

Insulation Saves Money, Energy

(health watch)

With the cold winds of winter only around the corner, it may be a good time for homeowners to check the whole house for adequate insulation. The Better Business Bureau points out that by installing insulation, homeowners will find a sure way to cut down fuel costs as well as save energy.

exterior wall. If the home is adequately insulated, the exterior wall will feel only slightly cooler.

Floors: If there is a floor over an unheated crawl space, garage or basement, is it insulated? Be sure to feel for air drafts around

und doors, windows, chimneys and where piping or wiring enter the house.

The "R" Value is the Key
If insulation is needed, homeowners are cautioned against dashing off to the local hardware store to buy something to plug those

judging insulating materials. Be sure to look for the "R" value, which should be marked on packages of the materials. Keep in mind that the higher the "R" value, the more effective the insulating capability. For example, an R-22 material provides twice the heat resistance of an R-11 material.

However, be sure not to get side-tracked by the thickness of the insulating material. Remember, it is the "R" value, not the thickness, which tells how well a material insulates.

How Much Insulation?
The amount of insulation, in terms of "R" value, to install depends on a number of factors including geographic location, local utility rates and amount of existing insulation. Every home, whether it is in Florida or Alaska, should be properly insulated, but not every home needs the same amount.

Various government agencies, public utility companies, insulation and home building trade associations, among others, differ in their recommendations of a minimum "R" value for various areas of a home. As a rule of thumb, an adequately insulated home has the following values for insulating materials: R-30 for ceilings, R-13 for walls and R-19 for floors.

The Better Business Bureau advises homeowners to be on their guard against the unscrupulous contractor or door-to-door insulation salesperson who may overstate the "R" value of insulating material. And if a contractor is to be hired to do the job, be sure to check his reliability with the BBB. Always get at least three estimates on work over \$200. Any contract to be signed should be in writing, down to the details of "R" value, type of insulation and areas to be covered.

Heart disease is the number one killer in the country today. One in every one hundred American men will have a newly recognized ischemic heart event (first heart attack, onset of chest pain, or sudden death without warning) this year. That's bad news.

The good news is that over the last few years there has been a decrease in the number of heart attacks. Also, due to improved technology, the survival rate for those who suffer heart attacks has improved. The victim who reaches the hospital alive has a better chance than ever of surviving and returning to an active life.

Reaching the hospital quickly is critical for survival since many complications occur within the first few minutes and hours after an attack. The North Carolina Medical Society stresses the importance of recognizing a heart attack

when it happens. Many people may walk around with chest pain for days or weeks before their attack simply because they think they are suffering from indigestion. Usually angina pectoris (heart cramp) shows up days or weeks before an attack and becomes more and more frequent with less and less exertion.

Finally a severe episode of pain that lasts from 30 to 60 minutes or longer signals a heart attack. The sensation of pain may feel like a crushing or squeezing under the breast bone, radiating into the arms and neck. Also accompanying this is a shortness of breath, sweating, weakness, nausea, dizziness and fainting.

Some people are at greater risk than others because of conditions they cannot control. Heredity may place certain people at greater risks. Women have a lower death rate than men

from heart attacks although it sharply increases after menopause, and blacks are nearly twice as likely to have high blood pressure, a condition which significantly contributes to heart attack risk.

There are important factors that people can control. Among them are weight, diet, exercise, and smoking.

A middle aged man, 20 percent over his normal weight has a 2 to 3 times greater risk of a fatal heart attack. But counting calories isn't enough. It is also necessary to watch cholesterol, a fatty material which may cause deposits on artery walls which interfere with blood flow. Avoid foods like pastries, butter, whole milk, liver, kidney, fatty meats and egg yolks.

Exercise is also important to keep the heart muscle strong. Also, smokers have a 50 to 100 percent greater risk of heart attacks than non-smokers.



Attic: Is there any insulation between the floor joists or the rafters? Measure the thickness of any existing insulation. If the "R" value is not known, and it is less than six inches, more insulation may be needed. Also check for ventilation required for proper air circulation.

Walls: In cold weather, place your hand at several spots on an interior wall and then compare its temperature with that of an

baseboards. **Windows:** Are they properly weatherstripped? Is there caulking around the frames and panes? Be sure to repair any existing caulking which is worn, cracked or missing.

Doors: Is there weatherstripping around the frame, and does the door fit snugly?

Outside: Take the time to walk about the house to check for gaps or cracks in the exterior, especially around

cracks around the windows or to cover the ceiling joists. It is very important to have a basic knowledge about the kinds of insulation materials available; the following information will be helpful.

Insulating material is rated by manufacturers according to how well it resists winter heat loss and summer heat gain. This resistance ability is called the "R" value, and should be considered the key factor in

SAVORY TUNA CUSTARD

- 3/4 cup Egg Beaters
- Cholesterol-free Egg Substitute
- 1 can (7-ounce) water packed tuna, drained and flaked
- 1/2 cup frozen peas, thawed
- 2 tablespoons grated onion
- 2 tablespoons chopped parsley
- 1/4 teaspoon salt
- 1/4 teaspoon thyme leaves, crushed
- Generous dash pepper
- 1 cup skim milk, scalded

Combine Egg Beaters egg substitute, tuna, peas, onion, parsley, salt, thyme and pepper. Gradually stir in milk. Pour into a 1-1/2-pint baking dish. Set in a pan of hot water about 1-inch deep. Bake at 350°F, about 30 minutes, or until knife inserted in center of custard

ORANGE RICE CUSTARD

- 1-1/4 cups skim milk
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/4 cup Egg Beaters
- Cholesterol-free Egg Substitute
- 3/4 cup cooked rice
- 1 teaspoon grated orange peel
- 1/2 teaspoon vanilla extract
- 1 tablespoon sugar

Scald milk; stir in 1/4 cup sugar and salt. Add slowly to Egg Beaters egg substitute, stirring constantly. Stir in rice, 1/2 teaspoon orange peel and vanilla extract. Divide mixture into four 5 or 6-ounce custard cups. Set in a pan of hot water about 1-inch deep. Bake at 350°F, about 30 minutes, or until knife inserted in center of custard comes out clean.



Combine remaining 1/2 teaspoon orange peel and 1 tablespoon sugar. Sprinkle over tops of hot custards. Makes 4 servings.

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