions, issues or suggestions please call 610-433-4196 or email me at [erin@pennwindows.com](mailto:erin@pennwindows.com). I look forward to hearing from you!



*Erin Duffield*

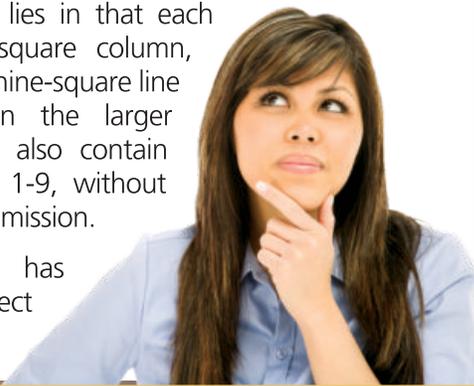
## Sudoku

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

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.



## Thanks for the kind words!

"Great working with Andy. Found a great door that fit into my budget. Very impressed with the install job. Very satisfied with Penn Windows & Doors overall!"

**Kevin M. of Bethlehem**

"The Richards Window Fashions representative (Andy) was very knowledgeable on all products and was able to match the new shades with the existing shades. The installers were timely. The area was kept clean and I was shown how to work our new shades,"

**George & Wendy E. of Fogelsville**

"We go back 15+ years with Penn Windows and have always had a positive experience. We know going into a project that we can count on an excellent product and installation. Mauricio was very courteous & professional. Love the patio door - will get tons of use!!!"

**Kelly B. of Emmaus**

"I was very impressed with the Richards Window Fashions representative (Rick). He was very professional & did an excellent job installing the shutters. We will have more shutters done in the future."

**David S. of Nazareth**



### Italian Penne

- 3** oz. dried whole grain penne pasta (1 cup)
- 1/3** cup chopped onion
- 2** cloves garlic, minced
- 1** 14.5 oz. can diced tomatoes, undrained
- 1** 1/4 cups chopped roma tomatoes
- 1** 14 oz. can quartered artichokes, drained and halved
- 1** cup chopped cooked chicken breast
- 1/4** cup Kalamata olives, sliced
- 1/8** teaspoon salt
- 1/8** teaspoon ground black pepper
- 2** ounces fresh mozzarella cheese, coarsely chopped
- 2** tablespoons fresh basil leaves

Cook pasta according to package directions. Drain and set aside.

Lightly coat a large saucepan with cooking spray; heat over medium heat. Add onion; cook about 3 minutes or just until tender. Add garlic; cook for 1 minute more. Stir in tomatoes, artichokes, chicken, and olives. Cook and stir about 5 minutes or until heated through. Stir in cooked penne, tossing gently to heat through. Sprinkle with salt and pepper. Top with fresh mozzarella cheese and basil.

Makes 4 servings, start to finish 35 minutes.



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### *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!

