

# HEALTHY, WEALTHY & WISE

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## 5 Ways to **BREATHE EASIER** at HOME

Fall is a glorious time of year. The weather is getting a bit cooler and the days a bit shorter, which means two things... If you are like most Americans, your family is spending more time indoors as the outdoor activities of summer wind down. And, if you or anyone in your family has autumn allergies, with the changing leaves and dropping temps, comes the sniffles. All great reasons why right now is a great time to think about your indoor air quality.

Air pollution is a major concern in the U.S., especially near heavily populated areas. The U.S. Environmental Protection Agency reports that indoor air is often 2 to 5 times more polluted than outdoor air.

*How can this be? And can you do anything to help?*

The amount of air pollution in your home is affected by several factors and there are many sources of pollution. Some of these sources come from outside your home. Other sources come from inside. Some you can control; others you can't.

**Outdoor Pollutants** - Outdoor pollutants and allergens enter your home by infiltration

See "**BREATHE Easier at HOME**" on next page



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and ventilation, directly affecting the air in your home. Pollutants like car exhaust, pollen, smoke, insecticides, fertilizers and mold spores hitch a ride into your home on air currents, your clothing, shoes, hair and pets. When these pollutants settle on surfaces outside, wind, rain and sunshine combine to neutralize, sweep and wash them away. Unfortunately, this is not the case inside your home. These same pollutants tend to accumulate inside your house on floors, furnishings, surfaces and in the air.

**Indoor Contaminants** - Because we live, eat, sleep, play and often work in our homes, we generate a significant amount of allergens and pollutants. Did you know that you shed around a million dead skin cells every day? These dead cells are a food source for dust mites as well as other microbial life forms. Dust mite feces and dead dust mites are potent allergens and every home has millions of them.

### The Good Life



### Good Clean Funnies

**What did the Dalmatian say after lunch?**

That hit the spot.

**What has ears but cannot hear?**

A cornfield.

**What do cakes and baseball teams have in common?**

They both need a good batter.

House pets also contribute to indoor air quality issues. Then there are the sticky residues from cooking gases that settle on surfaces. Certain types of furniture, plastics and textiles also release gases that affect indoor air quality. If you have a furnace that burns fuel such as gas, oil, or wood, by-products of combustion add to the problem.

**Fortunately, there is a lot you can do to improve indoor air quality.**

**1.** Invest in high quality air filters for your HVAC system. These filters are rated based on their efficiency at trapping tiny particles. The rating is called MERV. The higher the MERV rating, the more effective the filter.

**2.** Professional duct cleaning helps to remove contaminants that accumulate on the inner surfaces of your HVAC system.

**3.** Use a vacuum cleaner equipped with HEPA filtration which traps the smallest particles

including dust mite feces, dead skin, pollen and mold spores. Other vacuum cleaners simply spew these tiny particles back into the air, making matters worse.

**4.** Use bathroom exhaust fans and range hoods to remove excessive humidity and cooking gases that can contribute to indoor air pollution. High humidity encourages bacteria and mold growth.

**5.** Cleaning carpets, upholstery, and area rugs returns them to a healthful condition and improves indoor air quality by removing pollutants and allergens that bond to these surfaces.

**Getting Your Air Clean** - You and your family deserve a clean, healthy home. Clean your home regularly, keep your systems maintained, and call **Chet's Cleaning** to have your carpet, floors, and upholstery professionally cleaned to keep your home looking, smelling and breathing its best.



This beef pot roast is lovely served with mashed potatoes. The real secret here is making sure you sear the meat before the long, slow braise.

### SLOW Cooker Beef Pot Roast

#### Directions

Generously season both sides of roast with salt and pepper. Sprinkle top of roast with 1 tablespoon flour and pat onto meat. Shake off excess.

Heat vegetable oil in a large skillet over medium-high heat. Sear roast until well-browned, 5 to 6 minutes per side. Remove roast from the skillet and set aside.

Reduce heat to medium. Melt butter in the skillet; cook and stir mushrooms in butter until tender, 3 to 4 minutes. Stir in onion; cook until onions are translucent and brown, about 5 minutes. Add garlic; stir until fragrant, about 1 minute.

Stir in remaining 1 1/2 tablespoons flour; cook and stir for about 1 minute. Add tomato paste and cook for another minute. Slowly add chicken broth while stirring; return to a simmer. Remove the skillet from heat.

Place carrots and celery in the slow cooker. Place roast over vegetables and pour in any accumulated juices. Add thyme and rosemary. Pour onion and mushroom mixture over the top of roast.

Cover and cook on High for 5 to 6 hours.

Skim off any fat from surface and remove bones. Season with salt and pepper.

Serve hot and enjoy!

#### Ingredients

- 1** (5 pound) bone-in beef pot roast
- Salt and pepper to taste
- 2 1/2** tablespoons all-purpose flour, divided, or more as needed
- 2** tablespoons vegetable oil
- 1** tablespoon butter
- 8** ounces sliced mushrooms
- 1** medium onion, chopped
- 2** cloves garlic, minced
- 1** tablespoon tomato paste
- 2 1/2** cups chicken broth
- 3** medium carrots, cut into chunks
- 2** stalks celery, cut into chunks
- 2** sprigs fresh thyme
- 1** sprig fresh rosemary





## 3 Ways to Enhance Your Day with a NUTRITIOUS Breakfast

**Breakfast kick-starts the metabolism** - What does "breakfast" mean? It essentially means to "break" your fast from the night before. When fasting, the body responds to prolonged periods of not eating by slowing down, decreasing its metabolic rate and burning fewer calories to conserve energy.

Having breakfast helps wake up the metabolism and gets your engine humming for the day ahead. Studies show that eating breakfast jump-starts the metabolism, which can help burn more calories between 8 a.m. and noon.

**Breakfast is good for the brain** - Breakfast helps wake up the brain so you can be your best. This is especially important for school-aged children.

According to the International Food Information Council, several studies suggest that

eating breakfast may improve children's memory, alertness, concentration, problem-solving skills and test scores. Adults who skip breakfast should take note, as they can gain the same brain-boosting benefits that may improve their job performance.

Of course, it can be easy to skip a morning meal when crunched for time. That's why it's important to keep nutritious breakfast bars on hand. Choose brands that are high on protein and low on sugars. Simply grab one on the way out the door for a successful morning.

**Breakfast boosts your mood** - Don't start the day off hangry. Skipping breakfast can make you grouchy and irritable, which can throw off your whole day. However, you can improve your mood with a good quality breakfast.

**We've all heard the saying, "Breakfast is the most important meal of the day," but do you know why? A nutritious breakfast can make a huge impact on your morning and the rest of your day.**

## How to Shop PRE-OWNED Furniture like a PRO

Why shop for pre-owned furniture?

According to the EPA, furniture accounts for 9.8 million tons of waste in landfills annually. By buying pre-owned, you prolong the lifespan of resources that have already been extracted from the earth.

Pre-owned shopping can give you access to unique and vintage finds you can't get elsewhere and is often much more affordable than buying new.

First, start with what you have: Sometimes a fresh coat of paint, new upholstery or modern hardware is all you need to completely transform a piece of furniture.

Determine your needs: If you still need new furniture, consider the size and style of the piece, as well as any specific features or details you're looking for.

Consider the materials: When shopping for

pre-owned furniture, consider how it's made. Avoid items that are harmful to the environment, like plastics or synthetics. Antique and vintage items tend to be higher quality, usually last longer, and add character to your home.

Don't discount the imperfect: Look for signs of wear, like scratches, dents or stains. Make sure the piece is sturdy and functional. Remember, minor imperfections can usually be fixed. Sometimes cleaning an item thoroughly can bring it back to life.

Stay open to negotiation: Don't be afraid to make an offer that fits within your budget. Ask about the backstory - where it was originally purchased and how long it was owned to make sure you're getting a fair price.

Get creative: You can paint or refinish a piece to give it new life or mix and match styles for a unique look.



**If you're searching for new ways to make a positive impact on the planet, considered how you buy furniture. By opting for pre-owned or used furniture you can save money, plus it reduces waste, contributing to a more sustainable future.**



## Do's and Don'ts of PLAYING with Cats

**DO create routines:** Cats anticipate what will happen at certain times of day. Try giving your cat 15 minutes of undivided attention at the same time every day, focusing on your cat's cues. Pet your cat and speak in a calm voice. Remember, some cats prefer hearing just your voice as they sit nearby.

**DO reinforce positive behavior:** Praise good behavior with healthy treats and toys. For example, if they like to scratch furniture, redirect the behavior by giving them a toy or object that's acceptable to scratch.

**DO provide mental stimulation:** If your cat seems bored, rotate toys or introduce new activities weekly.

**DON'T forget to encourage their instincts:** Cats love exploring, making blanket forts or repurposing boxes can be great ways to

engage with them. Adding an old T-shirt or packaging paper in the box or blanket fort each week can help keep them entertained.

**DON'T betray your cat's trust:** Trust is vital to their sense of safety. Some social media trends prompt cat owners to seek reactions from cats as a means for entertainment, but this "teasing" could be damaging to the bonds your cat has with you.

**DON'T overstimulate:** Watch for signs of agitation: whipping their tail back and forth, biting, hissing or flattening their ears. If this happens, give them space. Avoid raising your voice or punishing your cat for being aggressive. This increases their stress in an already stressful situation - and could increase aggressive behavior.

**Play is critical for pets' overall health and physical wellbeing. But, many cat lovers may not know there are positive and negative ways to engage cats in play.**





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