

Jim's Water and Woods News

Just Add Water

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Pool News Tip:

Total Alkalinity:

The primary purpose of total alkalinity is to act as a shock absorber to prevent pH bounce, which may occur from the addition of other chemicals.

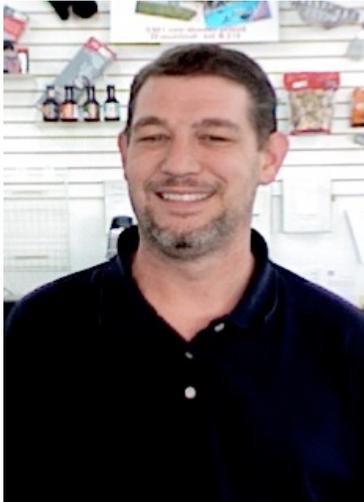
The healing power of water

If you have ever sat in a spa, you already know how good it can feel when your muscles are tired or aching, and how mentally relaxing it can be. If you suffer from some form of arthritis or other chronic pain, you should know a spa can ease much of your discomfort. What you probably don't know is why relaxing in a spa feels so good. Three reasons: warmth, water movement (massage) and buoyancy. Sounds simple doesn't it? After years of study, doctors and physical therapists are only beginning to understand and document the ways a spa massage can influence the body and mind. When joints are damaged, inflammation or painful muscles become tense in an effort to protect the body. Hydrotherapy can help. The buoyancy of water puts less stress on the muscles because they support the body's weight. And by

moving and exercising the affected joints, the muscles become more limber and pain often is reduced, even after leaving the spa. Besides easing the pain of many types of arthritis, aquatic movements, particularly in warm water, improve cardiovascular endurance, muscular strength and psychomotor skills such as speed, agility and coordination. The therapeutic effects of warm water may include lowering of blood pressure, fatigue, relief and faster tissue repair. Research shows that warm water hydrotherapy stimulates the release of endorphins, the body's natural painkiller. In closing, hydrotherapy treatment can help alleviate muscle pulls, strains, and many other athletic injuries. And even if you're not an athlete, but just have a bad back or sore muscle from heavy lifting, a spa can do as

much for you as it does for the athlete. So lean back, relax and think about nothing at all – except how good it feels.





Water worker introduction, back to basics and Weber cooking

Water worker introductions. My name is Jeremy Burdick; I have worked here at Jim's Water & Woods, Inc. since July 2012 and wanted to introduce myself. I am a sales associate, I run water test samples, sell merchandise in the store and I am also a question and answer person. Some of you may know my wife Shauna; she works for Reno county court services for the past 10 years. I have two children and three grandchildren. I have lived and worked here in Hutchinson all my life. I have worked in retail 90% of the time as an adult doing such things as managing Western Auto, assistant manager at Auto Zone and CitiFinancial. Customer service is my top priority. In my spare time I enjoy swimming in our pool, range shooting, and spending time with my family. So please when you get the chance, come in and see me and I would be happy to assist you with all your pool and spa wants and needs.

Back to basics. Each winter our staff spends a considerable amount of time attending classes and seminars in order to keep up with the latest and best techniques for the care and maintenance of swimming pools

and spas. Schools which we attend include water chemistry, heater, pump, filter, pool cleaner and management seminars. Our commitment to you is to provide the best, most advanced, professional service and quality pool and spa care at a reasonable expense to you. Remember, when you buy from Jim's Water & Woods, Inc., you are also buying years of knowledge and experience. Whatever your pool or spa needs, we are always as close as a phone call away.

Weber Cooking, Another great idea from Weber for grilling shrimp. It is very tasty and easy to do.

Garlic Shrimp with peanut-lime marinade

- ¼ cup peanut oil
- ¼ cup low-sodium soy sauce
- 3 tablespoons unsalted peanuts
- ½ teaspoon grated lime zest
- 2 tablespoons lime juice
- 2 tablespoons toasted sesame oil
- 2 tablespoons roughly chopped fresh basil leaves
- 2 tablespoons roughly chopped



fresh ginger

- 1 large garlic clove, roughly chopped
- 1 teaspoon hot chili-garlic sauce, such as Sriracha
- Kosher salt
- 1-1/2 pounds large shrimp (21/30 count), peeled and de-veined
- 1 lime, cut into wedges

1. In a food processor combine the marinade ingredients. Process until fairly smooth, 20 to 30 seconds. Pour into a medium, non-reactive bowl and season with salt if desired. Add the shrimp and turn to coat. Cover and set aside at room temperature for at least 20 minutes but no longer than 30 minutes.
2. Prepare the grill for direct cooking over high heat (450° to 550°F).
3. Brush the cooking grates clean. Grill the shrimp over **direct high heat**, with the lid closed as much as possible, until the shrimp are firm to the touch, lightly charred, and just turning opaque in the center, 2 to 4 minutes, turning once or twice. Remove from the grill and serve right away with a squeeze of lime.

ENJOY 😊 Written by: J Burdick