

# HEALTHY, WEALTHY & WISE

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"Among the things you can give and still keep are your word, a smile, and a grateful heart." - Zig Ziglar

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## Is Carpet a Good Choice for Your Home?

While many people are turning to hard floors for a variety of reasons, there are still 7 excellent reasons to choose carpeting for your home.

**Carpet is beautiful** - Carpet offers limitless varieties of textures, colors, patterns and styles; there is a carpet available to suit almost any taste.

**Carpet is a good value** - The average cost of synthetic residential carpet with pad and professional installation is around \$2.50 to \$5.00 per square foot.

**Carpet is warm** - Carpet insulates, typically resulting in 10% or more of energy savings. Not only that, but carpet makes a room feel warmer too.

**Carpet is quieter** - Carpet absorbs sound, making a house quieter and more relaxing. If you have ever heard a 75 pound Golden Retriever running on a wood floor, you understand this benefit.

**Carpet is safer** - Carpet reduces the occurrence of slips and falls and the severity of injuries from these accidents. This is especially important in a home occupied by the elderly and small children.

**Carpet is healthier** - According to the EPA, carpet traps pollutants instead of allowing them to be distributed in the air. The result? Homes and buildings with properly maintained carpets generally have better air quality than those with hard flooring.

**Carpet is easier** - Interim care of carpet is accomplished simply by vacuuming. Depending on the number of people and pets, this may be done in as little as 3 or 4 hours a month in the typical household. Aside from prompt attention to spills, this is usually all that is needed between professional cleanings.

### 6 tips to help your carpet stay beautiful longer:

**1. Vacuum.** The single most important maintenance step is to vacuum your carpets regularly- at least twice a week in high-traffic areas, preferably more often. Everywhere else should be vacuumed a minimum of once a week. Some households need to vacuum more often depending on the number of occupants and pets and lifestyle considerations.

**2. Control soil.** One way is removing street shoes when entering the house.



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Upholstery Steam Cleaning

Apartment Complex Service

Odor Control

Carpet Protection Application

See "Is Carpet a Good Choice" on next page ▶



## Slow Cooker Chili

### Ingredients:

- 1 pound ground beef
- 3/4 cup diced onion
- 3/4 cup diced celery
- 3/4 cup diced green bell pepper
- 2 cloves garlic, minced
- 2 (10.75 ounce) cans tomato puree
- 1 (15 ounce) can kidney beans with liquid
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can cannellini beans with liquid
- 1/2 tablespoon chili powder
- 1/2 teaspoon dried parsley
- 1 teaspoon salt
- 3/4 teaspoon dried basil
- 3/4 teaspoon dried oregano
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon hot pepper sauce

### Directions:

Place the beef in a skillet over medium heat, and cook until evenly brown. Drain grease.

Place the beef in a slow cooker, and mix in onion, celery, green bell pepper, garlic, tomato puree, kidney beans, and cannellini beans. Season with chili powder, parsley, salt, basil, oregano, black pepper, and hot pepper sauce.

Cover, and cook 8 hours on low.

*recipe courtesy allrecipes.com*

### ► "Is Carpet a Good Choice" from cover

Wear house shoes, socks or slippers rather than going barefoot as sweat and oils from your feet attach to carpet and attract soils.

**3. Keep hard floors clean.** Sticky or oily residues tracked onto carpet from hard floors bond to soils. This leads to obvious dirty traffic patterns leading from areas like the kitchen, garage and even bathrooms.

**4. Respond quickly to spills.** Clean spots and spills by blotting with an absorbent towel. The longer a spill sits, the harder it is to remove.

**5. Don't wait until your carpet looks dirty.** By the time carpet is visibly soiled, permanent damage has already occurred. Although every home is different, you should never go more than 18 months between professional carpet cleanings. Most carpet warranties are voided if

you wait that long. In homes with children and pets, smokers, or allergy sufferers, you should have the carpets professionally cleaned twice a year at a minimum. Most homes do well with one to two professional cleanings a year.

**6. Have your carpet protected.** Modern carpeting has soil retardants such as 3M Scotchgard, DuPont Teflon and stain resisters factory-applied, but these finishes do not last forever. Periodically, your carpet needs to have the protector professionally reapplied so that common food and beverage spills are easily blotted up and your carpets stay cleaner longer.

For more information about how to maintain your carpets or to schedule your next cleaning, call The Clean Force Company today.

## Teaching Your Dog New Tricks

There are many theories about dog training, but most experts agree that dogs respond best to reward-based training. New research shows that dogs can learn to "please their owners." When starting to train your dog, think of it as increasing attachment between you and your pet. You see this type of attachment when your dog is very happy to see you after a long day away. This same emotion can be used to help your dog learn good behavior.

One way researchers have seen that dogs can increase this attachment is by simply letting them win when they play games with their owners. In the study, dogs played tug-of-war with a person, over and over. When the dogs were allowed to win the game, they were more interested in playing with that particular person. And best of all, the dogs who were allowed to win did not exhibit any unwelcome dominant behavior—they simply learned to attach more to their playmate.

This type of interaction leads to a sense of "working together," which in turn can help your dog become more confident and obedient. Playing this type of game is also a good opportunity to teach your

dog that at the end of the game, he or she should drop the rope at your command. If your dog knows that you will continue the game if he obeys, then you've rewarded the good behavior with an activity that your dog wishes to continue.

You know your dog best, so if you engage in this type of play and you notice that your dog becomes fearful or overexcited, it might be best to take a break. Occasionally, a dog will not enjoy these types of games, so pay attention to any negative behavior it might cause. But if you can set some firm rules for play and your dog enjoys the attention, it can lead to better behavior and a happier relationship.



## Getting Ready for a Flood

Springtime can bring rains and melting snow that cause flooding. Floods can develop quickly and are unpredictable. They also are very dangerous. Don't get caught unprepared. These steps will help keep you and your family safe.



1. Find out if you are in a flood-prone area. If so, learn about your community's flood plans, evacuation routes, notification services, and locations of safe areas.
2. Practice a flood evacuation plan with your family. This should include steps to take at your home before you leave (turning off electrical and gas power,

handling valuables, and securing unsafe items). You should also know where to meet at a safe point if you are separated, and everyone should have access to an emergency contact, which should be a friend or relative outside of the potential flood zone.

3. Keep a stock of emergency supplies in the event that you are stranded in your home by floodwaters and unable to leave.
4. Keep your family's tetanus vaccinations up to date.
5. Talk with your insurance agent about your homeowners' or renters' insurance. If you are not covered for flooding, contact the National Flood Insurance Program at [www.FloodSmart.gov](http://www.FloodSmart.gov).
6. Secure important documents in a fire- and water-proof container. This should include copies of critical documents such as birth certificates and passports, a copy of your homeowners insurance, and an inventory of the items in your home.

## Salt and Headaches

Persistent headaches can often result from high blood pressure. Because it is believed that excessive salt consumption can cause high blood pressure, doctors have often thought that perhaps eating too much salt can by this connection cause headaches. But a new study has found that high salt consumption can cause headaches on its own, even without evidence of higher blood pressure.

Researchers at Johns Hopkins Medicine in Baltimore, Maryland, found that people who ate foods high in sodium had up to one third more headaches than those who ate foods low in sodium. This result occurred independent of whether the participants ate a healthy diet (one rich in fruits and vegetables and low in saturated fat) or a less nutritious diet.

Because the study subjects ate the high sodium diet for only a short period of time, there was no notable

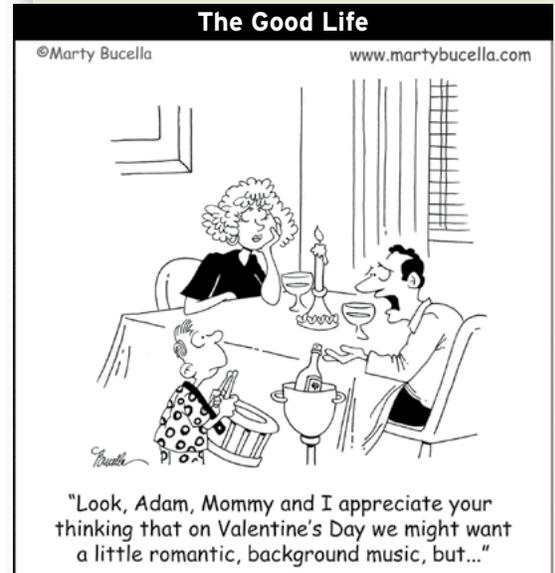
corresponding rise in blood pressure, even with an increase in headaches. Thus, the researchers believe that there is an independent mechanism at work that causes more headaches.

They note that more research needs to be conducted to understand this link. But if you find that you have unexplained headaches that come and go, you may want to take a look at your diet. If it has had a sudden increase in salt consumption, try cutting back to see if you get any relief.



## Clean Force Client Testimonial

"The provider was extremely courteous, professional, and prompt! My carpet looked like new after it was cleaned!!"  
- *Latoya R., Spartanburg, SC*



## Quick Tips

### Food Tip

Dark leafy green vegetables are a great way to boost the nutrition in your meals. Some can be a bit bitter however. To cut some of the bitterness of greens like kale or arugula, soak them in a bowl of ice water in your fridge for about an hour. Run them through a salad spinner and then use them as normal in your recipes. You can also boil kale before using to cut more of the bitterness. Finally, a squeeze of lemon or lime juice can also balance out the bitter taste.

### Safety Tip

Scalds are the most common burn injury among young children. To protect your child, always supervise him or her while you are cooking. Never hold a child while at the stove, and use the back burner on your stove as often as possible. Turn pot handles away from the edge when cooking.



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*"A good name is rather to be chosen than great riches." - Proverbs 22:1a*

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## Win a \$10 Cracker Barrel Gift Card

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

### Which of the following statements is true:

- a. Carpet increases safety in the home
- b. Carpet aggravates allergy symptoms
- c. Carpet costs more to maintain than hard flooring
- d. Spots and spills on carpet add character and charm

Email your answer to [cleanforcecompany@gmail.com](mailto:cleanforcecompany@gmail.com) or call our office at 864-271-3168. We will draw from the correct answers and someone will win a \$10 Cracker Barrel Gift Card!

*Contest Expires 2/28/2015.*

## INTRODUCING OUR NEW CUSTOMER REFERRAL REWARD PROGRAM

Refer any new customer to The Clean Force Company and receive a \$10 Referral Reward Certificate. These certificates can be applied towards your next carpet cleaning or redeemed for cash. There is no limit to the number of referral certificates you can earn!

