

# HEALTHY, WEALTHY & WISE

March 2019

Published exclusively for clients of Professional Carpet Systems



## PROTECT Your Home From Allergens

Regular vacuuming is the most effective way to prolong the life of your carpets. By removing dry particles, you help prevent premature wear caused by abrasive soils grinding away at carpet fibers. A good quality vacuum cleaner does more than prevent abrasive damage to your carpet.

The right vacuum also helps remove pollutants and contaminants from your home.

All vacuum cleaners use some kind of motor to turn fans that produce air flow. This airflow carries soils into a collection a canister or bag. The air must then be filtered before it is exhausted back into your home's environment. This is the basic function of all vacuum cleaners. But not all vacuums are created equal. Some are better at filtering small particles than others.

Particles are measured in microns. A micron is one millionth of a meter. The smallest particle that the human eye can see is about 25 microns in diameter. Some vacuum cleaners filter particles as small as .3 microns. Many vacuum cleaners allow much larger particles to get through.

This is a problem, especially in homes with

*See "PROTECT" on next page*

## PROFESSIONAL CARPET SYSTEMS®



### The PCS 200% Cleaning Guarantee

*We pledge that you will be satisfied that our work is complete and done to the highest professional standards.*

*We will re-clean any area(s) that you do not feel we did our best.*

*If we cannot please you, then we will give your money back for those area(s) and pay another company of your choice to redo them.*

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sensitive persons with allergies or asthma. The smallest particles are able to be breathed deeply into lung tissue where they cause irritation and inflammation. Coughing, wheezing and sneezing are the result. In some cases, full blown asthma attacks can happen.

What is in the dust that creates such big problems? Pollutants include mold, human and animal dander, dust mite feces, insect parts, air pollution, lead dust, carbon, cooking residues and more.

Pollutants are captured and filtered out by high quality vacuum cleaners featuring "true HEPA" filtration. HEPA, or High Efficiency Particulate Air filters, are tested and certified to trap 99.97% of all particles down to .3 microns.

A true HEPA vacuum cleaner actually cleans the air while it cleans the carpet. But be careful and do your homework. Just because a vacuum cleaner has a HEPA filter does not mean it is "true HEPA".

Less efficient vacuum cleaners do not clean the air. Rather, they have the effect of expelling the smallest pollutant particles into the breathing zone where they can remain suspended for hours.

To get the most out of your vacuum cleaner it is important that it be properly maintained. If it has a replaceable bag, it should be exchanged when about half full.

Check the belts and make sure that the brushes or rollers are in good condition. It is best to take your machine in for an annual tune-up to keep it operating at peak performance.

When you vacuum do not rush over the surface of the carpet. Take your time. Vacuum over high traffic areas in two different directions to remove the most soil. This will help your carpets stay cleaner and last much longer.

Never vacuum up moist soils or damp carpet. This can cause bacterial growth and odors in your machine.

You need to maintain your carpet with regular, professional cleaning, but a good quality vacuum cleaner is your first line of defense in keeping a clean and healthy home. You don't have to spend a fortune on a vacuum, but don't skimp on quality either.

**Call  
Professional Carpet Systems  
to learn more or schedule  
your next cleaning.**

### The Good Life



#### Good Clean Funnies

**How excited was the gardener about spring? So excited he wet his plants.**

**What season is it best to jump on a trampoline? Spring time.**

**Can bees fly in the rain? Not without their little yellow jackets!!**



### Chicken "Zoodle" Soup

Enjoy this lighter spin on a comfort food classic.

#### Directions

Heat olive oil in a large pot over medium-high heat. Saute onion, celery, and garlic in hot oil until just tender, about 5 minutes.

Pour chicken broth into the pot; add carrots, chicken, basil, oregano, thyme, salt, and pepper.

Bring the broth to a boil, reduce heat to medium-low, and simmer mixture until the vegetables are tender, about 20 minutes.

Divide zucchini 'noodles' between six soup bowls; ladle broth mixture over the 'noodles.'

\* Zoodles' (zucchini noodles) can be made with a julienne peeler or spiral slicer.

Recipe courtesy allrecipes.com

#### Ingredients

- 2 tablespoons olive oil
- 1 cup diced onions
- 1 cup diced celery
- 1 cup sliced carrots
- 3/4 pound cooked chicken breast, cut into bite sized pieces
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 pinch dried thyme (optional)
- 3 zucchini squash, cut into 'noodles'\*





## The POWER of a Campfire



Unplugging can help improve sleep, mood and creativity.

For early humans, fire provided warmth, protection and an opportunity to socialize. Campfires brought people together and created opportunities for cultural development.

Fast-forward to the present day, and people have lost that sense of community and social behavior. According to Fortune, the amount of people describing themselves as lonely has doubled over the past several decades.

Many factors such as technology and more demanding work hours all contribute to more isolation between people despite living in a world that is more technologically connected than ever.

According to the Huffington Post, unplugging from gadgets and going camping can help improve sleep, mood, and inspire creativity. It can create connections. It sounds like the early human ancestors had it right.

## Plan for YOUR Future



It is more important to securely fund retirement accounts than to save heavily for a child's college education, according to USA Today. Deciding whether to save for retirement versus education is often filled with complex emotions. But, in fact, it is wise to prioritize retirement first.

While children can take out student loans to pay for college, it is unlikely that parents can finance their way through

retirement. College students have many options to pay for their education and having a fully funded savings account might tempt the family to place less importance on free grants and scholarships that will often require more work up front, but don't have to be paid back.

According to Dave Ramsey, saving for education is a luxury, but saving for retirement is an important necessity.



Save for your retirement before any future education.



## FEMALE Trailblazers



Agnes Smith

A fantastic book for Women's History Month, *The Sisters of the Sinai* reads like a gripping adventure story.

Twin sisters Agnes and Margaret Smith, born in 1843, broke societal barriers and were responsible for one of the most important ancient discoveries. Raised with an unconventional upbringing, the sisters mastered several languages, traveled extensively, married late in life, and caused scandal exercising in their yard in their bloomers.

But the sisters electrified the world with their 1892 camel car-

avan to Africa where they visited the ancient mountaintop monastery of St. Catherine's and there identified and photographed one of the oldest Gospels ever found.

The sisters had no degrees and no titles, but their extraordinary adventures rocked British society. They learned of a dark closet at St. Catherine's filled with ancient texts, and it was there that Agnes Smith identified and photographed the manuscript.



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**WIN \$25 FOR YOUR  
FAVORITE CHARITY!**

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

Unplugging from gadgets and going camping may help improve:

- a. Electricity bills
- b. Sleep, mood and creativity
- c. Job performance
- d. Survival skills

Once you've found the correct answer, email it to [anna@pcssuperior.com](mailto:anna@pcssuperior.com). At the end of the month we will draw from the correct answers and someone will win a \$25.00 donation to a charity of their choice. PCS will contact your charity and process the payment. Contest Expires 3/31/2019.

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

We are 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.