

# HEALTHY, WEALTHY & WISE

FEBRUARY 2017

Published exclusively for clients of Professional Carpet Systems

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## FEBRUARY 8TH IS BOY SCOUT DAY



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## Clothes Dryer Safety Tips

You may have fond memories of helping hang laundry on the clothesline in your backyard as a child. There's nothing like the smell of the clothes fresh off the clothesline, dried on a warm, sunny day. Still, most of us would rather not go back to the days of hauling damp clothes outside to dry them.

Today, we rely on automatic clothes dryers to get the job done. Just put the damp clothes in, turn the dial, hit the start button and 30-90 minutes later your clothes are dry, fluffy and ready to wear without a clothespin in sight.

The clothes dryer in a typical family of four runs 150 – 200 hours a year without malfunctioning. It can be easy to take them for granted as simple to use, trouble-free appliances needing little attention.

Clothes dryers cause over 16,000 reported house fires in the United States and cause dozens of deaths, hundreds of injuries and over \$200 million in property damage annually. Sometimes the cause is a mechanical malfunction of the machine. Other times, the electrical supply or appliance

cord is the culprit. But the leading cause of these fires is failure to clean. 1 out of 3 dryer fires is caused by overheating due to accumulation of lint inside the dryer filter, around the drum or in the exhaust ductwork. Overheating can cause clothing inside the dryer to ignite, or the lint in the ductwork to catch fire.

Unfortunately, many people believe that keeping the lint filter clean is all that is necessary. But the lint filter in most dryers cannot catch the finest particles of flammable lint and fibers. These small lightweight particles travel through the exhaust ductwork and vent outside the structure.

Ideally, the ductwork should be smooth galvanized metal and as straight as possible. In most cases, at least one or two bends or elbows are necessary to get the ductwork outside the home. Each bend in the system restricts airflow and creates a potential point for lint to collect. This further restricts airflow, allowing even more lint to collect. This dangerous cycle will continue until the system is completely blocked or the duct system is cleaned.

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## Garlic Shrimp Linguine

### Ingredients:

- 1 pound uncooked linguine
- 1 tablespoon butter
- 3 tablespoons white wine
- 2 teaspoons grated Parmesan cheese
- 3 cloves garlic, minced
- 1 teaspoon chopped fresh parsley
- 1 pinch salt and pepper to taste
- 1 pound medium shrimp, peeled and deveined

### Directions:

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. In a medium saucepan, melt butter over medium low heat; add wine, cheese, garlic, parsley and salt and pepper to taste. Simmer over low heat for 3 to 5 minutes, stirring frequently.
3. Increase heat to medium high and add shrimp to saucepan; cook for about 3 to 4 minutes or until shrimp begins to turn pink. Do not overcook.
4. Divide pasta into portions and spoon sauce on top; garnish with Parmesan cheese and fresh parsley, if desired.

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

► *Continued from cover*

At the point where the duct exits the home, there should be a damper and a grill of some kind. The damper is a flap that opens when the dryer is running and closes to prevent air from entering the duct when it is not. The grill helps keep birds and rodents out. It is critical to keep the damper and grill clean and working properly. If the damper is stuck closed, the dryer will not vent properly and heat can build up to dangerous levels. Poor airflow will contribute to the buildup of lint. If the flap is stuck open or the grill is broken or missing, birds or rodents may decide that your dryer duct is a great place to build a nest, creating another potential fire hazard.

## Walking Safely

If you are trying to get more exercise into your routine, walking is a great choice. Not only can you improve your fitness level, but you can enjoy the great outdoors at the same time. Unfortunately, many drivers do not always pay attention to pedestrians on the road, especially as dusk falls. Around 5,000 pedestrians are killed each year by motor vehicles.

What can you do to reduce your risk of injury or death from a car when walking? One of the best things you can do is wear a reflective vest or clothing. Be sure that the reflective area is large enough to be seen well and is exposed from every angle. Many brands of walking shoes have reflective material on the heels. Also dress in light colored clothing to maximize your exposure.

You should walk facing oncoming traffic. Walk defensively. Although pedestrians have the right of way, this doesn't mean a driver will always yield. Be aware of the traffic around you. If you are walking on a pedestrian path, always walk on the right-hand side so that faster

Clean the lint filter before every load. Consider installing an auxiliary inline lint trap in the ductwork coming from the dryer to catch more lint. You should have your dryer duct cleaned at least once a year to avoid a buildup of flammable lint.

In the event of a dryer fire you must act quickly to minimize the damage and call the fire department. So avoid running your dryer when no one is at home or when everyone is asleep. Chances are you will never experience a dryer fire. But if you do, Professional Carpet Systems is here to help clean up the mess and get your home back to normal again.

walkers, runners, and cyclists can easily pass.

Never walk alone. If you have no one to walk with, be sure to tell someone the route you will be on and when you expect to return. Also, leave the headphones at home for maximum safety. You are not able to hear potential dangers if you are listening to music.



## That Sneezing Might not be a Cold

During the winter months, coughing and sneezing can hit at any time, but don't assume you have a cold. It could be allergies. While colder temperatures can bring some relief by limiting mold and pollen in the atmosphere, more time indoors means more exposure to indoor allergens.

Dust mites, pet dander, cigarette smoke, gas fumes, and household sprays and chemicals can all trigger allergy and asthma symptoms. Mold can continue to grow during colder weather, as it really only needs moisture and oxygen to thrive.

There are some things you can do to help relieve allergy or asthma symptoms during the winter. These tips can help:

- Keep humidity levels in your home under 35 percent to restrict the growth of mold and dust mites.
  - If you use a humidifier, keep it clean and change the water frequently. You can also use an anti-mold agent in the water or as a spray for the humidifier.
  - Use exhaust fans in your bathroom and kitchen as often as possible.
- Replace your furnace filter every two to three months. Be sure to use high-efficiency filters in order to remove as many allergens as possible.
  - Vacuum floors and furniture frequently. Make sure your vacuum has a HEPA filter. If you have a problem with dust mites, consider removing any dust traps from your home, including stuffed animals, clutter on shelves, old books, and decorative pillows and blankets.
  - Use allergy covers on your mattresses. You can also cover your box springs and pillows. Wash bed linens and nightclothes in water above 130 degrees.



## Choosing the Right Pet

Getting a pet can be a big decision. Knowing which type or breed to get is important for the long term happiness of you, your family, and your pet. Before you decide on a pet, take time to research the type of animal that will best fit in to your home environment. If you decide on a puppy, be sure to understand how large your dog will be when fully grown. Research the animal's temperament and tendencies to ensure a good fit with your home situation.

Also take into account your budget. Larger animals tend to cost more in food and care. They may also



require more of your time. Consider time needed for exercise, grooming, and other care. By taking a little time before you invest yourself in a new pet, you will be sure of making the proper choice for you and your animal.

## Good Clean Funnies

### Valentine's Misstep

Tom asked his friend Joey if he had bought his wife anything for Valentine's Day. "Of course," said Joey. "I bought her a belt and a bag."

Tom was impressed with his friend's effort and said, "That was kind of you. I hope she appreciates the thought."

Joey smiled and replied, "Me too! Hopefully now the vacuum cleaner will work better!"



## Quick Tips

### Home Tip

February is a great time to do some gardening. This may be surprising when everything seems so cold. But you can still get some work done in your garden. This month, you should turn your planting beds, adding in some organic matter. You should also add some mulch around your trees. Finally, fertilize your shrubs and trees, making sure you use the correct type of fertilizer for each plant. By doing this, your beds will be ready for planting once warmer weather returns.

### Green Living Tip

If you think you can only increase your fuel consumption by buying a hybrid car, think again. There is an easy way you can decrease the amount of fuel you use. Simply keep your tires inflated. Just one tire underinflated by six or more psi can increase fuel consumption by three percent. Check your tires regularly and you will be sure to not only keep your vehicle in good shape, but will also help the environment.

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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:

**How many clothes dryer fires are reported annually in the U.S.?**

- a. 2,600      c. 26,000  
b. 16,000    d. Zero. Nobody reports them

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 restaurant gift card!

*Contest Expires 2/28/2017*

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