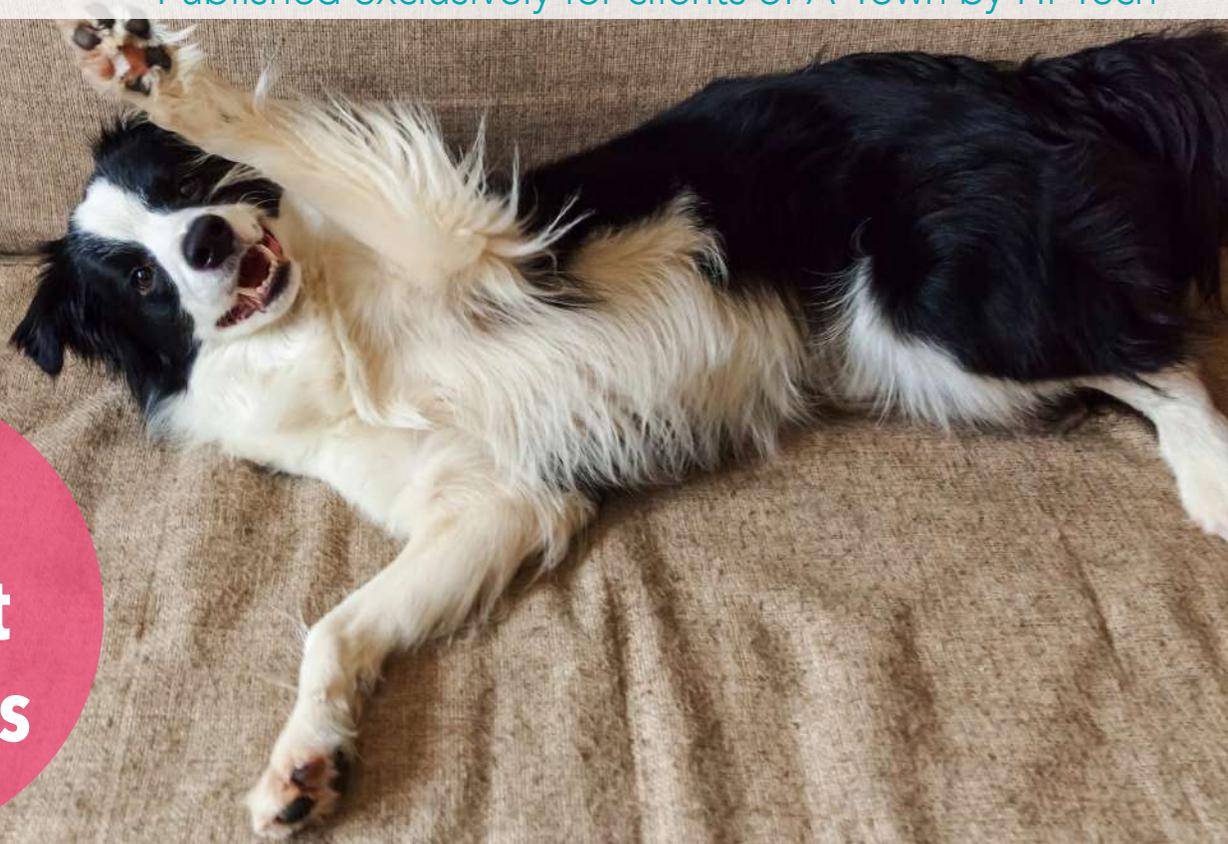


# HEALTHY, WEALTHY & WISE

August 2020

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## Dealing with Pet Accidents



Whether it's chewing, begging, or jumping, our pets' actions are a part of their unique personalities, for better or worse. However, there is one undesirable habit that most pet owners would agree causes the most embarrassment: urine. To animals, urine is an important social tool, used as a calling card, mate attractant or a territorial warning. To us, it is odor and stain.

If you are lucky enough to catch the animal in the act, you can pour salt liberally onto the deposit while it is still wet. Use enough salt to completely cover the spot. The salt will absorb the urine. Let it dry and simply vacuum it away. But most animals are secretive about peeing on the carpet; most of the time it is dry by the

time you discover it. Single, light urine deposits may be treated by applying a neutral carpet cleaning agent, gentle agitation and a thorough rinse. Finish the job by placing a folded white towel on the area. Set a weight on it and leave overnight; the remaining moisture and residue will wick into the towel.

*See "Accidents" on next page*

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## Accidents continued from page 1

Once urine has reached the point that it has penetrated the carpet and the cushion, removal of the odor becomes more difficult. Most cleaning and deodorizing methods are designed to treat the carpet face fibers, not the carpet backing and cushion. If you don't get out all of the urine, changes in humidity and temperature will result in reactivation and the odor will eventually return. Due to the chemistry of urine, old, heavy deposits are much more difficult to treat and you will need the help of a professional.

Why? Because urine undergoes a dramatic chemical change as it ages.

The water in the urine evaporates leaving behind organic compounds that become more concentrated. Bacteria begin to consume the urine, breaking down the proteins, sugars and other organic compounds. Once the contamination has reached this point, it also becomes a potential

health threat to humans. During the process of bacterial digestion the bacteria secrete ammonia and a strong, pungent odor develops. The urine turns from a mild acid to a strong alkali.

This strong alkaline deposit attacks the dyes in some carpets. Over time, the dyes can be weakened causing permanent color loss and yellowing. The adhesives used in the carpet backing can be dissolved, and the carpet can literally fall apart. Permanent damage to wood subfloors will also result from deep penetration of concentrated urine deposits, requiring additional repairs.

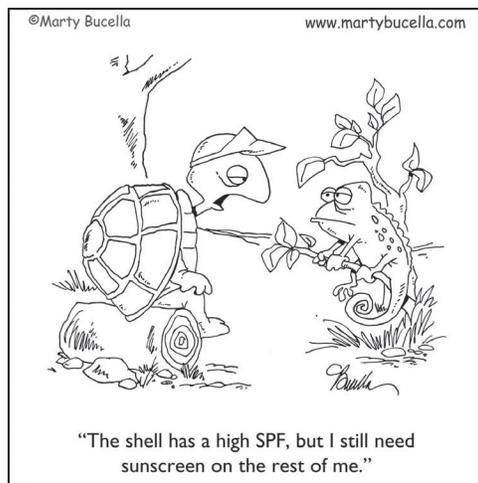
Acidic cleaning agents neutralize alkaline residues and make the urine deposits easier to remove during normal cleaning. One urine contamination treatment available contains an enzyme called urease which is effective at breaking down the organic components of urine. Pairing agents

are specialized deodorizers that bond to odor-causing molecules and create a new odorless or pleasant-smelling molecule. Oxidizers use the power of oxygen to eliminate urine odor and help remove staining. Oxidizers have the additional benefit of killing bacteria and often help in removing the yellow stain. But care is required when using oxidizers since these cleaning agents are not compatible with all types of carpet.

The decision of which method to use will depend on several factors. The amount of contamination present, the depth of penetration, the construction of the carpet, the fiber content, the installation method, the sub-floor type and the size of the affected area must all be considered.

Contact **A-Town by Hi-Tech** today for more tips, help or to schedule your next appointment.

## The Good Life



### Good Clean Funnies

**Son, I don't think you're cut out to be a mime.' 'Was it something I said?' asks the son. 'Yes.'**

**I'd like to start with the chimney jokes - I've got a stack of them. The first one is on the house.**



This is an easy peach cobbler made with cake mix.

### Ingredients

- 12 fresh peaches, pitted and sliced
- 1 cup water
- 1 cup white sugar
- ½ teaspoon ground cinnamon
- 1 (18.25 ounce) package white cake mix
- 1 (8 ounce) package cream cheese
- ½ cup butter
- 12 servings

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

### Instructions:

**Step 1:** Preheat oven to 350 degrees F (175 degrees C).

**Step 2:** Spread peach slices evenly into a 9x13 inch baking dish. If using canned peach juice, pour 1 cup of it over peach slices. If using fresh peaches, combine water and sugar in a small bowl. Stir to dissolve, then pour mixture over peaches.

**Step 3:** Sprinkle cinnamon over peach slices, followed by dry cake mix. Top cake mix with pats of cream cheese. Dot cobbler with butter or margarine.

**Step 4:** Bake in preheated oven for 45 minutes, until golden.



## Weight Training to SAVE Muscles

Between the ages of 30 and 70, adults typically lose at least 20 percent of their muscle tissue. For those over age 30, the good news is that muscle loss can be reduced and even reversed by weight lifting.

Research also shows that older adults who have been lifting weights for 15 to 20 years or doing resistance training, are as strong as inactive 20-year-olds.

Resistance training is any type of exercise performed in one place while standing, sitting, or lying down. It includes leg lifts, arm curls, and abdom-

inal crunches. Such movements can be performed using free-weights, weight machines, or by working against gravity.

The goal is to challenge the targeted muscles by performing at least three sets of eight to twelve repetitions, and to gradually increase the amount of weight used.

In addition to slowing muscle loss, weight training also increases the rate at which the body burns calories, increases bone density, decreases the risk of diabetes, and increases HDL, the "good" cholesterol.

**Though it is not an inevitable consequence of aging, everyone is at risk. Men and women appear to lose the same percentage of muscle.**

## AFFORDABLE College Education

Today's students have excellent options for their pathway to higher education. They include traditional and community colleges, online courses, or combinations of all three.

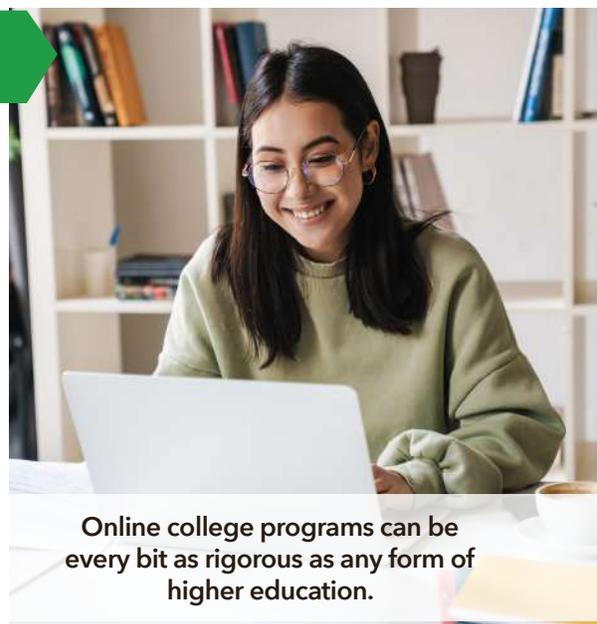
Online courses engage students in class material and activities on his or her schedule. This freedom allows students to complete work and family commitments with more flexibility.

Many course lectures, course work, and discussion boards, among others, are available around the clock.

Online programs can dramatically

decrease or eliminate most of the costs associated with college. With student loan debt now exceeding the entire nation's credit card debt, any chance to cut the cost of college today is worth investigating and considering.

The advantages of initiating one's pursuits of higher education at a community college include the flexibility, cost of courses, and the capacity to transfer degrees earned to time-honored institutions of higher learning. Many community colleges also offer online class options.



**Online college programs can be every bit as rigorous as any form of higher education.**



## Dog Days of SUMMER

Though they are named after our canine friends, dogs have nothing to do with the name. In ancient times when Sirius, The Dog Star, rose just before the sun, people believed that the star was the cause of the hot weather and named the short season after the star.

All of that was before air conditioning and modern medicine eliminated the worst suffering. But hot weather can still get you down, Dog Days or not.

Watch out for heat exhaustion. If you get pale, sweat profusely, have a weak, rapid pulse, queasy stomach and head-

ache or dizziness, get yourself to a cool place and lie down. Sponge your skin and stay near a fan. Drink something cool (not iced). If symptoms last see your doctor.

Heatstroke is much more serious and requires medical attention. Symptoms include dizziness, rapid heartbeat, diarrhea or nausea, and hot, dry skin with no perspiration. Cool anyone with these symptoms as for heat exhaustion but also place ice packs under armpits, behind the neck, and on the groin while waiting for an ambulance.

**These are the hottest days of the year, variously calculated to run from 30 to 54 days spanning from July 3 to August 11.**



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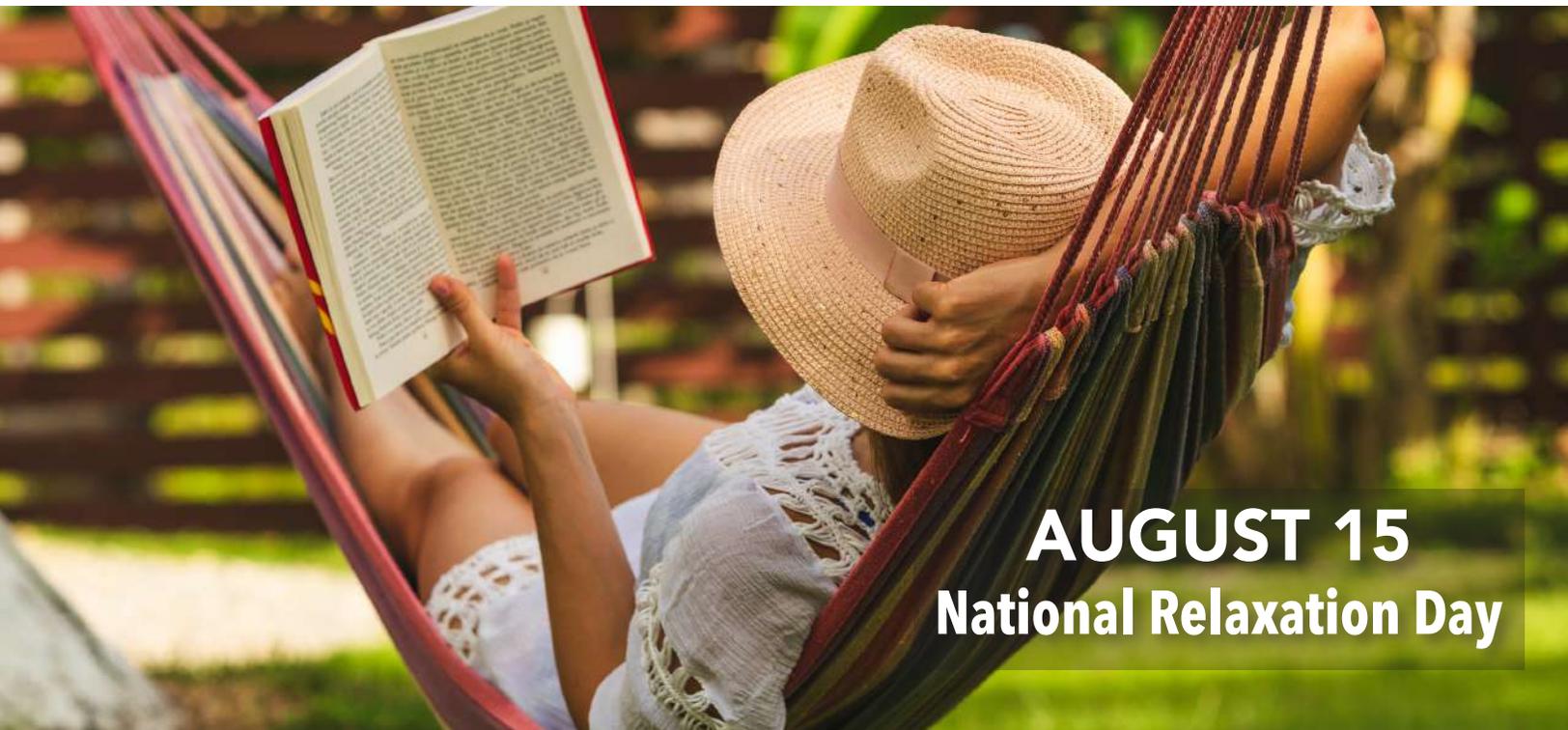
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