

HEALTHY, WEALTHY & WISE

FEBRUARY 2016

Published exclusively for clients of Professional Carpet Systems

"Tis better to have loved and lost than never to have loved at all." – Alfred Lord Tennyson

In This Issue

Mold... What's the Big Deal?

Decorating Your Home for Valentine's Day

Prevent Cancer with a Better Lifestyle, Not Better Luck

Protect Your Home from Burglaries

Recipe: Maple Salmon

Good Clean Funnies and Quick Tips

February is
LIBRARY LOVERS MONTH



**PROFESSIONAL
CARPET
SYSTEMS®**



303.403.1900 main
303.548.5946 emergency
www.pcssuperior.com

Premium Carpet Cleaning
Pet Odor Removal

Fine Fabric and Upholstery Cleaning
Fabric and Carpet Protection
Tile and Grout Cleaning
Stone Cleaning and Polishing
Water Damage Restoration
Wood Floor Cleaning & Rejuvenation



Mold... What's the Big Deal?

"Black Mold Forces Family to Move"...
"The Hidden Dangers of Toxic Mold"...

"Is Your House Making You Sick?"

Headlines like these are used to shine a spotlight on the health risks associated with mold. Naturally, the more extreme stories get the most interest. But is mold really as bad as they say? Where does it come from? How can you prevent it?

In 2004, the Institute of Medicine found sufficient evidence to link indoor exposure to mold with upper respiratory tract symptoms including coughing, sneezing and wheezing in otherwise healthy individuals. People with asthma and allergies often see a marked increase in the incidence and severity of their symptoms. Those with compromised or underdeveloped immune systems can suffer from serious infections caused by mold.

Mold needs 3 things to grow: The right environment, a food source, and moisture.

High humidity is one contributing factor. A relative humidity [RH] range between 30% and 50% is recommended for human health and comfort. Once the

RH rises above 60%, mold growth is encouraged. If RH remains high for extended periods of days, weeks or longer, some mold species can thrive on surfaces that are not even wet. Controlling humidity and ventilation in your bathroom, laundry area, basement or crawl space is the best way to prevent mold in these areas.

Indoor mold flourishes from 65°F to 85°F. Mold grows more easily where air is still or stagnant. That's why it is usually found behind cabinets, inside walls or in poorly ventilated, damp crawl spaces and basements.

Non-living organic matter like wood, paper, dust and lint, leather, many fabrics and even wool rugs can become a food source for mold. This can cause destructive damage to these materials as the mold uses enzymes to break down organic matter into simpler compounds it can digest.

But *moisture* is the primary catalyst for mold growth. Mold cannot grow unless humidity is extremely high or there is a supply of water available. Excessive moisture from flooding, broken pipes,

Continued on next page ▶



Maple Salmon

Ingredients:

- 1/4 cup maple syrup
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- 1/4 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 1 pound salmon

Directions:

1. In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.
2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
3. Preheat oven to 400 degrees F [200 degrees C].
4. Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

Footnotes:

The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cooking method, etc., the actual amount of the marinade consumed will vary.

Tip

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

recipe courtesy allrecipes.com

► *Continued from cover*

condensation, roof leaks or foundation leaks is what causes the majority of indoor mold problems.

Since we generally cannot remove the potential food sources or dramatically change the temperature or the amount of airflow in the places mold likes to hide, your most effective prevention is moisture control. A small plumbing leak, roof damage or foundation crack can provide all the moisture needed for mold growth. Don't delay making necessary repairs.

How do you know if you have mold? Mold usually gives off an unpleasant musty odor produced by decomposing organic matter. Of course, another sign is if you see something that looks like mold. Mold can be just about any color;

don't just look for black or green discolorations. Check any areas where there is excessive moisture or humidity.

Remember any mold growing indoors should be carefully and completely removed. Caution must be exercised to avoid spreading the contamination to other areas. Of course the humidity or moisture situation that caused the mold should be corrected as soon as possible. Otherwise the mold will return.

If you have questions or think you have a moisture or mold problem in your home, call Professional Carpet Systems as soon as possible. We will help identify and correct the problem and avoid further property damage or health concerns.

Decorating Your Home for Valentine's Day

Valentine's Day for many means cards and dinner out, chocolates and flowers. Even if you are spending Valentine's Day out, don't forget to decorate your home for this lovely holiday. Placing reminders of how much you love your family around your home is a great way to bring an atmosphere of love and caring into your living space. Here are some simple ideas to make this holiday more festive.

1. Paper hearts are an inexpensive way to decorate. You can cut them out of red, pink, purple and white paper or simply buy inexpensive paper hearts. You can string them in a garland over a fireplace, tape them to your windows, or use them as little love notes placed around your home.
2. Candles are a romantic addition to any home. Use red or pink candles in clear candle holders. In larger glass candle holders, you can partially fill them with Valentine's jelly beans and then set your candles on top of the candy.



3. Decorate further with candy by using some fancy apothecary jars to store your holiday treats. You can place wrapped chocolates, jelly beans, or conversation hearts in these jars. They look festive and make the treats available for all your friends and family.
4. Flowers are fleeting, but silk flowers don't fade. Use silk rose petals as an accent to your table setting and place some Valentine-themed flowers around your house.

Prevent Cancer with a Better Lifestyle, Not Better Luck

A new study published in the journal, *Nature*, suggests that up to 90 percent of cancer cases are linked to lifestyle choices that are usually avoidable. This study refutes a previous assertion that many cases of cancer are simply due to “bad luck,” those circumstances that are out of our control.

What are those lifestyle choices that can result in a higher risk for developing cancer? They include a poor diet, lack of exercise, stress and pollution. You should also avoid smoking and excessive ultraviolet radiation to help lower your risk. Researchers are interested in these findings to help doctors find more effective preventative treatments for their patients. If a patient believes that improving their lifestyle choices



will have little effect on their health because it is mostly up to luck, they will have little incentive to work on those choices. But if doctors can show that cancer is due to many factors within their control, there is a better chance that improvements will be made.



Internet Tidbit: Project Alexandria

Avid book lovers sometimes wonder which book to read next. Project Alexandria, found at projectalexandria.net, helps readers find a book that will be interesting to them.

Their team has analyzed over one million books, looking at their genre, descriptions and complexity. They then connect books that share similar styles and subjects. You'll get a host of suggestions for that next book to read just by entering one book title.

Protect Your Home from Burglaries

Most home break-ins are not through a busted down door or broken window. The most common way for a burglar to enter your home is through an unlocked door or window. Your best protection from home theft is to simply deter burglars from entering your home. These tips will help keep you and your family safe:

- Lock all doors and windows, including your garage door. You should get in the habit of locking everything whenever you leave your home and when you retire for the night.
- All doors leading to the outside should have a dead-bolt lock.
- Install peepholes in your doors leading to the outside.



- Keep trees and bushes around your doors and windows trimmed.
- Make sure you have good lighting on the outside of your home. Replace burned out bulbs promptly.
- Get to know your neighbors. Start a neighborhood watch group to increase security in your neighborhood.

Good Clean Funnies

Fruit Stand

A man pulled up to a roadside fruit stand. He noticed that the young woman behind the counter was getting ready to paint over the large sign that hung above the stand.

“Why the new sign?” he asked.

“Well, my boyfriend said he didn’t approve of the old one,” she replied.

The man then noticed that the sign said, “Local Honey Dates Nuts.”



Quick Tips

Home Tip

If you are putting your house up for sale, you may be looking for ways to update it to get a better selling price. But surprisingly, the number one thing you can do to increase the value of your home is simply clean it. Prospective buyers notice a dingy house and can be turned off by that. Decluttering and cleaning makes your home feel clean and welcoming, which can help sell it quickly and for the best price possible.

Organizing Tip

Plastic containers used to store your leftovers can get unruly in a drawer or cabinet. To keep these items neater, place a wire CD rack in the bottom of your drawer with the slots facing up. The lids to your plasticware can be placed in the slots with the containers stacked neatly in the large open part of the drawer.

PROFESSIONAL CARPET SYSTEMS®

Professional Carpet Systems of North Denver
3444 Huron Peak Ave
Superior CO 80027



Oriental and Area Rug Cleaning
Premium Carpet Cleaning
Pet Odor Removal
Fine Fabric and Upholstery Cleaning
Fabric and Carpet Protection
Tile and Grout Cleaning
Stone Cleaning and Polishing
Water Damage Restoration
Wood Floor Cleaning and Rejuvenation

303.403.1900 main
303.548.5946 emergency
www.pcssuperior.com



Win a \$25 Restaurant Gift Card

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

The best way to control indoor mold is:

- a. control moisture
- b. remove organic materials
- c. provide sufficient airflow
- d. apply fungicidal treatments

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 2/29/2016.

Need help with your wood floors and not sure where to turn? Professional Carpet Systems has your answer!

We are now fully trained and ready to offer residential wood floor deep cleaning and a rejuvenation recoat service. Minimal cure times and long lasting results. Bring back that clean floor shine that your home has been missing.