

HEALTHY, WEALTHY & WISE

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Kitchen Fire! Now What?

The leading cause of house fires is cooking; grease fires, oven fires or simply leaving a pot unattended on a stove. Most of us can recall leaving something on the stove and being distracted. If you ever find you have a fire in a pan, do not attempt to move it. Cut off the supply of air to the fire by putting a metal lid on top of it if possible, and turn off the burner. If the fire is in an oven, turn off the oven and leave it closed.

Of course, every kitchen needs a fire extinguisher. Be certain it's the right type. Type A fire extinguishers are for fires involving combustible materials like paper, wood, cloth, rubber and most plastics. Never use a Type A extinguisher on a grease fire! An explosive reaction could result, causing the fire to spread.

Type B extinguishers are for flammable liquids like food grease, oil, solvents and gasoline.

Type C extinguishers are for fires involving electrical equipment and components.

Type ABC multi-purpose fire extinguishers are designed to put out all three types of fire. Since they are the

most versatile, it's probably the best choice for your kitchen. If you don't have a fire extinguisher, douse the fire with dry baking soda.

If you are not absolutely certain a fire is out, call 911 immediately. Waiting could have disastrous results.

Most of the time, if the fire is contained, damage to the structure is minimal. During a fire, hot gasses and smoke penetrate into surfaces, making the resulting odors challenging to remove. Often there is a greasy, sooty residue left on surfaces that also causes odors that can range from fairly mild to quite severe.

Once the area has been ventilated, complete odor removal will follow this sequence:

Step 1: Remove the odor source—Remove as much as possible, all charred material from the house.

Step 2: Clean affected surfaces such as cabinets, walls, oven interiors, upholstery, carpets and just about anything else that has the potential to hold smoke, soot or grease residue. It's best to get professional help with this.

Continued on next page ►

• Happy •
FATHER'S
— DAY —
Mustache

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Cherry Tomato Sauce with Penne

Ingredients:

- 2 cups cherry tomatoes (such as Sun Gold)
- 2 tablespoons olive oil
- 2 cloves garlic, sliced
- salt and ground black pepper to taste
- 2 cups chicken broth
- 2 tablespoons fresh oregano leaves
- 1/2 teaspoon red pepper flakes
- 14 ounces penne pasta
- 1/2 cup grated Parmigiano-Reggiano cheese

Directions:

1. Combine cherry tomatoes, oil, garlic, and salt in a saucepan over medium-low heat. Cook and stir until garlic is just toasted, 2 to 3 minutes.
2. Pour chicken broth into tomato mixture; bring to a simmer and cook until tomatoes start to collapse and burst, about 10 minutes. Stir oregano and red pepper flakes into tomato mixture.
3. Puree tomato mixture with a stick blender until sauce is smooth.
4. Bring a large pot of lightly salted water to a boil; add penne and cook, stirring occasionally, until tender yet firm to the bite, about 11 minutes. Drain and return pasta to the pot. Pour tomato sauce over penne and stir until pasta absorbs some of the sauce, 1 to 2 minutes. Stir Parmigiano-Reggiano cheese into pasta and season with salt and pepper to taste.

recipe courtesy allrecipes.com

Kitchen Fire! Now What? *(continued from cover)*

Some residues can be removed dry, others require water-based cleaners, and still others require solvents for best results. Sometimes cleaning is all that is needed, but usually the odors have penetrated into surfaces.

Step 3: Recreate the conditions of odor penetration - The goal is to get the deodorizing agent to penetrate affected surfaces to neutralize the odors. This requires professional equipment and training. Some of the tools create a deodorizing fog that penetrates cracks, crevices and other inaccessible areas. These vapors destroy, neutralize or encapsulate the odor causing molecules in porous materials.

In many cases, these three steps are all that is needed. Sometimes odors linger in certain areas like kitchen cabinets. That's when you need step 4.

Step 4: Seal surfaces that do not respond. In those cases where all else fails, the surface can be sealed, preventing odors from escaping into the air. The type of sealer used will depend on the surface.

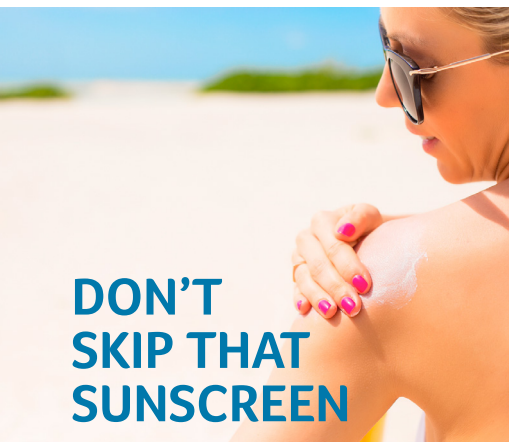
We hope this article will help you prevent a cooking fire in your home. But if the unthinkable happens, call Professional Carpet Systems. We can help assess the damage, clean up the mess, eliminate the odors and get your home back to normal as quickly as possible.

Clean Your Indoor Air

Have you noticed that the air in your home is not as clean and fresh as it should be? These tips will help you breathe easier.

- When cooking or cleaning, keep your windows open as much as possible.
- When cooking on the top of the stove, cover pots and pans especially when frying. Use the ventilating fan under the hood of the stove when cooking.
- Use the bathroom exhaust fan or open a bathroom window when steam is present.
- Make sure your vacuum cleaner is working properly and does not blow dust back into the room. Change vacuum cleaner bags frequently.
- Use doormats at each entrance to your home to collect dirt and dust before it enters your home.
- Dust your home regularly and clean large flat surfaces several times a year.
- Vacuum and sweep regularly.
- Clean and change the filters on any humidifiers or air-filtration systems regularly.
- Wash all bedding in hot water weekly.
- Use non-toxic cleaning products and don't mix different types of cleaning solutions together.
- Place some houseplants in your home. They remove toxins from the air.
- Don't smoke inside your home.





DON'T SKIP THAT SUNSCREEN

There is nothing more you can do to prevent melanoma, the deadliest form of skin cancer, than to use sunscreen every time you go into the sun. You might imagine that people who have survived melanoma would be extra careful. But a study by researchers at Yale University's School of Medicine reveals that more than 25 percent of melanoma survivors never use sunscreen when heading outdoors.

Everyone should limit exposure to the damaging effects of ultraviolet

(UV) light. This means putting sunscreen on every time you go out, staying in the shade as much as possible, wearing protective clothing and a hat, and avoiding tanning salons.

The good news of the study is that over one-third of melanoma survivors always wore sunscreen. Other studies have revealed that only about 17 percent of Americans wear sunscreen all the time. The researchers believe that better education of the melanoma survivors increases the rate at which they use sunscreen.

With almost 77,000 cases of melanoma diagnosed each year in the United States, it is critically important for everyone to understand the risks of sun exposure. An estimated 9,500 American will die of the disease this year. But with better education about basic precautions, that number could be reduced significantly.

7 Warm Weather Tune-Up Tips

Your bags are packed, your maps are unfolded, and the kids all have their snacks. You and your family are ready for your road trip, but is your car? As the weather gets warmer, there are some things you should do to ensure that every trip, short or long, is a safe one.

- 1) Do a check of all of your exterior lights and windshield wipers. Replace worn wipers or any burned out bulbs.
- 2) Look over your tires to make sure that the tread is not worn down. Don't forget to check your spare also. This is a great time to get out your jack, make sure it is in working order, and review how to use it.
- 3) Under the hood, check the belts, battery, and all fluid levels. Get an oil and filter change before a long road trip if your car is due.
- 4) Fill up the washer fluid reservoirs and wash all the windows.
- 5) Inside your vehicle, do a safety check of all of your seat belts.
6. Check any car seats that are in your car, making sure that they have been installed according to the manufacturer's instructions.
- 7) Put a safety kit in your vehicle. This should include first aid supplies, a wrench, screwdriver, flashlight, safety flares, extra water, and some rags.



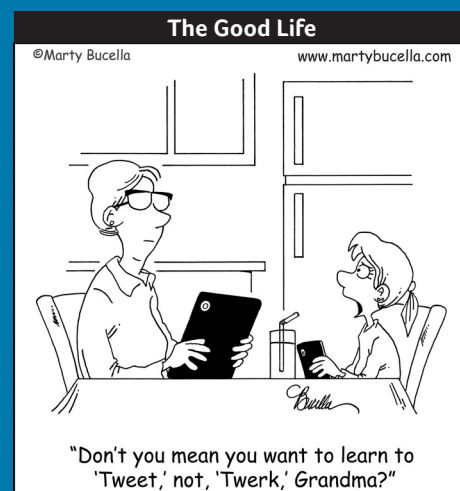
Good Clean Funnies No Problem

A young bride phoned her mother just three days before the wedding. "I have some awful news," she said. "My fiancé's mother has bought the exact same dress as you to wear for the wedding!"

"Oh, no!," exclaimed her mother. But after giving it a second thought she said, "Don't worry! I'll just go and buy another dress to wear to the ceremony."

Her daughter sighed with relief but then said, "Mom, that dress cost a fortune. What will you do with it? What a waste not to use it!"

"Who said I won't use it?" replied her mother. "I'll just wear it to the rehearsal dinner."



Quick Tips Home Tip

Pretreated dusting cloths are handy, but they can be expensive. To save money, use lotion-treated facial tissues. They work well for trapping dust from televisions, bookshelves, windowsills, and furniture. You can keep them in plain sight, making it easy to dust quickly and often.

Green Living Tip

If you want to cut your energy use, consider switching from a desktop computer to a laptop. Laptop computers use almost three-quarters less electricity than a desktop model. To save more, power down your computer each night instead of letting it run.



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Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

What kinds of fire extinguisher should be used on a grease fire?

- a. Type A or C
- b. Type B or A
- c. Type C or B
- d. Type B or ABC

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 6/30/2017.



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