

# HEALTHY, WEALTHY & WISE

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## Thankful... for Family and a **HEALTHY** **HOME**

BPT

**W**hether you are a new customer of **A-TOWN/HI-TECH**, or have been a client for years, we'd like to take this time to **THANK YOU** for your business. We know we are not the only game in town when it comes to keeping your home clean and beautiful. To show our appreciation, we'd like to offer you a few quick tips to have a cleaner, healthier home and save you a few bucks too.

A United States Environmental Protection Agency (EPA) study revealed that carpet actually helps to clean out air in our homes and offices. The carpet acts as a filter, trapping soils, gasses and pollutants such as pet and human dander, pollen, and even air pollution. This is great news since nearly every home in America has wall to wall carpet installed in one or more areas. There are several things that you can do

to keep your carpet looking cleaner and help it last longer.

Keep soils out by using walk off mats at entrances and keeping outdoor walkways, stairs and porches clean.

Use doormats at all entrances. Don't wear street shoes in the house. Avoid going barefoot because body oils get on the carpet and attract dirt.

**See "THANKFUL" on next page**

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Vacuum often, including upholstery, at least once a week. You should vacuum more often if there are pets or small children in the home, or if anyone suffers from asthma.

Promptly attend to any spots or spills. First, blot or scrape up as much of the spill as you can before it dries into the fibers. Then apply a mild spotting agent to the carpet and gently agitate it into the spot with the back of a spoon. Blot with a white towel to absorb the spot and the cleaner. Put a little clear water on the area, agitate again and then blot as dry as possible. If this process doesn't work, call us.

In addition to controlling soils, vacuuming often and being attentive to spots and spills, you should include professional cleaning followed by application of a fiber protective treatment of your carpet.

Periodic professional cleaning is a major part of an effective carpet and air quality maintenance routine, eliminating the contaminants that build up over time. Of course, every household has its own unique combination of factors such as environment, number of occupants, children, pets, and smoking or non-smoking, etc.

Deep cleaning of your carpets assures your carpets are brought back to a fresh, healthy condition. This is good for your health as well as your wallet.

How so? Clean carpet has the ability to trap and hold airborne contaminants out of the breathing zone. In fact, studies have demonstrated that it takes ten times more wind force to dislodge the dry particulate soils that can trigger allergic reactions from carpet than from

hard floor surfaces. That's because carpet traps and holds contaminants until they are removed by vacuuming and cleaning.

Carpets that are regularly maintained will last much longer because it is the dry, gritty particulate soil and old oxidized stains that cause the permanent damage that makes old carpets look dull and dirty.

Regardless of how neat and tidy you are, there comes a time when you need professional carpet cleaning. And don't forget the floors, rugs and upholstery will last longer if they are professionally cleaned as well!

Call **A-Town/Hi-Tech** to schedule your next cleaning. You and your family will breathe easier; your carpets, rugs, and upholstery will look better and last longer, and your home will remain healthier.

## The Good Life



### Good Clean Funnies

**Why can't your nose be 12 inches long?**

Because then it would be a foot.

**Why is a football stadium always cool?**

It is full of fans.

**Why did the computer go to the dentist?**

It had a blue tooth.



## TURKEY Potato Casserole

### Directions

Preheat the oven to 350 degrees F.

Place turkey in an even layer on the bottom of a 9 x 13 inch baking dish. Top with a layer of onion and a layer of green beans so that the turkey is no longer visible.

Pour the condensed soup over the onion layer, then sprinkle with shredded cheese. Stir together the cubed cheese and mashed potatoes; spoon over the top of the casserole, and spread to cover.

Bake for 30 to 40 minutes in the preheated oven, until heated through.

### NOTE FROM THE CHEF:

After a holiday meal, half the work is done because you usually have the mashed potatoes and turkey. When made from scratch, you can substitute chicken for the turkey.

### Ingredients

- 1 pound cooked turkey meat, shredded
- 1 onion, chopped
- 1 (14.5 ounce) can green beans, drained
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 8 ounces cubed Cheddar cheese
- 8 ounces shredded Cheddar cheese
- 4 cups prepared mashed potatoes

Recipe courtesy [allrecipes.com](http://allrecipes.com)

## Teaching KIDS To COOK Leads to Lifelong Rewards



**The key to helping build your child's interest in cooking is to start young and be consistent.**

If you want to help your kids learn to eat well, teach them to cook. According to the Academy of Nutrition and Dietetics, cooking helps kids build their math, science, literacy and fine motor skills with hands-on learning.

Children can develop an interest in helping in the kitchen around 18 months -- clear away any hazards (sharp utensils, heavy or hot items, cleaning products and trip hazards) and let them help with washing vegetables, stirring room-temperature ingredients, sprinkling flour and decorations or spooning ingredients into bowls. Toddlers also have a blast just watching you work, so consider setting up a safe place for them to watch you in action.

3 to 5-year-olds will develop greater dexterity and desire for independence. Let them roll out dough with a rolling pin, cut soft ingredi-

ents (soft fruits or vegetables) with a plastic knife, tear lettuce for salads or snap stems from string beans.

5 to 7-year-olds can be ready to take on basic knife skills, or they can use kid-sized scissors to snip herbs. Measuring is a great way to practice math. They can also help set the table and clean up after meals.

8 to 11-year-olds are ready for more complex tasks, like planning meals and following simple recipes that gradually build their cooking skills. They might also be ready to use a stove and smaller appliances like a stand mixer or food processor (with supervision, of course).

Above all, learning to cook should be fun, not stressful. Relax, include your children and enjoy watching them bloom into curious, independent chefs.

## Home Inspection is NOT Just for Home BUYERS



It's easy to put off checking with your doctor about little aches and pains that could lead to something serious. It's just as easy to put off maintenance that could help avoid a serious repair problem at your home. Even worse, a problem could be developing that you don't know about.

That's one reason home inspection companies recommend getting an inspection even when you aren't planning to sell your home. Security Home Inspections in Indianapolis explains why:

Each year, the average home handles 145,000 gallons of sewage, uses 22,000 kilowatt hours of electricity, sheds 45,000 gallons of rain off its roof and uses 65,000 cubic feet of gas.

The home holds 9,000 pounds of furniture on average. The furnace turns on

3,800 times per year and the water heater 3,600 times.

Whether your home is new or if you've lived in it for a long time, a structural and mechanical inspection should be considered. It's the same inspection a home buyer would get. Last year, Security Home Inspections found gas leaks in almost 500 homes.

You might consider a partial inspection if you want to track down a mystery in your house, such as a new crack in a wall, a leak, an odor or a noise. Sometimes, just figuring out who to call for repairs is half the battle.

Because licensed inspectors offer an objective, independent view, the inspector's report improves decision-making.



**In one way, home repair contractors are a little like doctors who are known to say, "If only you had come to me sooner..."**



## A Little FAT Makes Veggies More NUTRITIOUS & Prevents Cancer

Having corn on the cob with dinner? Adding a little butter will enhance your nutrient absorption. Having a salad for lunch? Adding full-fat salad dressing will have the same effect.

Researchers at Ohio State University Comprehensive Cancer Center in Columbus checked for nutrients that were especially important for cancer prevention. Some of affected nutrients:

Lutein and zeaxanthin, found in spinach and kale, are important for eye and heart health.

Lycopene, the red carotenoid found in tomatoes and watermelon, is a potential cancer fighter.

Alpha and beta carotene, the orange pigment in carrots and cantaloupe, help to reduce cancer rates.

Vitamin E, found in mango, broccoli and spinach, is a powerful antioxidant that neutralizes free radicals that cause tissue and cellular damage.

When some avocado was added to salads, blood tests showed the absorption of lutein was 18 times greater than without the fatty avocado. Absorption of lycopene increased by 4.4 times. Beta carotene absorption increased 2.6 times.

Fortunately, the amount of fat in the entire meal can aid nutrient absorption. Nutritionists say you should choose at least one food per meal with a high fat content. That means if you have a small steak or hamburger with dinner, you'll be fine.



**Many of the healthful compounds in vegetables are fat-soluble. That means your body can't easily absorb them unless fat is present at the same time.**



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