

HEALTHY, WEALTHY & WISE

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Is it Too Soon to Clean my New Carpet?

If you purchased new carpet within the last year or two you may be wondering when the time is to start having it professionally cleaned. Often times a salesperson at the carpet store will tell you to wait as long as possible before you have your new carpet professionally cleaned; that cleaning your carpet will just make it get dirty faster requiring more frequent cleaning. Is that true?

Old Attitudes for Old Technology

The belief that once you clean your carpet the first time you will then need to clean them all the time goes back to the early days of professional carpet cleaning. Back then lots of chemical and water was used in an attempt to get the carpet clean. These carpet cleaning chemicals worked great at attracting soil away from the carpet fiber and suspending those soils in the cleaning solution to be wet vacuumed away.

The trouble began because the equipment was not able to extract or rinse out all the chemical that was applied. So, the chemicals remained on the carpet as a sticky, soil-attracting

residue. It was true, once you cleaned your carpets back “in the day” you began a cycle of needing to clean them more often.

Poor Quality Carpet Cleaning Causes Damage

To some extent, this can happen even today when calling some “discount” carpet cleaners. They use cheap chemicals, inferior equipment, untrained workers and charge low, low prices.

The poor guys who work for them are often subcontractors or are paid on commission. What happens is that the technician often has to hurry through the job just to make a decent living. So there can be a lot of these cheap, sticky chemicals left in the carpet because they were not properly rinsed out. Sure it looks okay when he leaves, but the carpets will re-soil quickly, often over the course of a few days or weeks.

The Benefits of High Quality Cleaning

Things in the carpet cleaning industry have changed dramatically over the last few years. The cleaning agents



from all of us at

Veterans Cleaning Solutions



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Summer Smoothies

The weather is heating up, and nothing beats a cool drink on a hot summer day. Mixing up a smoothie is a perfect way to cool down. Basically, a smoothie is simply a blended mixture of milk, fruit juices, yogurt, sherbet or sorbet, with fruit and ice added. These recipes can get you started. Once you've tried a few, start experimenting with different combinations of fruit and juice. If you are adding fruit, use frozen fruit or freeze fresh fruit in the freezer for about half an hour first. Substitute soy milk for the milk or yogurt for a healthy drink.

Basic Banana Smoothie

In a blender, combine, 1/2 cup milk, 1 banana, 1/4 cup plain or flavored yogurt, and enough honey to sweeten to taste. Blend until smooth and serve in a chilled glass.

Strawberry Banana Smoothie

To Basic Banana Smoothie, add 1/2 cup frozen strawberries. Also works great with blueberries or raspberries.

Peach Smoothie

In a blender, combine one cup peeled and sliced peaches, slightly frozen, and 1/4 cup raspberries, also slightly frozen. Add one cup apple or peach juice, 1/2 cup vanilla yogurt or peach sorbet, and toss in a small handful of ice cubes. Blend until smooth.

Chocolate Peanut Butter Smoothie

Blend together one frozen banana, three tablespoons peanut butter, two tablespoons chocolate syrup, and 3/4 cup milk. Serve in a chilled glass.

Peanut Butter Ice Cream Smoothie

Combine 1/4 cup peanut butter with one cup vanilla ice cream and one cup milk. Blend until smooth.

Too Soon *(continued from cover)*

we use, though more expensive, are designed to rinse freely from the carpet and leave little or no residue. What tiny amount may be left behind is specially formulated to dry completely non-sticky, to be vacuumed away with normal maintenance.

Quality equipment does cost more, but it has the power to thoroughly clean your carpet and rinse away soils and cleaning agents. Finally, the application of a quality protector makes your carpet stay cleaner longer.

Not all carpet cleaners are willing to spend the extra time and money

to do a high quality job. A reputable company will pre-treat, agitate and rinse with extremely hot water and a powerful vacuum system. This leaves carpets clean, fluffy and residue-free, the way it should be. As an added bonus, clean carpet improves indoor air quality, so your family will breathe easier.

Most major carpet manufacturers require professional carpet cleaning once every 12-24 months. Failure to do so could void your carpet warranty. So if you want your carpets to stay cleaner, last longer and look beautiful, call Veterans Cleaning Solutions to set up your personalized carpet care program.

Fun Pool Games

What can be more fun than playing in a cool pool on a hot summer day? Kids will love playing some of these water games this summer! Don't forget that children need to be supervised in or around water at all times, even if they are good swimmers.

Pool Soccer: Use a large beach ball as the soccer ball. Set up two goal areas on each end of the pool. Players are not allowed to use their hands during this game. No dunking should be allowed.

Sharks: One person is a "shark." He or she tries to catch the other players. As soon as a player is tagged, he or she also becomes a shark and joins in trying to catch the other players. The last one caught becomes the "shark" for the next round. Players are not allowed to leave the water during the round.

Stuck in the Mud: This is another game of tag. One player is "it." Once he or she tags another player, that player must freeze in that spot. He can only be freed by another player swimming through his legs.

Marco Polo: This is a classic swimming pool game. One player



is "Marco." He closes his eyes and counts slowly to ten, while the other players quietly swim away.

Keeping his eyes closed, he then begins shouting out "Marco." The other players respond by shouting "Polo." He is able to figure out where the other players are by listening carefully.

The other players try to avoid being tagged, but must respond whenever he calls out "Marco." The other players are allowed to leave the pool, but if Marco suspects that anyone is out of the water, he can call out, "Fish out of water!" If anyone is out of the water at that time, he or she becomes "it." If no one is out of the water, play continues. When another player is tagged, that player becomes the new Marco.



Scoring Last Minute Deals This Summer

Traveling can be expensive, but there are some ways to get deals if you decide to head out of town on the spur of the moment. If you will be staying in a hotel, be sure to always inquire if there are any discounts available. It sometimes can be as simple as just asking. You should do some research first on the Internet to see what price range is being offered. Then call the hotel and politely ask if there is a lower rate available for a last minute booking.

If you have some flexibility in your travel dates, you can check to see if changing your arrival or departure dates by even just one day gives you a lower rate on airfare or hotel accommodations. When booking a hotel room, ask if there is a price



difference between a room with a king-sized bed and one with two queen-sized or double beds. If you are flexible on this point, you may be able to score a deal.

Finally, be able to act quickly. You can sign up for email updates on deals from airlines and hotel chains. If you see a great deal, be ready to grab it. You should always read the fine print on any deal, but often these offers with short deadlines are the best way to travel on the cheap.

Making a Clean Break

There is never a better time to give your belongings a good going-over than when you are moving. Packing and unpacking can be a big hassle, but this process is a perfect opportunity to get rid of the clutter and unwanted items in your life. The first step when getting ready to pack should be a thorough house cleaning.

Go through every room of your home and discard any broken items. If it can be fixed, either fix it yourself or take it to a repair shop. If it cannot be fixed or is too expensive to repair, simply toss it.

Next, remove all those items you don't want or don't use anymore. You can give them to friends or a charitable organization, or you may decide to have a garage sale to raise some extra cash for all those moving expenses.

Another option is to haul your things to a consignment shop.



This is an especially wise move for any big ticket items you may have, like stereo equipment, exercise gear, designer clothing, or sporting equipment.

Remember that hazardous wastes, including motor oil, leftover paint, batteries, and some household and lawn chemicals, must be disposed of properly. Most communities have designated drop-off facilities for such wastes.

Good Clean Funnies

Fun In The Sun

A cop pulled over a car and noticed that a monkey was sitting in the front passenger seat. "What are doing with a monkey in your car?" he asked the man driving. "You need to take him to the zoo!"

The man said, "Ok," and drove off. The following week, the officer pulled over the same car. He saw that the same monkey was again sitting in the front seat. But this time, both the driver and the monkey were wearing sunglasses.

"I thought you were going to take that monkey to the zoo!" exclaimed the cop.

"I did," replied the man. "We had such a great time that today we are going to the beach!"



Quick Tips

Food Tip

Crystalized honey is still good but may be hard to use in that state. To loosen it up, place the jar in a bowl of hot water for about five to ten minutes. Stir until it is smooth and more liquid. To keep crystals from developing, store honey in a cool and dry place. Do not place it in the refrigerator and keep moisture out of the jar.

Home Tip

Even if a sponge looks clean, it could be harboring bacteria without you even knowing it. Once a week, soak your sponges and washcloths in a solution of one part chlorine bleach and four parts water. Leave them in this solution for at least two hours. Then rinse them thoroughly. They will be sanitized and ready for use.



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- Heirloom and Oriental Area Rug Cleaning
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- Fence and Deck Softwashing
- Window Cleaning

Win a \$25 Panera Bread Gift Card

Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

To prevent rapid soiling of newer carpet:

- a. wait 36 months after installation before professional cleaning
- b. carpet cleaners should thoroughly rinse away all cleaning agents
- c. apply a vinegar/baking soda solution to all high traffic areas
- d. use velvet ropes at the entrance to all carpeted areas

Once you've found the correct answer, email it to admin@missioncleanandhealthy.com. The winner will be determined from a drawing of all correct answers.

Contest Expires 7/31/2017.



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