

HEALTHY, WEALTHY & WISE

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"You are never too old to set another goal or to dream a new dream." - C.S. Lewis

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School is Never Out for the True Professional Cleaner

As kids return back to school, we are reminded of the importance of a good education. School doesn't just teach facts and figures. You learn skills that allow you to accomplish many basic tasks. Math, reading, problem-solving and learning to work with others are skills that most of us learned in school.

Perhaps the most important skill that school teaches us is how to learn. We learn to read, ask questions, test theories and discuss ideas as a means of expanding our knowledge. Imagine what would happen if a child was never taught these basic skills. It would be difficult to learn to drive, fill out a job application, read a menu, count money, use a computer or smart phone, travel abroad or shop without acquiring the skills you learn in school.

But learning doesn't stop when you graduate from high school or college. You still need to acquire specific skills and knowledge in your chosen field of endeavor in order to achieve excellence. That is when specialized training is needed. Can you imagine hiring a surgeon who only received on-the-job-training? What about an automobile mechanic who watched some online videos to learn how to fix your car?

Professions like cosmetology, plumbing, home building, childcare and many others require training, certification and in some cases, licensing. It should come as no surprise that training and certification are available for professional carpet and upholstery cleaners, too. This training and certification come from an organization called the Institute of Inspection Cleaning and Restoration Certification or IICRC.

Unlike those other professions, however, training and certification are not legal requirements for carpet and upholstery cleaners. That is why most professional carpet cleaning companies never invest the money and time in their employees to get this valuable training.

The Clean Force Company technicians are different. We believe in the value of classroom learning in addition to our field training. In the classroom, technicians learn to identify the type of fibers they are cleaning. This is important so that they select the proper cleaning agents to assure safe, effective cleaning. They learn cleaning chemistry so they can choose the right products based on the type of soil and



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Mango, Peach and Pineapple Salsa

Ingredients:

2 mangos, peeled, seeded and chopped
 2 small peaches, halved, pitted, and cut into 1/2-inch dice
 1 cup diced fresh pineapple
 4 tomatoes, chopped
 1 white onion, diced
 1 red bell pepper, diced
 1 yellow bell pepper, diced
 1 cup chopped fresh cilantro
 1 clove garlic, minced
 2 tablespoons lime juice
 1 teaspoon salt
 2 tablespoons white sugar, or to taste
 3/4 cup water

Directions:

Place the mango, peach, pineapple, tomato, onion, red pepper, yellow pepper, and cilantro in a mixing bowl. Stir in the garlic, lime juice, salt, sugar, and water. Cover and refrigerate at least 1 hour before serving.

recipe courtesy allrecipes.com

► *Continued from cover*

stains they are working on. They learn how fibers are dyed and how carpet and upholstery are manufactured.

In a typical 2- or 3-day IICRC course, our technicians get practical hands-on demonstrations by a seasoned instructor with many years in the industry. This allows the students to reap the benefits of decades of experience without the risk of problems on the job.

There are separate courses for certification in each of several cleaning categories including: carpet cleaning, upholstery cleaning, leather cleaning, color repair, odor control, ceramic and stone tile cleaning as well as carpet repair and reinstallation.

Once the course is completed, our Technicians must pass a monitored 150-question exam to qualify for certification in that discipline.

But that is not the end of it. The IICRC requires ongoing education to maintain certification. So our Technicians keep learning even after they have achieved certification. This assures you, our valued clients that we are up to date on the latest in the cleaning industry.

As you can probably imagine, education is not free. It requires a significant investment of time and money to keep our team at the top of our profession. At The Clean Force Company we believe you are worth it.



Internet Tidbit: Everyday Carry

Do you love gadgets? Then the website EverydayCarry.com is for you! This website feature gadgets that are made to be worn, carried, or placed in your bag to use on a daily basis.

These small items are perfect for making everyday tasks easier and can help you be prepared for an emergency. Anything that you grab on your way out the door or always keep packed in your backpack is an everyday carry item. As you browse the website, you'll find intriguing and useful items that will keep you prepared for whatever life throws at you.

Plant Your Garden This Fall

It is a wonderful sign of spring when flowers planted in the fall begin to finally poke through the soil. The key to having a colorful, early spring garden is to properly plant bulbs in the fall. These types of flowers are called perennials, and they will keep blooming year after year.

To ensure the best results, choose a good place to plant your bulbs. They should be at least five feet from the foundation of your home, in soil that is well-drained and with a pH between 6.0 and 7.0. Each bulb should be placed in its own hole, along with some bulb fertilizer. If your soil has clay in it, you will also need to add in some organic material or mulch. Each bulb type should be planted at a specific depth. The packaging that your bulbs come in will specify how deep they should be planted. All bulbs should be planted with the pointed end facing upwards.

Different flowers will bloom at different times during the spring. To

get a garden full of color for several months in a row, choose bulbs that bloom at different times. For example, plant crocus in the same bed as daffodils, along with some tulip bulbs. You will have flowers from early spring to early summer.

Bulbs should be planted after the first frost, which varies depending on where you live. Your local nursery can tell you the best time to plant.



How to Easily Lose One Pound a Week

It only takes a reduction of 500 calories a day to allow you to lose one pound a week. You can easily achieve this goal with some simple food substitutions.

If you are motivated, you can also add some exercise to your week to make it even easier to lose the weight. Here are some ideas that you can use to cut those daily calories:

Instead of a fast food lunch, which can range from 600 to 1500 calories, opt for any number of frozen entrees that have under 300 calories. Great ones to try are Weight Watchers Smart Ones and the South Beach Diet line.

When having pasta, rice, or potatoes as part of your meal, cut the amount of these carbohydrates in half and substitute some sautéed vegetables. Add broccoli to your pasta, some onions and red peppers to your rice, and have a smaller serving of those mashed potatoes while adding a tossed salad. You can save 300 to 400 calories in one meal.

Assistance for Seniors

If you are a senior citizen, or have an elderly loved one, take a moment to review whether you are getting all of the benefits to which you are entitled. Over five million elderly Americans are not taking advantage of benefits provided by state and federal government programs. These benefits range from health care coverage to supplemental income to help paying utility bills.

Check out benefitscheckup.org. This website, sponsored by the National Council on the Aging, offers a way for seniors, their families and their caregivers to access information on over 2,000 federal, state, and private programs. All states are covered and the information is easily accessed over the Internet. You'll find information on prescription drugs, nutrition, energy assistance, health care, Social Security, housing,



Instead of high calorie desserts like ice cream or brownies, choose low-fat yogurt or diet sparkling flavored water to satisfy your sweet tooth. Many ice creams now come in sugar-free varieties as well. You will save another 300 calories this way.

To dress up your sandwich, choose lower calorie condiments instead of high calorie mayonnaise or dressings. Light mayo has only 50 calories per tablespoon. Even lower calorie choices include spicy brown mustard at 5 calories per teaspoon, Tabasco sauce at 0 calories, and relish at only 5 calories per teaspoon.

If you want to walk away the pounds, use these guidelines: A moderate pace of 3-4 miles per hour for one hour will burn 200-300 calories.



transportation, employment, volunteer services, and more.

Clean Force Client Testimonial

"The Clean Force Company did an amazing job on my carpet throughout my house. My carpet was in very bad condition and they did such an awesome job! I would highly recommend them to anyone."

- Justin B. Simpsonville, SC

The Good Life

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"No, he can't walk yet, but he has been preapproved for a credit card."

Quick Tips

Food Tip

When honey crystallizes, it does not mean that it is going bad. The crystals are harmless but can affect the quality of the honey. To eliminate the crystals, set the honey container in a bowl of hot water. Let it stand until the honey is almost melted. Stir until smooth to dissolve the crystals.

Money Tip

It can be tempting to save on pet care cost by using a low-cost veterinary clinic, but know that these clinics may not be able to offer comprehensive services. If your pet needs services above general preventative care, you may be forced to find a vet in an emergency situation. This can be time-consuming, costly, and stressful. Establishing a relationship with a full-service vet can be better for you and your pet in the long run.



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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:

The acronym IICRC stands for:

- a. International Institute of Carpet and Rug Cleaners
- b. Institute of Inspection Cleaning and Restoration Certification
- c. International Industry Certification for Restorers and Cleaners
- d. It's Important to Clean Rugs and Carpets

Email your answer to 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 9/30/2015.

**JULY
TRIVIA WINNER
SOMMER T.
GREENVILLE, SC**



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!