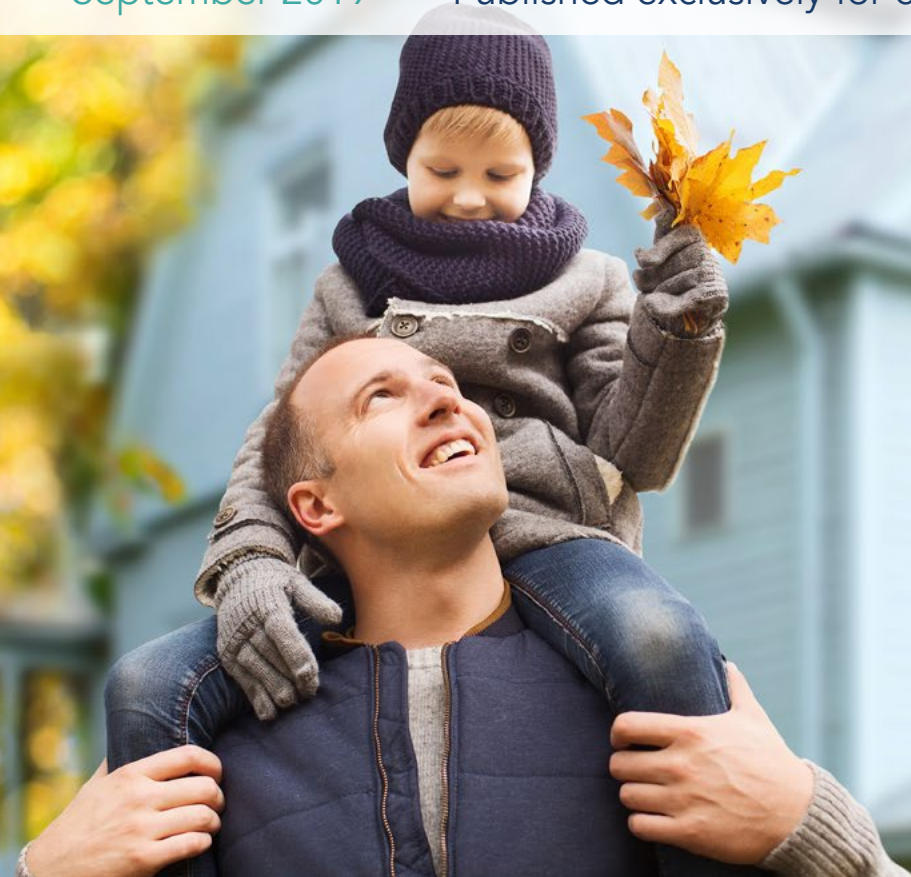


HEALTHY, WEALTHY & WISE

September 2019

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Prepare Your Home for Winter NOW

Now that the dog days of summer (heat) are almost over, and the crisp fall weather is slowly making an appearance, it's time to walk around your home sweet home. This is the perfect time of year to take care of any home maintenance and cleaning issues before winter's arrival.

We know how important your time is, and we really know how important it is to keep your home healthy. Below are some important things to look for when making a personal home inspection. The following recommendations are simple to do. However, it may be safer for you to hire the services of qualified professionals to do some of these checks for you or to interpret your findings. Saving money is good, but not at the risk of injury.

Home Exterior

Fall is the perfect time to inspect your home's exterior. Temperature and humidity changes cause materials to shift, contract and expand. UV radiation from the sun affects paint, caulk, shingles, wood, rubber and vinyl. As a result, the exterior envelope of your home may not be as "tight" as it was this spring.

As weather gets cooler, materials tend to shrink and

See "WINTER" on next page

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harden. The air is drier, resulting in further shrinkage as materials lose moisture. Rubber seals around doors and windows become brittle.

Look around your doors and windows. How does the caulking look? Caulk should be flexible, smooth and tight to the surface being sealed. If it is cracking, brittle and deteriorated, it should be scraped out and replaced. Is the weather stripping intact? Do windows close and seal properly? Can you see daylight or feel air leaking around doors?

Downspouts and gutters should be cleaned and inspected. Are there soil depressions directly below the gutter? If you see depressions, chances are the gutters have been overflowing. Gutters that don't drain properly increase risk of foundation damage. Downspouts should be extended at least 10 feet away from the home to ensure proper drainage.

Home Interior

Modern carpets do a great job of hiding soil. This may lead you to think you only need to clean your carpets once a year or when they "look" dirty. But according to the EPA, most households should clean carpets at least twice a year, maybe more depending on lifestyle and other factors. This may surprise you until you think about all of the soils, allergens, oils, dander, pollutants and contaminants that carpet traps.

One of the best reasons for cleaning in the fall is that you want your home to look great for visiting friends and relatives during the upcoming Holidays. Nothing makes your home feel clean and inviting quite like freshly cleaned carpets and upholstery. Even if you don't expect guests, you will be spending more time at home in the winter, so you want it to look nice for you, too.

Of course, there are far more important reasons to clean your carpet than appearance. Soil damages carpet, dramatically reducing its usable life. During the summer, pollen and other pollutants enter your home and become trapped in the carpets. In the fall, mold spores are more prevalent, again, becoming trapped in your carpet fibers.

With clean carpet now, you and your family can breathe cleaner, healthier air all season long. It's bad enough that fall and winter are the seasons when people suffer from cold and flu without adding poor indoor air quality to aggravate conditions such as asthma and allergies.

This fall, taking care of home maintenance and cleaning is a proactive approach to maintaining a healthy home! Call **Professional Carpet Systems** for more information or to schedule your next cleaning.

The Good Life



Good Clean Funnies

Did you hear the one about Labor Day? It works for me!

If all the cars in the United States were placed end to end, it would probably be Labor Day Weekend.



Chef John's Apple Butter

Apples are in season in Fall. Homemade apple butter make great gifts for the holidays and is a great PB&J alternative for back to school lunches.

Directions

Place apple pieces into a large slow cooker. Add white sugar, brown sugar, salt, cinnamon, nutmeg, allspice, and vinegar. Add a splash of water and mix well.

Cover and cook on High until apples are starting to soften and release liquid, 1 to 2 hours. Reduce heat to Low and cook, uncovered, until all the apple flesh is dissolved, 5 to 6 hours. Stir occasionally.

Puree using an immersion blender until smooth.

Continue cooking, stirring occasionally, until darkened and thick, about 4 hours more. Pass apple butter through a strainer if desired. Seal in a glass container and refrigerate until cool.

Ingredients

- 5 pounds Granny Smith apples, cored and cut into 1-inch pieces
- 1 1/2 cups white sugar
- 1/2 cup brown sugar
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/8 teaspoon freshly grated nutmeg
- 1/2 teaspoon ground allspice
- 1/4 cup apple cider vinegar
- 1 splash water

Recipe courtesy allrecipes.com



Camping for FOODIES



Use foil packets to mix up ingredients for fish or chicken tacos.

Sure, hot dogs are yummy and s'mores are fun and sentimental, but does the camping menu have to be so limited? No it does not. From hot breakfast sandwiches to decadent desserts, campground food can be anything you'd like.

Two words: foil packets. Use aluminum foil to cook any number of goodies, including grilled vegetables, salmon with garlic and spices, or barbecue chicken.

Bring the cast-iron skillet and make everything from cornbread

and chili, campfire pizza and nachos to paella or beef stroganoff.

Use those skewers to heat up cinnamon rolls. Imagine the combination of aromas: campfire, hot coffee, cinnamon rolls, and the great outdoors.

Don't forget the drinks! In addition to beer and wine, consider campground sangria, which you can mix ahead of time and enjoy when you're ready. Mix some fruit, wine, something carbonated, and boom: sangria.

BEST Plane Ticket Prices



Frequent travelers or those looking to book a trip will score the best fare prices when they purchase tickets about 70 days in advance of their flights, according to the most recent annual study by CheapAir.

They analyzed 917 million airplane ticket prices at the time of purchase to uncover this prime purchase window which is up from 54 days during the previous year. Although many casual flyers might guess that tickets will be

the cheapest when booking as far out as possible, there could be a \$50 premium on tickets purchased 169 to 319 days in advance and a \$20 premium for those at 122 to 168 days out.

The least popular days to fly are Tuesday, Wednesday or Saturday, which also make them the cheapest. Avoid Friday or Sunday, which are the most popular days. Also look for very early or very late travel times to find better deals and discounts.



Follow airlines on social media to hear about upcoming insider deals and savings.



EMERGENCY Preparedness Month



September is National Emergency Preparedness Month.

Create an emergency preparedness kit with these items:

- Three day supply of water and food per person (and pet)
- Clothes and shoes
- Sleeping bags or blankets
- Plastic sheeting and duct tape
- Insurance policies, identification and bank account records in a waterproof container
- Flashlights
- Battery operated radio
- Cell phone with extra batteries
- Matches in a waterproof container

- Three day supply of medication
- Travelers checks, cash and change
- Pencil and paper
- Personal hygiene items and feminine supplies
- If you have a baby, don't forget disposable diapers and wipes.
- For children, include books, games and puzzles.

Getting ready for a disaster or emergency sounds like a lot of work. But if one occurs, you'll be glad you put your time and money into the project.



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**WIN \$25 FOR YOUR
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Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

September is National _____ Month:

- a. Apple Picking
- b. Camping & Backpacking
- c. Emergency Preparedness
- d. Take a Day Off Work

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 \$25.00 donation to a charity of their choice. PCS will contact your charity and process the payment. Contest Expires 9/30/2019.



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