

# HEALTHY, WEALTHY & WISE

AUGUST 2015

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*"The most important single ingredient in the formula of success is knowing how to get along with people." - Theodore Roosevelt*

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**AUGUST IS**  
national  
**IMMUNIZATION**  
awareness month



## For the Love of Cotton

You may not know this, but cotton is the most popular fiber in the world. Why? Because it's durable, easily dyed, absorbent, soft and comfortable to touch. These characteristics make it the fabric of choice for clothing, towels, bedding and more.

We're not the first people to recognize the virtues of this versatile fiber. Cotton has been cultivated globally for thousands of years. From underwear to overcoats, clothing continues to be the most common use for cotton.

The same features that make cotton ideal for clothing make it perfect for upholstery. Like your clothing, all upholstery - including cotton- must be cleaned periodically for appearance and health. Furniture manufacturers recommend cleaning every 12-24 months. Failure to do so can result in an unwanted appearance change called soil staining. Soil staining occurs when soils, oils and pollutants adhere to the fibers and oxidize. This can result in permanent dulling of colors and changes to fabric texture.

Aside from a certain amount of normal shrinkage and potential wrinkles, most cotton clothing can be washed without any major problems. The fabrics used in

upholstery differ in a number of ways from clothing, including how we clean them.

When used in upholstery, cotton may be blended with other fibers that have different characteristics and dye systems. Often the fabric is made up of multiple layers and can be quite thick. This creates challenges when cleaning. Ripples and distortion to the fabric texture are not uncommon.

Second, while most cotton clothing is designed to be washed in the laundry with lots of water, detergents and agitation, upholstery fabric is not. Lighter colored cotton upholstery may turn brown or yellow as the cellulose material in the cotton breaks down. Dyes may bleed or run. With some cleaning agents, cotton fabrics can actually degrade and become weak or even split.

There is also the potential that the fabric will shrink. This leads to cushion covers not fitting properly, skirts and dust ruffles curling or wrinkling and other appearance problems. That's why you should never remove cushion covers to launder them.

You can hang your clothing on a line or put it in a dryer to dry. Not so with upholstery. The multiple layers of fabric,

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to sign up.*

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## Classic Macaroni Salad

### Ingredients:

- 4 cups uncooked elbow macaroni
- 1 cup mayonnaise
- 1/4 cup distilled white vinegar
- 2/3 cup white sugar
- 2 1/2 tablespoons prepared yellow mustard
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1 large onion, chopped
- 2 stalks celery, chopped
- 1 green bell pepper, seeded and chopped
- 1/4 cup grated carrot (optional)
- 2 tablespoons chopped pimento peppers (optional)

### Directions:

1. Bring a large pot of lightly salted water to a boil. Add the macaroni, and cook until tender, about 8 minutes. Rinse under cold water and drain.
2. In a large bowl, mix together the mayonnaise, vinegar, sugar, mustard, salt and pepper. Stir in the onion, celery, green pepper, carrot, pimentos and macaroni. Refrigerate for at least 4 hours before serving, but preferably overnight.

recipe courtesy allrecipes.com

► Continued from cover

batting and cushion can cause slow drying, which could cause browning and dye bleed. We prevent such damage by using high velocity air movers to encourage rapid drying and carefully controlling the amount of moisture while cleaning.

Most fabrics can be cleaned safely with the right equipment, cleaning agents and proper training. One of the most important steps is to test the fabric for dye stability, browning and potential shrinkage, as well as inspect for other possible issues.

Taking all of this into account, some fabrics will require low moisture,

controlled pH, and the gentle hand of an experienced upholstery cleaner to avoid damage. A fabric protector application should follow every cleaning. Your fabric will stay cleaner longer and resist permanent staining.

How can you tell which fabrics are problematic? It's hard to know without experience and training. That's why it is important to trust your upholstery cleaning needs to The Clean Force Company. Regardless of the fabric, we can clean it safely. Call us at (864) 271-3168 to schedule your upholstery cleaning appointment.



### Internet Tidbit: TwoFoods

When you are trying to eat healthy, it can sometimes be hard to know which foods to choose. The website TwoFoods.com makes it easier to do just that. You enter two different foods, and the website will compare them, showing you the healthier option. Besides food you have at home, you can also enter restaurant selections. You'll be shown total calories, carbs, fat, and protein. The simple interface and large database makes it the perfect tool to use when you aren't able to access nutritional information easily or when you are making food from scratch.

## 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. So, 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.





## Choosing a Great Pet Bed

Most pets enjoy having their own bed. If you are deciding on a bed for your dog or cat, be sure to choose one that will provide warmth, support and a sense of security. What makes a pet bed great? Keep these tips in mind when shopping.

- ▶ A good pet bed should be made of durable and washable material. Natural fibers are best and the fabric should not be treated with chemicals such as flame-retardants or stain-protectors.
- ▶ The bed should have a non-skid bottom to help keep it in place.
- ▶ Get a bed that will comfortably fit your pet

even when he or she is stretching. But if you have a dog or cat that only sleeps curled up, you may need to get a smaller bed to provide a cozier feel.

- ▶ There are a variety of beds for special needs: hypoallergenic materials for allergic pets, orthopedic beds for animals with arthritis, and waterproof beds for pets with incontinence problems.



**Yum**

### App of the Month: Yummly

There are lots of ways to find new recipes. Yummly makes it easy to find them on your smartphone. This free app searches the most popular recipe sharing sites like Allrecipes and Epicurious. It then displays the link along with a large image of the dish, giving you a visual way to scan through recipes. Each recipe offers a list of ingredients, a nutritional breakdown of each recipe, and instructions for the dish. Best of all, the recipe recommendations are customized to your tastes, making it useful and personal. You can save your favorite recipes to your own recipe box too.

## Boosting Your Brain Function with Exercise

Brain function can diminish as we age. A report released by the Institute of Medicine suggests that maintaining physical activity can help preserve memory and attention as we get older. Studies show that people who are physically active are less likely to experience a decline in their mental abilities. They also show a lowered risk of developing Alzheimer's disease.

Researchers believe that the benefits come from increased blood flow and an increase in brain-protecting chemicals. Exercise also seems to counter some of the reduction in brain connections that occur as we age. Doctors are not sure how these processes work or how effective exercise is in preventing



mental decline, but they agree that exercise has many positive benefits for seniors and are hopeful that more research will lead to a better understanding of the mind-body connection.

## Clean Force Client Testimonial

*"Wonderful people and a wonderful job! My carpets look great. Thank you!!"*

*- Jenny B, Easley, SC*

### The Good Life

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www.martybucella.com



"Could you make an exception? He doesn't know how to eat without a tray table and a remote."

## Quick Tips

### Green Living Tip

Keeping under the speed limit will help you burn less gas and increase your miles per gallon. Your gas mileage will be better if you avoid sudden starts and stops. You should also avoid revving your engine. Not only is this more energy efficient, but it is also safer for you and the drivers around you.

### Healthy Living Tip

Take a few minutes each day to stop and reflect on your life. You can spend some time practicing gratitude. This helps give you some perspective and improves your ability to handle life's challenges. Remember that you have the power to control your thoughts.



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Offer expires 8/31/15.



*"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

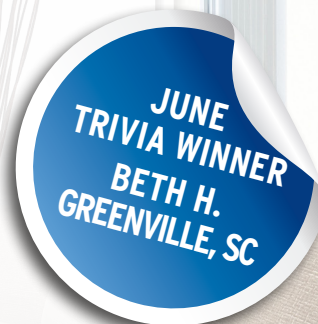
Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

**Furniture manufacturers recommend cleaning your upholstery:**

- a. every 12-24 months
- b. when it becomes visibly soiled
- c. never, to avoid damage
- d. when even the cat refuses to sleep on it

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 8/31/2015.*



## 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!