

A publication of AMERICAN STRUCTURES, INC.

"Dedicated to being the trusted supplier of Bolted, Stainless Steel Storage Tanks"

Stainless Steel: Leading the design in today's kitchens

You've probably seen stainless-steel countertops in sleek, contemporary kitchens or professional ones; they're that good looking and that hard working, the kitchen countertop equivalent of brains, brawn and beauty. But when it comes to metal countertops, stainless steel is hardly the only game in the kitchen. Other metals — which have been in use since before there were kitchens, never mind countertops — are making kitchen comebacks. Stainless steel casts a modern glow, but zinc, pewter, copper or even bronze countertops meld into traditional or period kitchens. All of these metal options go to the head of the countertop class. Unlike stone (such as the ubiquitous granite) metal is nonporous (read antibacterial and stain-resistant). In the case of copper and zinc, they're recyclable, and metal countertops don't require sealing or more than soap and water to clean. Metal does scratch, however, so keep the cutting board handy. And when you get the inevitable etches, enjoy their character.

Except for stainless steel, the metals will also oxidize, forming a patina. You can keep them pristine by polishing, but that's not an insignificant commitment. If your spouse has ever muttered the word "obsessive" about your cleaning habits, these countertops might not be for you. But most owners want the patina and even work on hastening it. To find out whether a metal countertop is right for your kitchen, buy a small sample of copper or zinc and put it on your current countertop. See if the changing color enchants or exasperates you. Metals cost about the same as granite, and many metal fabricators make integrated sinks to match. If you like the look, investigate using metal tiles or a patterned metal piece as a backsplash.

Since its invention in 1913, stainless steel has been a multitasking wonder. It's the most popular finish for appliances and matching countertops can make a sweeping design statement and a breezy cleanup. Stainless steel, unlike other countertop metals, won't patina.

Source: <http://www.hgtv.com/design/rooms/kitchens/metal-countertops-copper-zinc-and-stainless-steel>



Earl W. Wildenberg

President of American Structures, Inc.

American Structures, Inc. attended the American Water Works Association Annual Conference and Exposition in Chicago on June 20-22, 2016. With 500 plus exhibitors, it was the place to be for one of the largest shows in the world.



T3: Tanks, Tips and Trends...

Drink up! Here are the top 10 health benefits of drinking water

Water is the main component of the human body. In fact, the body is composed of between 55 and 78 percent water, depending on body size. Adequate and regular water consumption has numerous health benefits. As an added plus, it has no calories, fat, carbohydrates or sugar.

The amount of water you consume everyday plays an important role in maintaining a healthy body. Experts recommend drinking eight to 10 glasses of water each day to maintain good health.

Furthermore, the Institute of Medicine has determined the adequate intake of total beverage per day (AI) to be about three liters or 13 cups for men and 2.2 liters or nine cups for women.

Water helps keep the body well hydrated, which is essential because almost every cell in the body needs water to function properly.

Here are the top 10 health benefits of drinking water.

1. Relieves Fatigue

If you often feel tired, there is a high chance that it could be due to inadequate consumption of water which makes the body function less efficiently. In fact, fatigue is one of the first signs of dehydration.

2. Improves Mood

Research indicates that mild dehydration (even one or two percent lower hydration level of hydration than optimal) can negatively affect your mood and ability to think.

3. Treats Headaches and Migraines

If you have a headache or migraine, the first thing that you can do to get some relief is drink plenty of water. Headaches and migraines are often caused by dehydration.

4. Helps in Digestion and Constipation

Water also improves the functioning of the gastrointestinal tract. This helps in digestion and prevents constipation. Inadequate water in the body often results in constipation as the colon pulls water from the stools to maintain hydration, thereby making them harder and difficult to pass.

5. Aids Weight Loss

In a clinical trial, scientists found that drinking two eight-ounce glasses of water prior to meals can help suppress appetite and hence support your weight loss efforts. When you drink water, it fills your stomach and reduces the tendency to eat more.

Plus, it helps increase the rate at which the body burns fat, and promotes the breakdown and elimination of fat cells.

6. Flushes Out Toxins

Water is an excellent detoxifier as it helps flush out toxins from your body and get rid of waste primarily through sweat and urine. It also promotes kidney function and reduces kidney stones by diluting the salts and minerals in urine that cause kidney stones. Though you need to drink adequate amount of water throughout

the day, experts warn against drinking too much water (although uncommon still, it is possible) as it may reduce your kidneys' ability to filter out waste.

Thus, it is recommended to drink the amount of water your body requires. As the amount of water required by the body tends to differ from one person to another, it is usually suggested to drink to your thirst, and also include other fluids and foods with high water content in your diet.

7. Regulates Body Temperature

An ample amount of water in the body also helps regulate body temperature. The thermal properties of water and its ability to release heat from the body when sweat evaporates from the surface of the skin greatly helps maintain an even body temperature.

8. Promotes Healthy Skin

Water keeps the body well hydrated and improves capillary blood flow, which promotes healthier and younger-looking skin. Water helps replenish skin tissues, moisturizes skin and increases the elasticity in your skin. When the body gets enough water, your skin will feel moisturized and it will look fresh, soft,

glowing and smooth. Also, water helps prevent and treat soft lines, scars, acne, wrinkles and other aging symptoms.

9. Relieves Hangover

Drinking water works as a simple yet effective way to get rid of hangover as well. Water helps rehydrate the body and speed up recovery.

Experts recommend drinking 16 to 20 ounces of water at night before going to bed after you have had too much alcohol.

10. Beats Bad Breath

Bad breath is a clear sign that you may not be drinking sufficient water. It keeps your mouth moist and washes away food particles and bacteria. It also dilutes the smelly compounds that oral bacteria create.

So, drink sufficient water and also rinse your mouth with water, especially after having a meal or snack to control odors and remove bacteria and food debris stuck between your teeth and gum line.

To conclude, it is essential to make necessary efforts to drink adequate amount of water daily. To derive the various health benefits of water, make sure to drink filtered water. Along with water, also take more fluids and eat more fruits and vegetables that are high in water content.

Sources: www.sciencedaily.com/releases/2010/08/100823142929.htm, onlinelibrary.wiley.com/doi/10.1111/j.1468-1331.2005.01081.x/abstract, jn.nutrition.org/content/early/2011/12/20/jn.111.142000.abstract, www.huffingtonpost.com/2013/03/04/drink-too-much-water_n_2768595.html, <http://www.top10homeremedies.com/kitchen-ingredients/10-health-benefits-of-drinking-water.html/3>.

