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*J&S Steamway*

*"The most misleading assumptions are the ones you don't even know you're making."*

DOUGLAS NOEL ADAMS



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January is



National Association of Professional Organizers

## Don't Lose Track of Time

It's Sunday morning. You're tidying up the kitchen when your phone rings. It's a long lost friend from high school. As you catch up on each other's lives, you realize how fast time flies. You tell her all about your life since you graduated. She tells you how she ended up marrying that guy she couldn't stand in high school and how happy they have been for all these years. For the next 53 minutes you share memories, laughs and a few tears. Time flies by. Finally, you say your goodbyes, vowing to keep in touch.

Returning to the kitchen, you feel a sudden sense of panic. You completely forgot you were filling up the kitchen sink to wash some dishes. Water is cascading over the countertop, down the cabinets and onto the floor. As you scramble to turn off the water, you wonder, "how long has this been running?"

You sash your way to the flooded laundry room and grab every towel you can find, dropping them everywhere to soak up the rapidly spreading water. The family room is soaked. The powder room has a half-inch of standing water. The Oriental rug in the dining room is saturated.

You run down to the basement as fast as you can to get the wet/dry vacuum so you can suck up the water. There you feel the unmistakable squish of wet carpet underfoot. Water is pouring out of the ceiling!

As bad as this all may seem, it's about to get much, much worse... *unless* you act quickly. Why? Because there are 3 basic stages of water damage with the severity of damage increasing over time.

Stage 1 is **primary damage** to materials contacted by water. The drywall ceiling in the basement or the area rug in the dining room can suffer immediate and permanent damage. The hardwood floors in the kitchen and dining room will begin to absorb water and swell. Over time, this causes warping and buckling. Drywall and baseboards also absorb water, increasing the damage.

Stage 2 is **secondary damage** caused by exposure to high humidity. As water evaporates from materials, the humidity or water vapor in the air increases. This water vapor will begin to penetrate into unaffected materials like



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## Spinach Mushroom Omelet

### Ingredients:

- 1 egg
- 3 egg whites
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon shredded reduced-fat Cheddar cheese
- 1/4 teaspoon salt
- 1/8 teaspoon red pepper flakes
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon olive oil
- 1/2 cup sliced fresh mushrooms
- 1/4 cup diced green onion
- 2 tablespoons finely chopped red bell pepper
- 1 cup torn fresh spinach

### Directions:

1. Beat egg and egg whites in a small bowl. Mix in parmesan cheese, cheddar cheese, salt, red pepper flakes, garlic powder, nutmeg, and pepper.
2. Heat oil in a large skillet over medium heat; cook and stir mushrooms, green onion, and bell pepper until tender, about 5 minutes. Place spinach in skillet and cook until just wilted. Stir in diced tomato and egg mixture; as eggs set, lift edges, letting uncooked portion flow underneath. Cook until egg mixture sets, 10 to 15 minutes; cut into wedges and serve immediately.

recipe courtesy allrecipes.com

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drywall, wood, paper, hardwood furniture and even leather. Given enough time, high humidity can cause swelling, splitting and warping of cabinets, molding and furnishings.

Stage 3 is **microbial growth**. Bacteria and mold spores are always present. But if you add water or abnormally high humidity, these microbes begin to flourish. Depending on temperature, bacterial growth can cause a sour odor within just a few hours. The “mildew” odor that many people associate with wet laundry is actually caused by bacteria, not mildew.

Mold requires more time to become active and begin to grow. Under *optimal* conditions, some species of mold become visible in

48-72 hours. Once mold begins to grow there is risk to your family's health. Unless the materials are dried and the humidity is controlled, mold spreads and contaminates large areas of the home. Left untreated, mold can grow on the insides of walls, under and behind cabinets and in other hidden portions of the house, causing thousands of dollars in property damage.

Because of the progressive nature of water damage, it is important to act quickly. Every minute that passes only increases the damage. We hope you never have the misfortune of water damage in your home or business. But if you do, don't waste time. Call J&S Steamway immediately. We will limit the damage and get your home clean and dry quickly.



### App of the Month: Pocket

Do you browse the Internet on your phone, only to find that you encounter more interesting articles than you can read in one sitting? Get Pocket, an app for both iOS and Android, and you'll never miss reading another article again. With

Pocket you can send articles to any device and read it later. You can compile a reading list that can be accessed on your phone, tablet, or computer. Pocket is easy to use and is free.

## Pumping Iron at Every Age

Weight training and other weight bearing exercises have long been known for their health benefits. Many studies have shown these types of exercises are good for adults of any age. But a recent recommendation by the American College of Sports Medicine reveals that weight training is more beneficial for seniors than previously thought.

For those over the age of 50, weight training helps prevent osteoporosis and can increase bone density. Recent studies also show that weight lifting can improve cognitive functioning as well.

Seniors should take special care to use weight training equipment correctly to avoid injury or strain. Lifting too much weight can cause problems as can improper technique. If a person is new to



weight training, it is best to have some sessions with a professional trainer to learn the correct forms and techniques, not only to lift safely but to maximize the benefits of this activity.

# Food Trends Reveal Consumers Quest for Improved Health

The SupermarketGuru National Grocers Association Consumer Survey reveals that food shoppers are more concerned with diet, health, and nutrition than ever before. About 50 percent of the people surveyed said that their diet could be healthier.

Experts predict that the demand for new kinds of protein will continue to increase, with consumers turning to protein products made from algae, nuts, vegetables, and yeast. Other products will continue the trend of reducing the number of ingredients and artificial ingredients.

About 36 percent of shoppers say they are worried about chemicals in their foods. Food manufacturers are increasingly eliminating concerning additives like growth hormones, GMOs, and other artificial ingredients. Even stalwart brands like Kraft and



General Mills have announced that their macaroni and cheese and breakfast cereals are eliminating artificial flavors, preservatives, and synthetic colors. As these trends continue, consumers can expect to have a greater variety of choice and healthier options on their supermarket shelves.

# Six Simple Ways to Save Money on Your Heating Bill

1. Keep the heat inside by closing draperies at night. During the day, open them up to let the sun shine through and warm your home. You can also cut heat loss by caulking and weather-stripping doors and windows.
2. Avoid overheating by setting the temperature as low as you can and still be comfortable. For every degree you lower the setting for an eight-hour period, you'll save one percent on your energy bill. Using a programmable thermostat can save you even more money. Set it to lower the temperature at night and when no one is home.
3. Check the filters in your furnace at least once a month. This will improve the efficiency of your existing furnace.
4. Close the damper on your fireplace when not in use to prevent heat from escaping out the chimney.



5. Use ventilating fans only as needed. Venting fans in bathrooms or above stoves can blow away a house full of warmed air in just one hour. Turn them off as soon as the room is cleared.
6. Up to 20 percent of your heating energy can be lost through a ceiling that is not well insulated. Ensure that your home has proper insulation to keep your home warm in the winter and cool in the summer.

# Client Testimonials

"Thank you very much! Aric did an excellent job. The person on the phone who scheduled my appointment was also very polite and knowledgeable. I am very happy with the results and the professionalism."

**- Sam W of Anchorage**

"Scott, I want to thank you for the great job you've done for me. The quality is so much better than the less expensive carpet cleaners I have used. Thank you!"

**- Jack White, Realtor**

"Everything was amazing with the service, the technician was on time, polite and very informative on the process. Very impressed."

**- Corbin S of Anchorage**



# Quick Tips

## Food Tip

If you are roasting meat, but do not have a roasting rack, simply place a layer of coarse chopped celery or onions on the bottom of the pan. Put the meat on top of the vegetables. They will keep the meat off of the bottom of the pan and will provide flavor during the cooking process. Gravy made from the drippings of the meat cooked in this way has the added flavor of these vegetables.



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## Win a \$50 VISA Gift Card

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

**The odor typically associated with wet laundry is caused by:**

- a. mildew
- b. bacteria
- c. mold
- d. viruses

Email your answer to [admin@jandssteamway.com](mailto:admin@jandssteamway.com) or call our office at [907] 349-0911. We will draw from the correct answers and someone will win a \$50 VISA gift card.

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