

THE BEE LINE

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Enjoy Better
Air Quality
at HOME... *just in time for the Holidays*

Winter is a glorious time of year. The weather is cold and the days a bit shorter. If you are like most Americans, your family is spending more time indoors as the outdoor activities of fall wind down. It's holiday time and perhaps you are planning a family gathering this year, which is 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. Others sources come from inside. Some you can control; others you can't.

Outdoor pollutants and allergens enter your home by infiltration 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.

*See "Enjoy **BETTER** Air Quality" on next page*



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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.

Because we live, eat, sleep, play and now often work in our homes, we generate a significant amount of allergens and pollutants from inside our homes too. 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. House pets also contribute to indoor air quality issues.

Then there are the sticky and oily residues from cooking gases that eventually settle on surfaces, especially around the holiday when

we are usually preparing large family meals. Even certain types of furniture, plastics and textiles also release gases that can 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.

After all of this, you may wonder if it is safe to stay in your home. Don't be alarmed. There is a lot you can do to improve indoor air quality. Invest in high quality air filters for your HVAC (heat, ventilation, air-conditioning) 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.

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

Use a vacuum cleaner equipped with HEPA filtration. HEPA filters trap 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.

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.

Finally, 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.

Cleaning your carpets, rugs and upholstery right now makes perfect sense. You are going to be spending more time indoors. You and your family deserve a clean, healthy home. If you have guests visiting for the holidays, your home will look, smell and feel fresh and clean.

Call **Clean Bee** today to schedule your holiday cleaning. You and your family will breathe easier.

The Good Life



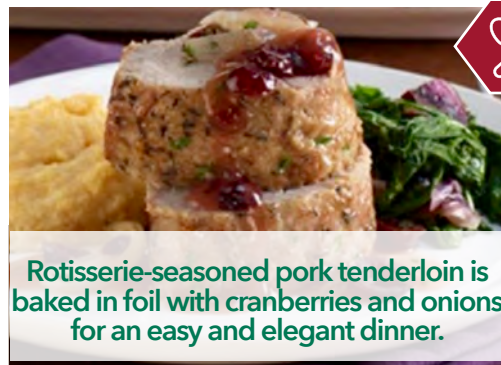
Good Clean Funnies

How did Benjamin Franklin feel when he discovered electricity?
Shocked!

What time is it when people are throwing pieces of bread at your head?

Time to duck.

Where do cows go on Dec. 31st?
A moo year's eve party.



Ingredients

- 1 Smithfield® Golden Rotisserie Pork Tenderloin
- 1 teaspoon dried thyme
- 1/8 teaspoon ground nutmeg
- Salt and pepper to taste
- 1 cup thinly sliced onions
- 3/4 cup dried cranberries
- 1 tablespoon cornstarch
- 1 cup low-sodium chicken stock

Recipe courtesy allrecipes.com

WINTER Cranberry Pork Tenderloin

Directions

Heat oven to 350° F. Place a large piece of aluminum foil onto a baking sheet. Place tenderloin in center of the foil; season with thyme, nutmeg, salt and pepper.

Sprinkle the onions and cranberries over the tenderloin. Pull up sides of the foil creating a pouch but not sealing yet. Whisk cornstarch into chicken stock; pour mixture over tenderloin.

Bring up all edges of the foil to meet. Seal the edges and roll down so it is sealed but not too tightly. Bake at 350° F for 30 minutes.

Remove from oven; let stand 5 minutes before opening the package.

Remove tenderloin and cut into 1 1/2-inch thick slices. Place sliced tenderloin onto a platter and pour onion cranberry compote with juices over top to serve.



5 Things You Don't Know About Dairy MILK



Milk is good for you, but did you know it's becoming better for the planet, too? Delicious and nutritious, milk benefits people and the environment in many exciting ways. Milk is even more nutritious than you think.

Milk has long been considered a powerhouse beverage that delivers nine essential nutrients: calcium, vitamin D, phosphorus, protein, riboflavin, niacin, pantothenic acid, vitamin A and vitamin B-12. Updated data revealed milk is a good or excellent source of four more nutrients: iodine, selenium, zinc and potassium. These upgraded credentials push the beverage to a natural nutrient content level that few other single foods or beverages can match, offering a total of thirteen vital nutrients.

Since 776 B.C., Olympians have relied on milk to power their athletic performance, a tradition that's stood the test of time. Today,

nine out of ten Olympians say they grew up drinking milk, and no wonder.

U.S. dairy supports over 3 million jobs in the U.S., all while investing in local communities and providing nutrients that American diets often lack. In fact, milk is one of the most affordable sources of protein on the market.

What's more, America's dairy companies work in partnership with Feeding America, donating milk to local community food banks.

In 2020, the industry agreed to reach three goals by 2050: Become carbon neutral or better; optimize water use while maximizing recycling; and, improve water quality.

Farmers, processors and retailers plan to achieve these goals by investing in new products and technologies, adopting on-farm practices that promote a more sustainable planet.

Remember, plastic milk jugs, paper cartons and glass jars have always been recyclable or reusable. Just be sure to rinse your containers before dropping them in the bin!

What You Should Know About LIFE Insurance



In today's environment, finding ways to help your family feel more financially secure and protected is important. As anyone who has suffered a loss in their family is likely to tell you, having **life insurance** in place beforehand made a huge difference for their financial situation - and their peace of mind.

What do you need to know about life insurance?

Don't wait – Consumers with life insurance say that they feel less stressed knowing their loved ones were financially protected. Another advantage is that typically, you can secure lower rates for life insurance when you're younger.

Life insurance is a vital part of any financial plan – Your family's financial health may be in jeopardy if you or your

spouse is no longer around to provide income. So when you're making a financial plan, consider whole life insurance as a crucial piece of your overall financial planning puzzle.

It's about more than immediate expenses – Providing life insurance for your family does a lot more than just pay for funeral expenses, debts or medical bills not covered by health insurance that you may leave behind. It can help provide financial stability for your family for years to come.

Nearing retirement? Whole life insurance can be an effective investment.

– Whole life insurance offers benefits that are especially helpful for older Americans, even if they may think that they no longer need life insurance.

Remember, look for affordable, flexible and portable protection.



In a recent study, 44% of families said if the primary wage earner died, they would face financial hardship within 6 months, and 28% would experience financial hardship in 1 month.



What You NEVER Do at a Holiday Dinner

Here are the seven **MOST impolite** things you can possibly do at a holiday dinner or any other dinner.

1. Not acknowledging the invitation. Still show up.

If you are coming, say so. Make a decision and let your host know.

2. Bring a stranger.

If you want to bring your love interest, tell your host long before the dinner.

3. Come late.

Grandma spent \$200 on that standing rib roast and you are an hour late for dinner. No!

4. Come empty-handed.

Ask what you can bring at the time you are invited. If the hostess needs nothing, bring a bottle of wine, if appropriate.

5. Complain.

If you don't like cranberries, don't take any and don't point out that you don't like them. It's also rude to show up and say you aren't hungry.

6. Watch TV.

Sorry your football game is on, but you have to interact with humans. That is why you came. Don't plant yourself on the couch.

7. Ignore the cleanup.

At least offer and if your offer is accepted, then help.

If you ignore every other tip on this list, you'll make up for it in spades by **thanking the host** a couple of days later. A text or email saying thank you... goes a long way.

Don't crowd the oven. If you're bringing a dish to a Holiday dinner, don't surprise your host with a cold casserole. Bring it warm. There's never enough oven space!





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