

HEALTHY, WEALTHY & WISE

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Soil Control Saves You Money and Time



from all of us at
Veterans Cleaning Solutions



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All through the year we track various soils into our homes. Not only that, pollutants from car exhaust, pollens, pet and human dander, and just plain old dirt can damage decorative surfaces in your home including carpet, tile, wood, upholstery and fabrics. Soil control is an important part of keeping your home clean and healthy. You can control soil by limiting the entrance and buildup of contaminants in your indoor environment.

Keep Outside Contaminates Outside

The best way to control soil indoors is to prevent its entry. They say that an ounce of prevention is worth a pound of cure; it takes 12 times more effort, time and money to remove soil as it does to prevent it from entering a structure.

Remember that whatever is outside tends to come in, so consider the following:

- Keep walkways, steps and porches clean and free of dirt, mold, moss and algae.
- Maintain garage floors in order to prevent oil, road grime and other contaminants from accumulating and being tracked indoors.

- Place doormats both outside and inside the entrances to your home.
- Outdoor mats should be a water resistant, synthetic, non-absorbent fiber such as olefin or polypropylene, textured to scrape heavier soils off your shoes. Avoid natural fibers which tend to degrade, mold and rot creating a new soil source.
- Inside doormats should be absorbent like nylon, cotton or wool. Vacuum and wash it periodically to remove built-up soils.
- Remove shoes when you come indoors, but don't make the mistake of going barefoot all the time. The skin of our feet contains natural oils that attach to carpet and attract soil. Instead, wear clean house shoes, socks or slippers indoors.

Some Dirt Starts Inside

There are also sources of soiling that originate indoors. Normal daily activities generate a variety of dust and residues that settle on just about every surface. Keep the following in mind to keep your home clean:

- Cooking produces oily deposits that can bond to floors and carpet, attracting dust and soil. Kitchen vent

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Baked Lemon Chicken with Mushroom Sauce

Ingredients:

- 6 skinless, boneless chicken breast halves
- 1 tablespoon olive oil
- 1 lemon
- 1/4 cup butter
- 3 cups fresh sliced mushrooms
- 1/2 cup chicken broth
- 2 tablespoons all-purpose flour
- 1 tablespoon chopped fresh parsley

Directions:

1. Preheat oven to 400 degrees F.
2. Place the olive oil in an 8x8 glass baking dish. Place the chicken breasts in the dish, coating each side with oil. Squeeze the juice of 1/2 lemon over all. Slice the rest of the lemon and place a lemon slice on top of each chicken piece. Bake in the preheated oven for 30 to 40 minutes until brown.
3. In a large skillet, melt the 1/4 cup butter or margarine. Add the sliced mushrooms. Cook and stir until the mushrooms are brown and have exuded their juices, about 6 minutes. Sprinkle with the flour and blend. Add the chicken broth, stirring to make a medium thick sauce. Allow to reduce, adjusting with a little more broth to make a creamy sauce. Add fresh parsley at the last minute. Spoon the sauce over the lemon baked chicken breasts. Delicious!

recipe courtesy allrecipes.com

Soil Control *(continued from cover)*

hoods remove odors and filter out oils and moisture too.

- Humans shed millions of skin cells every day. The more people and pets there are in the home, the more dead skin, body oils, perspiration and debris accumulate in carpets, furnishings and air ducts.
- Gas and oil-fired heating systems also produce carbon pollution. Even candles can contribute to soiling of carpets and furnishings.
- Use vent fans when showering. Bathroom vent fans exhaust excess moisture outside and help prevent condensation on surfaces. Dust sticks to moisture and creates a residual film on surfaces. This film can become a breeding ground for bacteria and surface mold.
- Vacuuming is the most effective way to maintain your carpets. 74-79% of soil in carpet is dry, particulate soil that can be removed by vacuuming.

You should also vacuum your upholstered furniture, drapery and blinds for the same reasons.

- When you dust your furniture, do so gently, preferably with a duster attachment on your vacuum cleaner. If you use a duster, go slow and allow dust to settle for an hour or so and vacuum the floor last. Your carpet can last a long, long time if properly cared for.

Annual professional cleaning is recommended in most homes. Busy homes with children and pets require cleaning twice a year or more depending on lifestyle. Don't wait until your carpets, rugs and upholstery look dirty to have them cleaned; by the time fibers have reached a visibly soiled state they are already damaged. Unfortunately, cleaning cannot repair the damage caused by excessive soiling.

Call Veterans Cleaning Solutions to schedule your next cleaning or for more expert advice.

Did You Know: National Parks

- ▶ The United States National Park System was created by President Woodrow Wilson on August 25, 1916, 44 years after the establishment of Yellowstone in 1872 by President Ulysses S. Grant.
- ▶ There are 401 areas comprising the national park system, covering more than 84 million acres in every state, the District of Columbia, American Samoa, Guam, Puerto Rico, and the Virgin Islands.
- ▶ The largest national park in the United States is Wrangell-St. Elias National Park and Preserve in Alaska at 13.2 million acres.
- ▶ Four national park sites have a waterway named Green River running through them: in the west, the Green River flows



through Dinosaur National Monument, Glen Canyon National Recreation Area, and the Canyonlands National Park. In the east, a different Green River passes through Mammoth Cave National Park.

- ▶ The deepest national park is not the Grand Canyon, but Kings Canyon in California with a depth of 8,200 feet.



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Lawn Care Mistakes

Having a healthy green lawn can be a source of pride to any homeowner. It can also be a frustrating process if you are having trouble keeping your grass green and lush. There are a few common mistakes that homeowners make when caring for their lawns. Avoid these pitfalls to help make the job easier.

Cutting Grass Too Short

If you want your lawn to look as good as a golf course, resist the temptation to cut it too short. Golf courses use a special type of grass that responds well to a short cutting height. But most lawns require more water and put more stress on the grass when cut too short. Your best bet is to cut only to about three inches and no shorter. With this length, the grass holds moisture and can resist disease better.

Too Much Fertilizer

Putting down too much fertilizer does not make for a healthier lawn. Grass can only absorb so much fertilizer before it starts to become stressed. Excess fertilizer is washed from your lawn and can flow



down your street into waterways, becoming a pollutant. Most agricultural experts recommend applying fertilizer in June, August, and October. Excessive fertilizing in the early spring can cause grass to grow too quickly, resulting in a plant with a weak root structure that is hard to maintain.

Too Much Water

Most people are concerned about not watering their lawns enough, but more damage comes from over-watering than under-watering. Too much water results in shallow roots and a weak plant. In general, most grass needs about one inch of watering a week.

Watch that People Food

It can be hard to resist your dog's sad eyes when he or she is begging for a taste of your food, but it will be better for him in the long run if you deny him the treat. Some human food is loaded with fat, grease, and spices that can cause dogs to have upset stomachs, bloating, and gas. It can even lead to pancreatitis. Other foods are seriously dangerous, including alcoholic beverages, caffeine, chocolate, fat trimmings, raisins and grapes, chicken and turkey bones, onions, macadamia nuts, salt, and sugar. These foods can cause serious health problems and even be toxic.

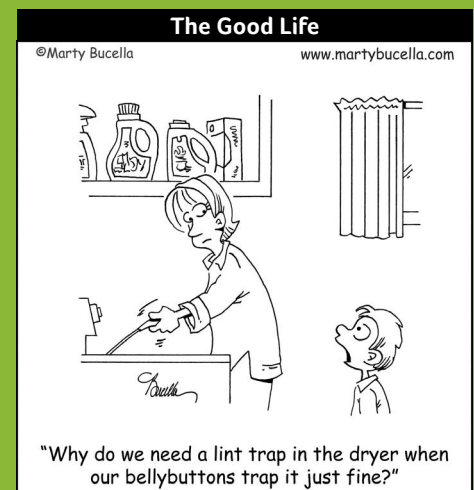


If you can't resist the urge to treat your dog from the table, try offering vegetables, such as broccoli and carrots. But your better course of action is to stop the begging altogether. Do not reward your pet with human food. You can also feed your dog at the same time you eat, but in a different part of the house. Finally, you can get a toy to offer your dog when he begins to beg for food.

Good Clean Funnies

A Hearty Offering

A mother was surprised on Mother's Day by her children who ordered her to stay in bed in the morning. She lay there looking forward to breakfast in bed, as the smell of bacon wafted up the stairs. After a long while, though, she became concerned and headed downstairs to see if there was a problem. She found both of her children sitting at the table, eating bacon and eggs. Surprised, she asked them what was wrong. "Nothing," said the children. "We thought we'd surprise you for Mother's Day and cook our own breakfast."



Quick Tips

Green Living Tip

Fill a watering can every evening to water your outdoor plants in the morning. This will ensure that the water you use is near air temperature, which lessens shock to the plants. You will also use less water than you would if you turned on your hose. You can also collect water runoff from your roof in a rain barrel. Use this water to fill your watering can.

Money Tip

Getting a big income tax refund each year may not be such a good thing. It means that the government has kept your money, interest-free, for a year. You can change your W-4 withholdings to give you more money each paycheck. You'll need to plan for a decrease in your refund, but your monthly cash flow will benefit.





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Heirloom and Oriental Area Rug Cleaning
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Hardwood Floor Cleaning
Urine Damage Treatments
Roof Cleaning
House Washing
Concrete Cleaning
Pressure Washing
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:

Outside doormats should be:

- a. non-absorbent
- b. absorbent
- c. made of natural bristle
- d. black to hide dirt

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 5/31/2017.



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