

HEALTHY, WEALTHY & WISE

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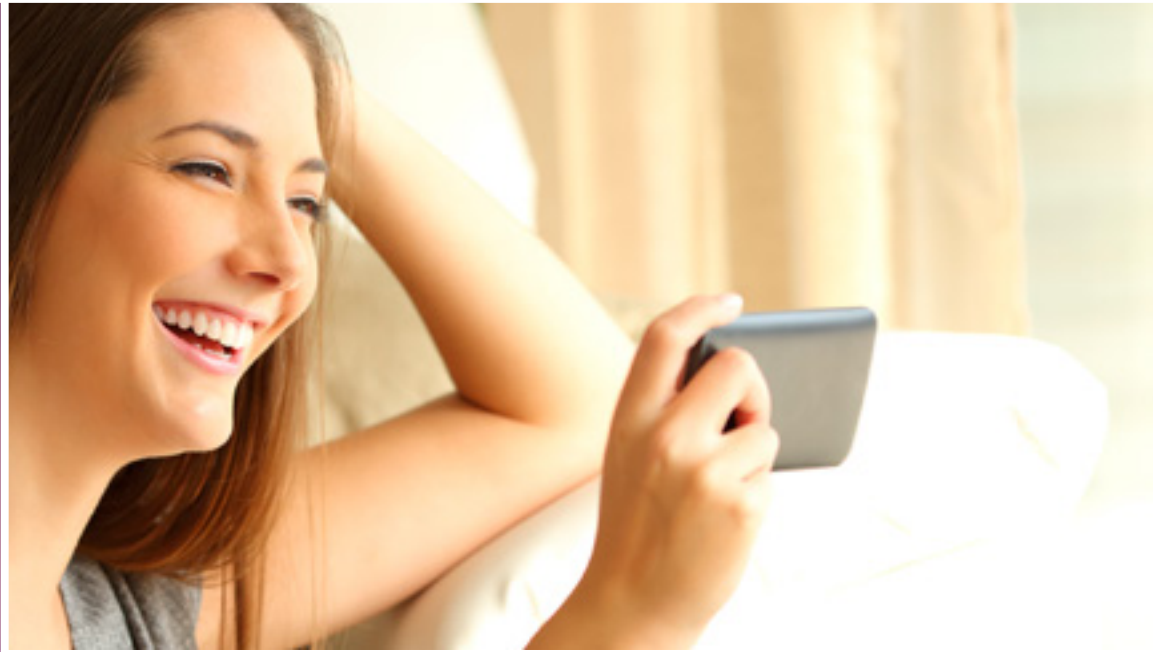
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Don't Lose Track of Time

It's Sunday morning. You're tidying up the kitchen when your phone rings. It's a long lost friend from high school. As you catch up on each other's lives, you realize how fast time flies. You tell her all about your life since you graduated. She tells you how she ended up marrying that guy she couldn't stand in high school and how happy they have been for all these years. For the next 53 minutes you share memories, laughs and a few tears. Time flies by. Finally, you say your goodbyes, vowing to keep in touch.

Returning to the kitchen, you feel a sudden sense of panic. You completely forgot you were filling up the kitchen sink to wash some dishes. Water is cascading over the countertop, down the cabinets and onto the floor. As you scramble to turn off the water, you wonder, "how long has this been running?"

You sash your way to the flooded laundry room and grab every towel you can find, dropping them everywhere to soak up the rapidly spreading water. The family room is soaked. The powder room has a half-inch of standing water. The Oriental rug in the dining room is saturated.

You run down to the basement as fast as you can to get the wet/dry vacuum so you can suck up the water. There you feel the unmistakable squish of wet carpet underfoot. Water is pouring out of the ceiling!

As bad as this all may seem, it's about to get much, much worse... *unless* you act quickly. Why? Because there are 3 basic stages of water damage with the severity of damage increasing over time.

Stage 1 is **primary damage** to materials contacted by water. The drywall ceiling in the basement or the area rug in the dining room can suffer immediate and permanent damage. The hardwood floors in the kitchen and dining room will begin to absorb water and swell. Over time, this causes warping and buckling. Drywall and baseboards also absorb water, increasing the damage.

Stage 2 is **secondary damage** caused by exposure to high humidity. As water evaporates from materials, the humidity or water vapor in the air increases. This water vapor will begin to penetrate into unaffected materials like drywall, wood, paper, hardwood furniture and



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Stuffed Jack-O-Lantern Bell Peppers

Ingredients:

- 6 bell peppers, any color
- 1 pound ground beef or turkey
- 1 egg
- 4 slices whole wheat bread, cubed
- 1 small onion, chopped
- 1 small tomato, diced
- 2 cloves garlic, minced
- 1/2 cup chili sauce
- 1/4 cup prepared yellow mustard
- 3 tablespoons Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking dish.
2. Lightly mix together the ground meat, egg, bread cubes, onion, tomato, garlic, chili sauce, mustard, Worcestershire sauce, salt, and pepper in a bowl.
3. Wash the peppers, and cut jack-o'-lantern faces into the peppers with a sharp paring knife, making triangle eyes and noses, and pointy-teeth smiles. Slice off the tops of the peppers, and scoop out the seeds and cores. Stuff the peppers lightly with the beef stuffing, and place them into the prepared baking dish so they lean against each other.
4. Bake in the preheated oven until the peppers are tender and the stuffing is cooked through and juicy, about 1 hour.

recipe courtesy allrecipes.com

Don't Lose Track of Time *(continued from cover)*

even leather. Given enough time, high humidity can cause swelling, splitting and warping of cabinets, molding and furnishings.

Stage 3 is **microbial growth.**

Bacteria and mold spores are always present. But if you add water or abnormally high humidity, these microbes begin to flourish. Depending on temperature, bacterial growth can cause a sour odor within just a few hours. The "mildew" odor that many people associate with wet laundry is actually caused by bacteria, not mildew.

Mold requires more time to become active and begin to grow. Under *optimal* conditions, some species of mold become visible in 48-72 hours. Once mold begins to grow

there is risk to your family's health. Unless the materials are dried and the humidity is controlled, mold spreads and contaminates large areas of the home. Left untreated, mold can grow on the insides of walls, under and behind cabinets and in other hidden portions of the house, causing thousands of dollars in property damage.

Because of the progressive nature of water damage, it is important to act quickly. Every minute that passes only increases the damage. We hope you never have the misfortune of water damage in your home or business. But if you do, don't waste time. Call Professional Carpet Systems immediately. We will limit the damage and get your home clean and dry quickly.

Take a Walk

New research from the George Washington University School of Public Health has shown that the simple act of taking a walk after a meal could reduce the risk of developing type 2 diabetes in older people. A walk after eating reduces spikes in blood sugar that follow a meal.

Exercising is a great way to combat the development of many diseases. This study shows that it might be beneficial to spread out the time you spend exercising instead of having one burst of activity—as long as that exercise is timed correctly. Instead of relaxing, sitting, and watching television after eating, which researchers found was the worst thing you can do, older people can get the most bang from their exercising buck by heading outdoors. In the study, it was found that three short walks after meals were as effective as one 45-minute daily walk.

The research showed that the benefits of this type of exercise were especially helpful for those in their 70s and 80s. Often people



in this age range find long periods of exercise too difficult. It may be easier to incorporate intermittent physical activity in this way. Older people also are less able to control blood sugar after meals. The effects of taking short walks after eating were significant in reducing blood sugar for up to three hours after a meal. So, next time you get up from the dinner table, tie on your shoes and take a jaunt around your neighborhood instead of crashing in front of the TV.

Did You Know: Table Manners

At a formal place setting, the silverware should be placed so that the utensils are used from outside to inside. In other words, the salad fork should be placed farther from the plate than the dessert fork.

When eating bread from a common breadbasket, place your bread on your plate first. Then take some butter and place it on your plate as well. Use this to butter your bread. Do not take butter from the butter dish and directly butter your bread.

To eat soup, dip your soup spoon into the bowl and scoop away from you. Only fill your spoon about two-thirds full and sip it from the side of the spoon. Never slurp.

Once used, a utensil should not be placed back on the table. It should be laid on a flat dish or plate.

Salt and pepper should always be passed together, even if someone asks only for one.



To indicate that you are finished eating, place your knife and fork on the plate so that they are parallel to each other, at the eleven o'clock position (a diagonal from bottom right to top left) with the points facing away from you. Place your napkin on the table, not on your plate or on your chair.

If you are unsure of what to do next in a formal dinner setting, simply take your cues from your host. You can sit, eat, put your napkin on the table, and leave as soon as your host does so, unless you are asked to do otherwise.

Snacking Your Way To Health

Too many snacks between meals are obviously not good for you. There is a way to use healthy snacks to build muscle and shed fat while making you feel better. A recent study found that having a high protein and carbohydrate snack after working out can help improve your overall well-being.

The researchers looked at exercisers who were snacking after a workout. They gave these exercisers a 250-calorie shake with 24 grams of protein and 36 grams of carbs right after they did a strength training session. These people were followed for six months. At the end of the study session, those who drank the shake lost about four pounds more fat and added almost two pounds more lean muscle than those who did not drink the shake after their work-outs.

So what are the best post-exercise snacks? Try a banana with peanut butter, a wedge of cheese and an apple, a couple of hard-boiled eggs and some dried fruit, or your favorite protein shake. For the most bang for your buck, try to eat your snack within 30 minutes.



Good Clean Funnies

A mom and a son come home from the grocery store. The boy immediately empties out a box of animal crackers and the mom asks him why. The boy says, "You should not eat it if the seal is broken, so I'm looking for the seal."

A man dining at a restaurant flagged down his waiter and said, "Excuse me. I have a bee in my soup." The waiter replied, "Yes sir. Didn't you order the alphabet soup?"

A mom texts, "Hi! Son, what does IDK, LY, & TTYL mean?" He texts back, "I Don't Know, Love You, & Talk To You Later." The mom texts him, "It's ok, don't worry about it. I'll ask your sister, love you too."



Quick Tips

The Easiest Way to Clean a Lampshade

Sometimes, cleaning jobs are all about having the right tools. And it turns out the best tool for cleaning a lampshade is a fabric softener sheet! They pull away dust and prevent static cling, which means less dust in the future. Used dryer sheets work just as well as new ones.

Insulate Your Outlets

Did you know that you could be losing warm (or cold) air through your electrical outlets? Apply fireproofing foam insulation into the gaps around electrical boxes. This foam is available at most hardware and home improvement stores.

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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:

The third stage of water damage is:

- a. evaporation
- b. microbial growth
- c. material damage
- d. interpreting your insurance policy

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 10/31/2017.



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