

HEALTHY, WEALTHY & WISE

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**AUGUST 8TH IS
NATIONAL YARD
SALE DAY**



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MOLD... The Silent Pest

Say the word "pests" and people think about common household varieties such as ants, roaches, and spiders or even mice and rats. But did you know that molds are also considered pests? That's right. Pests are generally defined as undesirable organisms that are detrimental to humans or human concerns.

Some molds produce gases called mycotoxins that can cause sickness and allergic reactions in humans. Children 2 years and younger are especially susceptible to mold-related illness. Serious complications can result from prolonged exposure. There are molds, such as wood-destroying fungi, that cause property damage. So it is good to know a few things about mold so you can avoid having a problem in your home.

What is Mold?

Molds are fungi that feed on nonliving organic matter. In nature, mold and other fungi are responsible for breaking down dead leaves, plant material and wood. Mold derives energy from these materials by secreting enzymes that break them down into simpler compounds that the mold can absorb.

This decomposition is a necessary part of Earth's ecosystem.

Molds are ubiquitous; they are found everywhere.

Some species of mold can survive in sub-freezing temperatures, while others will thrive in extremely high temperatures of the desert, gaining what little moisture is available from the air. Some molds can even grow on diesel fuel and other chemicals like anti-freeze.

Common Mold in the Home and Office

The two most common molds found in indoor living environments are *Aspergillus* and *Penicillium*. Given a food source, suitable temperature and elevated moisture or humidity, these molds can begin to grow and flourish on many surfaces within buildings. Molds travel from one location to another by releasing microscopic, seed-like spores which can remain dormant for a very long time. When conditions are right, spores begin to grow into an active mold colony.

Stachybotrys is another mold, often referred to as "toxic black mold",

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Black Bean and Cucumber Salad

Ingredients:

- 1 seedless cucumber, quartered and cut into chunks
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1 cup frozen corn, thawed
- 1/2 red onion, chopped
- 3 tablespoons extra-virgin olive oil
- 4 1/2 teaspoons orange marmalade
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1/2 teaspoon ground cumin
- salt and ground black pepper to taste

Directions:

1. Toss cucumber, black beans, tomatoes, corn, and onion together in a large salad bowl.
2. Whisk olive oil, orange marmalade, lemon juice, honey, and cumin together in a bowl; season with salt and pepper.
3. Drizzle the dressing over the cucumber mixture; toss to coat.

recipe courtesy allrecipes.com

► Continued from cover

which has gotten massive media attention. *Stachybotrys* is a sticky, slimy mold that grows on surfaces such as drywall, wood, and even paper on insulation. While *Aspergillus* and *Penicillium* can begin to grow in only a couple of days, *Stachybotrys* needs at least 7-12 days of constant moisture, warm temperatures around 70-80 degrees and minimal air movement. Therefore, you are most likely to encounter it in your home if you have an ongoing water intrusion from plumbing, foundation problems, roof or window leaks, etc. Note that you may not see it because it tends to flourish in dark areas where it will not be disturbed.

Since *Stachybotrys* is a sticky, slimy mold, the spores rarely become airborne. However, it may begin to release spores if it begins to dry out. It can also release mycotoxins into the air as a defense

The Benefits of Volunteer Work

It is easy to recognize the benefits of volunteer work to those who take advantage of the services provided. But don't underestimate the benefits to you personally when you undertake this kind of work. Volunteering can provide you with a way to meet new people, expand your skills, and boost your self-esteem. You will gain career experience along the way as well.

Make sure any volunteer work you do is noted on your resume. If you are unsure of what direction your career is taking, exploring different opportunities through volunteering is a great way to test the waters. You also are networking as you work. You are meeting people in a field you are interested in, who could become important contacts by either offering you a job or highly recommending you for one.

mechanism against other fungi. Spores and mycotoxins can be transported into the breathable air of the home and create symptoms such as cough, headaches, asthma, rhinitis and other allergic reactions. In some cases, infants or others with underdeveloped or compromised immune systems can have serious, even life-threatening, pulmonary or neurological complications.

What Should You Do if You Find Mold?

If you have any type of mold in your home or business, it must be removed. The visible presence of any mold is an indicator that there may be more unseen hiding elsewhere. Because mold can potentially harm people who live and work in structures, you should call Professional Carpet Systems so that we can identify the cause and develop a strategy to solve the problem and remove the mold.



Where should you volunteer? A good place to start is anywhere that you would be interested working. Follow your interests or career path. Approach an organization or company, and ask if they accept volunteers. Be honest about your ability to commit to a certain amount of time and what types of jobs you would be interested in. You may be surprised at all of the opportunities out there.

What to Bring on a Hike

Hiking lets you enjoy the great outdoors while you get in some quality exercise time. This is one activity that you will want to take time to prepare for correctly. What you take will depend on where you are going and how long you plan to be away, but any backpack should include the following:

- Candle and matches
- Cell phone
- Clothing (always bring something warm, extra socks and rain gear)
- Compass and map
- First aid kit
- Food (bring extra)
- Flashlight
- Hat
- Insect repellent
- Nylon filament
- Pocket knife
- Pocket mirror (to use as a signaling device)
- Prescription glasses and medications
- Radio with batteries
- Space blanket or a piece of plastic (to use for warmth or shelter)
- Sunglasses
- Sunscreen
- Trash bag (makes an adequate poncho)
- Water
- Waterproof matches or matches



- in a waterproof tin
- Water purification tablets
- Whistle (to scare off animals or to use as a signaling device)

Always allow for bad weather and for the possibility that you may be forced to spend a night outdoors unexpectedly. It's a good idea to assemble a separate "survival pack" for each hiker to have at all times. In a small waterproof container, place a pocket knife, compass, whistle, space blanket, nylon filament, water purification tablets, matches and candle. With these items, the chances of being able to survive in the wild are greatly improved.

Protecting Your Family's Eye Health

August is Family Eye Care Month. Many eye diseases and disorders can be addressed if they are caught early. The number one mistake people make when it comes to their eye health is only seeing a doctor once a problem develops.

But did you know that your optometrist may be able to detect other problems as well? It is possible to detect some problems like diabetes, high blood pressure or even tumors. Take some time this month to schedule an appointment with your health care provider or eye doctor. It is the perfect time to schedule routine eye exams for you and your family.



Good Clean Funnies

Out of Stock

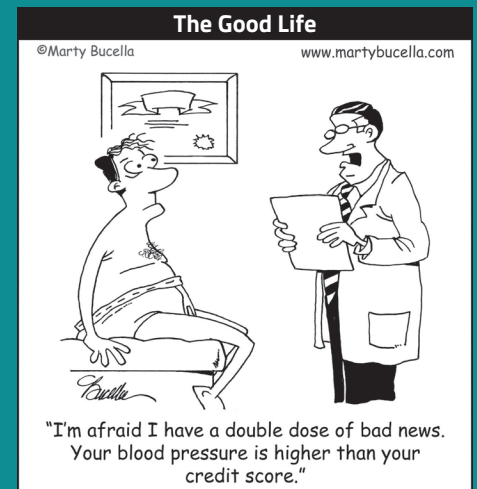
The manager of a gardening center overheard one of his employees talking to a customer. "No," said the employee, "we haven't had any of that for a while. And I don't think we'll be getting any soon."

The customer headed out the door, and the manager angrily approached the employee. "Never tell a customer we can't get something. Anything they want, we can special order it and have it delivered to their home. Do you understand?"

The employee nodded slowly.

"Well, what did he want?" asked the manager.

"Rain," replied the employee.



Quick Tips

Green Living Tip

Can you make your exercise routine greener? Sure! Try taking your workout outdoors, doing your stretching and cardio on trails nearby. You'll save the energy of lighting and heating or cooling your gym space at home. You can supplement your workout routine with a lunch break walk or doing yard work.

Car Tip

If you are going to store your car for more than one month, it is best to leave it with a full tank of gas. This helps prevent condensation from accumulating in the tank. Before parking it, add a fuel stabilizer and drive it for a couple of miles to help the stabilizer distribute to the engine parts.

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Win a \$25 Restaurant Gift Card!

Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

Which of the following is NOT a type of mold:

- a. Penicillium
- b. Stachybotrys
- c. Aspergillus
- d. Smellisneakerus

Once you've found the correct answer, email it to anna@pcssuperior.com. At the end of the month, we will draw from the correct answers and someone will win a \$25 restaurant gift card!

Contest Expires 8/31/2016.

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