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J&S Steamway

*"Very often a change of self is needed
more than a change of scene."*

ARTHUR C. BENSON



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HAPPY
St. Patrick's
DAY

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Oriental & Area Rugs
Pet Urine Damage Treatment
Emergency Services

You think it will never happen to you, but there are over 300,000 house fires in the United States every year. It makes sense to be prepared. The most important thing you can do is to have working smoke detectors on every level of your home. An early warning is your best defense against a house fire.

Taking the right steps in the event of a house fire could save your home and even your life. Make sure that all adults and older children understand how to RACE and PASS if there is a fire. This doesn't mean RACE around the house in a panic and PASS your spouse on your way out the door! RACE and PASS are simply memory aids for what you should do in case of a fire.

R.A.C.E.

R is for Remove. Remove all occupants from the area of the fire.

A is for Alert. Alert the authorities; call 911.

C is for Contain. Close windows and doors to contain and smother the fire.

E is for Extinguish or Evacuate. Which one? That depends on the stage of the fire.

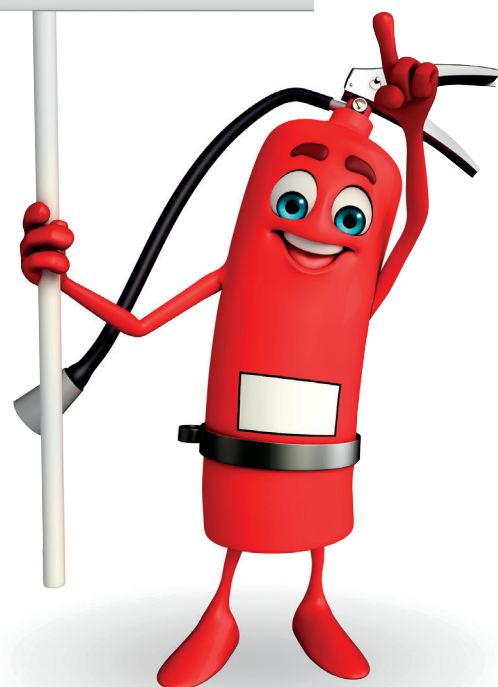
A house fire goes through 4 stages:

Stage 1: Incipient. The fire is just starting and there is a good chance of extinguishing it.

Stage 2: Growth. The fire spreads to other combustible materials. You should evacuate.

Stage 3: Developed. The hottest, most deadly stage; evacuation is your primary objective.

In Case of Fire, RACE and PASS!



Stage 4: Decay. The fire is running out of fuel or oxygen but still smolders; a deadly backdraft is possible.

If the fire is beyond the incipient stage and spreading rapidly, you should evacuate and let the fire department handle it. A deadly flashover is imminent! If you are confident that you can safely extinguish the fire, do so only after you have gotten people out of the area, sounded the alert, called 911 and contained the fire if possible. Make sure you have an escape route. Then use a portable fire extinguisher to put out the fire using the PASS method.

Continued on next page ►



Easy Cilantro Lime Rice

This recipe is a great spin-off on your conventional side dish of rice at dinner. The brown rice provides a nutritious, fiber-packed alternative to white rice, and the cilantro and the lime gives this dish an extra dash of delicious Mexican flavor.

Ingredients:

- 1/2 onion, chopped
- 1 [4 ounce] can green chilies
- 1 tablespoon minced garlic
- 1 lime, juiced
- 1/2 bunch cilantro, chopped
- 3 cups water
- 4 teaspoons chicken bouillon granules
- 1 teaspoon salt
- 1 tablespoon butter, softened
- 3 cups uncooked instant rice

Directions:

1. Blend the onion, green chiles, garlic, and lime juice together in a food processor until smooth; add the cilantro and pulse until the cilantro is finely chopped into the mixture.
2. Bring the water to boil in a saucepan. Stir the cilantro mixture, chicken bouillon granules, salt, butter, and rice into the water and return to a boil; reduce heat to medium-low and cover. Simmer until the rice has absorbed the liquid entirely, about 20 minutes.

recipe courtesy allrecipes.com

► Continued from cover

P.A.S.S.

P is for Pull. Pull the pin out of the handle.

A is for Aim. Aim the nozzle at the base of the fire.

S is for Squeeze. Squeeze the handle to discharge the extinguisher.

S is for Sweep. Sweep from side to side at the base of the fire.

Remember, portable fire extinguishers are designed for use during the incipient stage when the likelihood of successfully extinguishing the fire is greatest. During the growth stage of a fire, a portable extinguisher can be useful for escape.

Keep portable fire extinguishers in strategic locations of your home such as the kitchen, utility areas, garage and storage rooms. Contact your local fire department

for recommendations about the type, size and number of fire extinguishers needed in your home. Familiarize yourself with how your fire extinguishers work.

The fire is out. Now what?

This is where J&S Steamway can help, so make us your first call. After a home has suffered even a small fire, proper cleanup needs to be done. There may be fire extinguisher residue, charred materials and smoke residue to clean up. Water-damaged contents, floors, walls and structural materials need to be dried and cleaned. Strong, lingering odors often require a combination of techniques for successful treatment.

J&S Steamway will work directly with your insurance company to make sure your house is clean, dry and odor-free. We hope you never have to make that call, but if you do, we'll be there to help.

Getting Ready for Spring Exercise

Many people spend most of the winter indoors, getting relatively little exercise. When warmer weather hits, everyone is ready to get up and outside to enjoy physical activity. With this comes increases in injuries during the spring months, when those who were sedentary during the winter jump right into strenuous outdoor exercise.

The key to preventing these types of injuries is to increase flexibility before engaging in exercise that requires extended ranges of motion. Gradually reestablish your routine, adding a new activity or more time to your workout each day. Warm up properly by stretching all of your muscles, reducing your chance of injury. You should also inspect your workout gear for excess wear and tear, especially shoes. If your shoes are worn or lacking in good support, you'll want to replace those before you begin a new exercise regimen.



Finally, don't be surprised if, even with proper stretching and equipment, you are sore after resuming your exercise routine. Ease into your workout and stop if you begin to feel pain. Let sore and tired muscles rest before pushing them to their limits again.

Pets and Your Heart

Animals can find a special place in your heart. According to current research, they may also do your heart some good. Animals in the home offer some surprising health benefits. Researchers at the American Animal Hospital Association have found that pets improve the human condition, giving their owners lower blood pressure, heart rate, and anxiety levels. Pet owners also have lower levels of blood cholesterol and triglycerides in comparison to non-pet owners. Researchers at the University of California at Los Angeles have also found that Medicare patients who owned pets had fewer medical care visits than those who did not.

Pets also can have an effect on your mental health. People who have pets feel less loneliness and depression than those who do not. Pets offer more opportunities for outdoor activities and socialization, and they encourage you to get more exercise. They can improve your mood and reduce stress as well.

So if you have been considering welcoming an animal into your home, you can feel good about



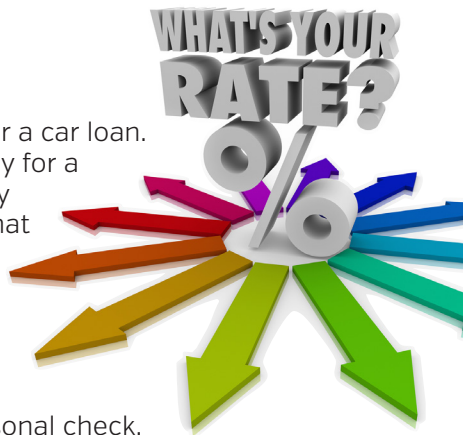
not only caring for your pet, but about the benefits you will have as well. In fact, according to Dr. Edward Creagan, an oncologist at the Mayo Clinic, getting a pet is one of the easiest and most rewarding ways of living a longer and healthier life. Having a pet isn't for everyone, as there is additional work and responsibility from pet ownership. But for most people, the benefits of having a pet outweighs the drawbacks.

How to Improve Your Credit Rating

You've run into it if you've ever applied for a car loan. It is essential information if you ever apply for a mortgage loan. Your credit rating is a very important key to your financial future. What if your credit isn't so great? There are some ways to improve your credit rating.

- Open and use a checking and savings account in your own name.
- Pay all your bills on time and use a personal check.
- Obtain a credit card, but keep your balance low.
- Remain at your place of employment for two years or longer.
- Avoid bankruptcies, tax liens, collections, and any bounced checks.
- Check your credit report annually and dispute any incorrect information.

Beware of credit repair clinics. They will often charge you for services that you can do yourself for free, and they cannot guarantee results. Re-establishing your credit doesn't happen overnight. But remember, the longer you practice good credit habits, the better your credit will be.



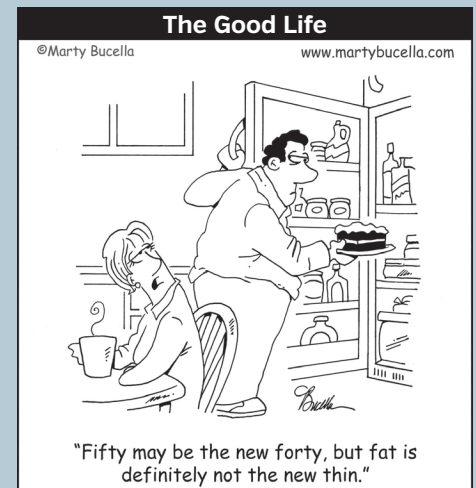
Client Testimonials

"I have used J & S Steamway carpet cleaners for about 25 years. They were recommended to me by a friend years ago. I have never been disappointed with their services. J & S Steamway is a very professional company that guarantees their work to the consumer's satisfaction. I will continue to employ their services and to recommend them to friends and acquaintances."

- Nanette C., Anchorage

"I recently had my carpets cleaned with this company and was very pleased with their services. We had filthy carpet that I wasn't sure they could help but it looked great! The tech that came to our home was very nice and polite so much so I left him in my home to do the work while I went to work. They arrived in a professional van and did a walk thru and showed me what to expect and how much it would be and cleaned it right then and there. I would highly recommend this company based on the experience I had."

- Jamie P., Anchorage



Green Living Tip

The easiest and best way to cut water use in your home is to simply use less. Take shorter showers, make sure your clothes washer and dishwasher are full before running them, and turn off the faucet when you are brushing your teeth. You can also reduce water use outside by reducing the amount of grass in your yard. Replace those vegetation areas with plants and shrubs that require less water.



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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 United States has approximately
how many house fires each year?**

- a. 57,000
- b. 140,000
- c. 300,000
- d. 430,000

Email your answer to 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.

Contest Expires 3/31/2016.

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