

HEALTHY, WEALTHY & WISE

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Carpet Beetles *What are the facts?*

Carpet beetles deserve to rank near the top of your list of uninvited guests. These oval-shaped flying insects can ruin your carpets, rugs, upholstered furniture, and clothing as well as cause irritating dermatitis in children and sensitive adults. These are unwelcome guests you really want to “show the door” as quickly as possible.

Life Cycle of a Carpet Beetle

The four life-stages of carpet beetles are egg, larvae, pupae, and adult. Female carpet beetles lay up to a hundred eggs, which hatch into larvae in approximately 35 days. This stage is the most damaging because larvae feed on carpets and clothing. The larval stage lasts 6 to 18 months, during which these voracious insects do the most damage. The final part of the larval stage is metamorphosis, after which the adult beetle emerges. Adult carpet beetles can live up to a year.

Identifying Carpet Beetles

The larvae are very small, so it can be difficult to spot them. Larvae look like tiny, hairy worms and prefer dark, undisturbed areas such as under furniture, rugs and in closets. Adult black carpet beetles are black

with brown-colored legs, and their length in inches ranges from 1/8 to 3/16.

As larvae, these pests shed skin and fecal pellets, each of which can cause allergic reactions in some people. Carpet beetles do not bite people or animals. The irritation caused by contact with carpet beetle larvae can be confused with bites from bed bugs or fleas.

Property damage from carpet beetles is very similar to moth damage. Small, irregular-shaped holes in clothes and rugs are a telltale sign of either a carpet beetle or moth problem. If it is a moth problem, you will usually see moths in the area. Adult carpet beetles prefer to live outdoors and graze on pollen.

Fighting back

Maintaining cleanliness may not be enough to avoid an infestation from carpet beetles. Since these pests can enter on food packages, luggage and on shoes, they are difficult to avoid—especially if you have a pet, as larvae feed on animal fur and dander. Along with vacuuming, professional carpet, rug and upholstery cleaning are essential.



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BBQ Beef Brisket Sandwiches

Ingredients:

- 2 teaspoons celery salt
- 2 teaspoons ground black pepper
- 1 1/2 teaspoons salt
- 1 teaspoon garlic salt
- 1 teaspoon onion salt
- 2 teaspoons Worcestershire sauce
- 3 pounds beef brisket
- 1 cup Russian dressing
- 1 cup hickory-flavored barbecue sauce

Directions:

1. Mix celery salt, black pepper, salt, garlic salt, and onion salt in a small bowl; add Worcestershire sauce. Spread mixture over beef brisket; transfer to a slow cooker.
2. Cook on Low until beef is tender, about 8 hours.
3. Transfer beef to a cutting board; shred into small pieces using 2 forks.
4. Measure 1/2 cup cooking liquid from the slow cooker into a saucepan. Mix in Russian dressing and barbecue sauce; bring to a boil.
5. Combine shredded beef and sauce mixture in the slow cooker. Cook on Low until flavors combine, about 1 hour.

recipe courtesy allrecipes.com

Carpet Beetles *(continued from cover)*

Detergent and hot water kill the larvae, so this is an important means of limiting carpet beetle populations indoors. Other recommended measures to reduce the likelihood of a carpet beetle problem are:

- Effective sanitation including routine vacuuming and housekeeping of pantry shelves and pet feeding and sleeping areas helps reduce the breeding sites and food sources;
- Storing items like wool clothing, leather and fur coats in sealed garment bags;
- Checking flowers, patio plants, and any second-hand items carefully before bringing indoors;

- Dry cleaning and using a clothes dryer on high heat to kill carpet beetle larvae in clothing and drapes;
- Ensuring that air ducts are clean and attics and crawl spaces are free of animal nests or carcasses.

Pesticides may be necessary to eliminate an existing infestation. Choose a pesticide designed for carpet beetles and follow label directions. Eliminating a heavy infestation is best left to a professional pest control specialist.

If you suspect that you have a carpet beetle problem or want to avoid one, call Professional Carpet Systems so that we can clean your carpet, upholstery and drapery. That is a logical first step to eliminating these destructive invaders.

A Celebration of Independence

As we consider the dramatic words of the Declaration of Independence, we wonder whether the writers knew the long-range impact of their words.

Did they see a great nation emerge from a vision of independence? We think they did. How many times have you personally marveled at the wisdom of these national founders? They had a rare vision of what our country would turn out to be, and that vision rings true to this very day. Their writings were an achievement of significant proportions.

Since the first July 4th, historians give us some interesting notes about that calendar day. First, they say the Declaration of Independence was signed on August 2, 1776, about a month after being adopted.

President Calvin Coolidge was born on July 4, and three of our nation's first five presidents died on that day: John Adams and Thomas Jefferson in 1826, and James Monroe, our fifth president in 1831.

Congress didn't actually declare it as legal federal holiday until 1941.



This Independence Day, remember those who made it possible.

The 4th of July is also a holiday for American business, says Robbie Briggs, a real estate company CEO. He reminds us that it's a day that celebrates America's devotion to entrepreneurship and the opportunity to build businesses of our own.

Briggs says it serves as a tribute to each citizen and all they may elect to pursue in business or any other endeavor.

As we commemorate our independence, we remember that America's freedom and democracy occurred because of the determination of our forefathers to establish this place as a free country.

They save lives, but... know what happens when an airbag deploys

In 1969, the new trend in driving safety was air pillows. Those pillows stayed around but their name changed, and no wonder.

An airbag is no pillow, but while a deployed airbag is not a comfy experience, it remains a landmark of safety. The National Highway Traffic Safety Administration estimates that airbags have saved 44,869 lives from 1987 to 2015.

According to Popular Science, in a head-on collision, a car stops fast, but the bodies inside the car don't. The momentum of the bodies inside continues until the windshield, dashboard or steering wheel brings them to a stop – usually with dire consequences.

The idea of an airbag is not just to pillow the blow, but to lower the impact by spreading it over a larger area of the body. No single area of the body bears the brunt of deceleration, according to Popular Science.

To accomplish this, airbags deploy within 1/25th of a second of impact, filling the nylon airbag with nitrogen



Airbags have saved thousands of lives since it's introduction.

and instantly deflating. Tiny holes in the bag begin releasing gas the moment a driver's head hits the bag, absorbing the impact. This is why the driver's head doesn't hit the bag and then whip backward.

A white puff of cornstarch might also come out of the bag. The cornstarch keeps the bag supple while it is in storage. Newer cars have airbags with silicone coatings that make the cornstarch unnecessary.

Because airbags stop the body, they prevent deadly head injuries and whiplash. But they do sometimes cause red impact burns on the body and break eyeglasses.



Be careful using free wi-fi. Just because it's free, doesn't mean it's safe.

4. Log out from websites you use. If you do not, a hacker could use the website in your name.
5. Don't use the same password for everything. A hacker on a free wi-fi network can get the password you are using and test it on other sites, even your bank.
6. Change your passwords frequently.

Good Clean Funnies

Then and now

A tour guide was showing a tourist around Washington, D. C. The guide pointed out the place where George Washington supposedly threw a dollar across the Potomac River. "That's impossible," said the tourist. "No one could throw a coin that far!"

"You have to remember," answered the guide. "A dollar went a lot farther in those days."

High Medical Cost

As I was admitted to the hospital for a procedure, the clerk asked for my wrist, saying, "I'm going to give you a bracelet."

"Has it got rubies and diamonds?" I asked coyly.

"No," he said. "But it will cost just as much."



Moneywise

Stock rewards as a loyalty program

A new kind of loyalty program gives customers \$1 worth of stock in a company every time they spend \$100. That is thanks to a new company, Bumped. The company, the first of its kind, lets shoppers choose their favorite companies from different categories. The idea is that if a shopper gets a slice of free stock every time they shop at CVS, they might stop shopping at Walgreens. Research shows that at least one-third of consumers with stock ownership in a company stop buying from other brands entirely.

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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 statements is correct?

- a. Carpet beetles can bite when threatened
- b. Adult carpet beetles eat pollen
- c. Carpet beetle larvae are harmless
- d. Carpet beetles make great pets

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 7/31/2018.



**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.