

HEALTHY, WEALTHY & WISE

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♥ Love that **NEW CARPET SMELL?**

Smell is the most primitive of the five senses and is more powerful than we think. The fragrances of food enhance our sense of taste. Pleasant scents create a feeling of calm and contentment, while unpleasant ones may be a cause for alarm. Unfamiliar odors can create anxiety, especially when the source is unknown.

The nose knows, as they say. But what about "new carpet smell?" For many, this odor is welcome, as we enter a carpet store or have new carpet installed in our own homes. It smells like a new beginning. But is this smell hazardous?

Volatile Organic Compounds

The unmistakable odor produced by new carpet is caused by a volatile organic compound or VOC.

Volatile simply means it evaporates readily at normal temperatures. This volatility makes it easy for us to smell. VOCs are present in many new man-made building materials including sheet vinyl floor covering, wall coverings, floor finishes, adhesives and paint. VOCs are what create "new car smell", "new carpet smell" and the smell that you probably don't enjoy so much after you paint a room.

See "LOVE That SMELL" on next page



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LOVE That SMELL continued from page 1

There are many different types of VOCs but the one related to new carpet odor is 4-phenylcyclohexene (4-PCH), a by-product of the synthetic latex binders used to hold the carpet backing together. Although new carpet does produce this volatile organic compound, emissions from carpet as measured during EPA studies ranked among the lowest overall contributors to indoor air quality issues. Most of the VOCs present in carpet dissipate within 24-48 hours after installation. Ventilation during and after carpet installation helps to reduce that length of time.

EPA Testing

Several years ago, as the EPA was renovating its Washington DC headquarters, some employees complained that odor from the new carpet was making them sick with a variety of symptoms including respiratory irritation, headaches and general malaise. The EPA enlisted

help from carpet and latex manufacturers to investigate the complaints.

Following laboratory testing and extensive government agency review, no connection between 4-PCH and any kind of adverse human health outcome could be established. As a result, the EPA describes 4-PCH as an "unremarkable chemical."

Many people have the belief that "new carpet odor" is caused by formaldehyde used in the production of carpet. Research conducted by the School of Textile Engineering, Georgia Institute of Technology dispelled this widely held myth. Current industry standards are in place so that all new carpet produced is monitored for this chemical. Formaldehyde has not been used in the production of carpet in the United States for decades.

Latex Issues

What about people who are allergic to latex? The latex used in

modern carpet is synthetic and not linked with the allergic reactions caused by proteins found in natural latex. All of the materials used in the manufacture of carpeting are primarily the same harmless materials found in clothing, furniture and bedding. Nylon, polypropylene, polyester and wool constitute the majority of the components found in carpet.

So the conclusion is that there is no evidence that new carpet odor is a cause for alarm. However, since odors can create different reactions in individuals, it makes sense to address any complaints to prevent discomfort. As mentioned earlier, ventilating the structure during and after installation is the best way to reduce the buildup of 4-PCH in the indoor environment.

Contact **Chet's Cleaning** today for more tips, help or to schedule your next appointment.

The Good Life



Good Clean Funnies

What type of snake ate all the desserts?

A pie-thon.

Why did the turkey join a band?

So she could use her drumsticks!

Why was the computer chilly?

It left a window open.

Who wears shoes while sleeping?

A horse.



All kinds of good stuff on pita bread!

Ingredients

- 4 slices of bacon
- 1/4 onion, chopped
- tomatoes, chopped
- 2 tablespoons extra-virgin olive oil
- 4 eggs, beaten
- 2 tablespoons pesto
- 2 pita bread rounds
- 1/2 tomato, chopped
- 1/4 cup chopped fresh mushrooms
- 1/2 cup chopped spinach
- 1/2 cup shredded Cheddar cheese
- 1 avocado - peeled, pitted, and sliced

Breakfast Pita PIZZA

Directions

Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.

Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain on paper towels. Cook and stir onion in the same skillet until soft and translucent, about 5 minutes. Remove and set aside. Heat olive oil in the skillet. Pour in eggs and cook, stirring occasionally, until set, 3 to 5 minutes.

Place pita bread on lined baking sheet. Spread pesto over pita; top with bacon, scrambled eggs, tomato, mushrooms, and spinach. Sprinkle Cheddar cheese over toppings.

Bake in the preheated oven until cheese has melted, about 10 minutes. Serve garnished with avocado slices.

Prep Time: 25 mins

Cook Time: 30 mins

Total Time: 55 mins

Recipe courtesy allrecipes.com





How to Recognize LONELINESS in SENIORS

The growing crisis has an outsized impact on older Americans.

Social isolation takes a toll on physical and mental health, leading to chronic disease and higher healthcare costs. Older adults are at higher risk of social isolation and loneliness due to changes in social connections that naturally come with aging, as well as hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends.

Health Impacts of Loneliness - Seniors grappling with loneliness are more likely to experience symptoms of depression and cognitive decline. They're also more likely to be admitted to a nursing home.

Loneliness can also lead to cardiovascular problems, including heart disease, stroke and high blood pressure. Social isolation also increases the risk of dementia by about 50%.

Signs to spot loneliness in seniors include: Changes in appetite; Anger, being more argumentative or disengaged in conversation; Withdrawal from social events; Less regimented personal hygiene; Bringing up people in their past who are not in their lives; Changes in their living situation, including friends or long-time neighbors moving away; New or worsening mobility issue; Differences in how often they are calling or emailing; Friends passing away.

Strategies to Combat Loneliness - Whether you are suffering from loneliness yourself or supporting a loved one,

Here are some strategies that can be used to help cope: Creating a regular schedule; Adopting a pet; Volunteering; A new hobby; Getting outdoors; Addressing transportation needs Consulting with a mental health professional; Staying on top of hearing issue; Considering a senior-specific living environment

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Do you know a senior? During the month of LOVE, make sure to stop and ask how they are doing. Remember, loneliness is a condition that doesn't show up on medical tests, yet it can be just as deadly as daily smoking.

Love Using CANDLES? 8 Safety Tips to "Candle with CONFIDENCE"



As Valentine's Day approaches, this is the perfect time to "Candle with Confidence." Here are tips to help everyone use candles safely:

1. Never leave a burning candle unattended, and make sure candles are not lit on or near anything that might catch fire. Always keep candles out of the reach of children and pets.

2. Before lighting your candle, trim the wick to 1/4 inch before every use, and be sure to place candles away from drafts, vents or air currents. If a candle continually flickers or smokes, it is not burning properly and should be extinguished.

3. Do not burn candles in glass containers that are not specifically designed for candles. Glass candle holders are specifically manufactured to withstand the temperature changes that occur when burning a candle.

4. Make votive cleaning easier. Add a few drops of water to the glass of votive holders before inserting the candle to make them easier to clean. Never use water to extinguish a candle.

5. Avoid placing candles where they will be directly exposed to sunlight or harsh indoor lighting. Candles may fade if they are left in bright light for an extended period of time.

6. Keep your candles in a cool, dark and dry place. Tapers or dinner candles should be stored flat to preventing warping.

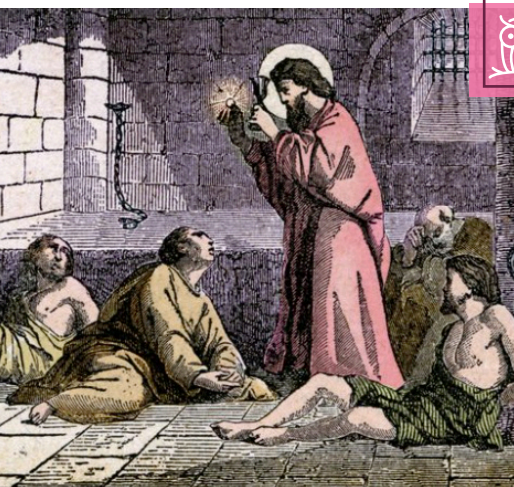
7. Remove dust and fingerprints from a candle by gently rubbing the surface with a piece of nylon or a soft cloth that is dry or slightly dampened with water.

8. Remove wax drippings from candle holders by running hot water over them or place the candle holder in the freezer for an hour. This allows the wax to shrink and easily pop out when the candle holder is removed from the freezer.



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If you enjoy candles, you probably love the way their flames illuminate a darkened room, set a certain mood or bring a sense of fun, romance or wonder to your life, all of that for a reasonable price.



Who Was VALENTINE'S Day Named For?

Valentine's Day is named for St. Valentine. But it gets more complicated from here. As it turns out, at least three Valentines were sainted by the Catholic Church, and each one has his own group of supporters claiming he's behind the holiday.

The first St. Valentine was a rebel, defying a decree from the Roman Emperor Claudius II, which said young men were not allowed to be married and had to serve in the military instead. (The Romans believed single men made better soldiers.) St. Valentine continued to marry lovers in secret.

The second St. Valentine helped Christian prisoners escape Roman jails—until he was caught and imprisoned himself. His last act before death was to miraculously heal the daughter of his jailer, thereby converting the whole family to Christianity. In some versions of the

story, St. Valentine II was even in love with the daughter, but their love was tragically cut short.

The third St. Valentine was a Catholic bishop in Terni. History hasn't remembered much about him, and the stories of all three saints have become entwined over the centuries. The story became so murky and confusing that, in 1969, the Catholic Church removed the St. Valentine's feast day from the Christian liturgical calendar.

But there was one unfortunate thing all three men had in common besides their name, and it'll give you pause before uttering your next "Happy Valentine's Day." In a very unromantic twist, all three were martyred by different Roman emperors. In some versions of the stories, the men were all executed on or near February 14 (in different years), but historians have been unable to verify that detail.

Christian settlers brought the holiday with them to the New World, where it became one of the most popular holidays during the Victorian era.



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