



# Seasons Greetings!

As I sit here in the office looking out the window at the falling rain the weather alert radio jolts me back to reality. It's the second time today, only this time it's a tornado watch. Oh joy!

My one day to work in the office and I got a later start that I had planned. Then came a call from a job. The truck is stuck in the mud. I usually use the truck to get *others* out of a jam. With the rescue behind me I head back for the solace of an empty office so I can concentrate on the newsletter. En route my windshield wipers stop working. *Sigh*. I finally get back to the computer an hour and a half after I left to resume the work in progress. This the year of our Lord Two Thousand and Ten has thus far been quite the challenge for us all. Now that it is drawing to a close and old man winter's hand is creeping up my spine, introspection sets in. Despite evidence to the contrary I am usually the eternal optimist. Often time this means I am disappointed but I recover quickly. I attempt not to dwell on the past and instead choose to learn from it. Although at times I grow weary of attempting to assuage others' fears and worries it is one of the things I am pretty good at... mostly. That being said, there is certainly a **lot** of fear and uncertainty at hand in this country and indeed the entire planet. Even though times are kinda tough with all of us I haven't been particularly fearful. See the aforementioned "optimism." Fortunately during these tough times you have your second home to bring you much joy. That being said we here at Complete Home Services truly appreciate your business and your trust. We do our best to live up to your expectations despite our human limitations. I know that's something that companies aren't supposed to admit but I'm not a politician so I can only relate things the way they are. By your kind words and referrals (and on time payments) we believe we are on the right track.

We hope you have a wonderful holiday season and prosperous New Year!

Yours,

Cindy , Donald and the rest of the CHS crew!



*We know it's been a lean year but thanks for stickin' with us!*

## Mind in the Gutter?

Maybe not but our mind is on *your* gutter! With exodus the of the leaf from their tree top abode complete many of them have found a new home in your gutters. Now that Thanksgiving is past it is time to get up and dirty... for us that is. We will be contacting those of you we have done gutter cleanings in the past to see if you want a repeat. We have had a good bit of rain lately and we don't want overflow to dampen the wood around your eaves or set up the beginnings of next year's mosquito haven.

If we haven't cleaned your gutters in the past and you want to get it done reserve your spot early. Once January and February roll around the ice makes it a bit more difficult to get things done. But on the other hand maybe you like your new rooftop garden just the way it is!

## Vittles For Every Season!

December does not provide a bounty of vegetables that are in season. However, it does provide one of the most nutritious vegetables available. **SWEET POTATOES!** One baked sweet potato contains only 140 calories yet provides twice the recommended daily allowance of vitamin A and almost half the recommended vitamin C. It is a great source of calcium, iron and thiamin. They are low in sodium and a good source of fiber. The National Academy of Sciences cited Sweet Potatoes as one of the top four cancer-fighting foods.

Have you had your Sweet Potato today?

Sweet Potatoes do not have to be served sweet and topped with marshmallows. They are great baked. Give the following recipe a try, it is one of my favorites and so simple.

**Baked Sweet and White Potatoes ( Serves 4)**

½ lb (1 large sweet potato)  
 ½ lb (1 large russet potato)  
 2 T Butter  
 2 T oil  
 1 C slivered onion  
 ½ tsp salt  
 ¼ tsp ground black pepper

Place butter and oil in a 13" X 9" baking pan. Heat at 375°F until melted. Pell potatoes, cut into ½ inch cubes. It should measure 3 ½ to 4 cups. Add potatoes, onion, salt and pepper to pan with butter and oil. Stir to coat. Bake at 375\* for 25-30 minutes or until tender. Stir once or twice during baking time.

ENJOY!

### *...a note from Cindy*

It is that time of year, the leaves are down, the sun sits low in the sky and it is BEAUTIFUL! Many of you have left for the winter to go back to your permanent residence but if you start missing the hills don't let winter stop you from coming as it is a great place to be this time of year. The views have changed with the fallen leaves, frost is usually on the ground when you wake up in the morning and it is so quite. Town is pretty empty, traffic is mostly nonexistent and if you have not experienced your home here in winter, you should. It is a great time to go hiking, no bugs.! Yes, it is cold but that fireplace feels so good. And if you get lucky you will be able to play in the snow. So, if you haven't been here give it a try, you may find that you will want to stay year round and we would love to have you!