

HEALTHY, WEALTHY & WISE

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In This Issue

Deodorization... How the pros do it

Hiking the scenic Appalachian Trail

For grads: Best places to start career

Electrical safety around swimming pools

Recipe: Grilled Marinated Shrimp

Good Clean Funnies

Moneywise



AUGUST IS Family Fun Month



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Deodorization... How the pros do it

"What's that smell?" We have all had the experience of walking into a room or building only to be greeted by an unpleasant odor. They may range from mildly annoying to downright putrid. Besides being embarrassing, malodors are also a cause real for concern. Unpleasant odors are sometimes an indication of a potentially infectious, hazardous or unsanitary condition. Bad odors can also cause psychological or emotional stress and even physical discomfort.

Spraying deodorants and perfumes simply masks odors temporarily. Odor masking is not effective for long-term deodorizing success. Effectively eliminating odors requires an understanding of the principles of deodorization. The type of odor neutralizer and application process must be chosen based on the source of the odor, type of materials affected and the degree of odor penetration. To avoid a recurrence of the malodor, we use the following procedures:

Step 1: Find and remove the source. Odor is an effect. Since every effect has a cause, our first challenge is to find and remove

the cause. If the odor comes from a dead animal, you must find the carcass and remove it. If the odor is from a pet accident, we must first locate the deposit and remove it from the carpet and other surfaces before we can treat the offending odor. The same applies to odors from smoke, cooking, mold and mildew, etc.

Step 2: Clean the affected area to remove any remaining odor-causing residue. Actually, cleaning is just a continuation of source removal. Start cleaning in the source area and work outward until all residues are removed. Residues can be sticky or oily residues, crystallized materials or dust and soot. The type of residue and the material you are cleaning determines the cleaning method. For instance, removing soot from a brick wall requires different cleaning agents, tools and techniques than removing soot from silk drapes. Depending on the odor, source removal and meticulous cleaning may be all that is required. If not, we move on to the next step.

Step 3: Recreate the conditions of penetration. This is where specialized equipment is often required. For example,

Continued on next page ▶



Grilled Marinated Shrimp

Ingredients:

- 1 cup olive oil
- 1/4 cup chopped fresh parsley
- 1 lemon, juiced
- 2 tablespoons hot pepper sauce
- 3 cloves garlic, minced
- 1 tablespoon tomato paste
- 2 teaspoons dried oregano
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 pounds large shrimp, peeled and deveined with tails attached
- skewers

Directions:

1. In a mixing bowl, mix together olive oil, parsley, lemon juice, hot sauce, garlic, tomato paste, oregano, salt, and black pepper. Reserve a small amount for basting later. Pour remaining marinade into a large resealable plastic bag with shrimp. Seal, and marinate in the refrigerator for 2 hours.
2. Preheat grill for medium-low heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. Lightly oil grill grate. Cook shrimp for 5 minutes per side, or until opaque, basting frequently with reserved marinade.

Tip

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

recipe courtesy allrecipes.com

Deodorization (continued from cover)

If the odor is from smoke, it may have penetrated into wood, fabrics, drywall and many other porous and semi-porous materials. Any deodorizing products we use must penetrate the materials in the same manner as the smoke odor penetrated in order to neutralize the odors.

If odors have migrated into areas that are inaccessible, it may be necessary to specialized fogging equipment, electronic oxidation, or dry vapor equipment. Generally, odors caused by liquids such as urine or spoiled milk that saturate porous materials must be saturated with a suitable odor counteractant. In most cases, properly applying steps 1 through 3 will achieve the desired results. If there is still an odor, we proceed to step 4.

Step 4: Seal the affected material.

Sometimes odors penetrate into materials to the degree that it is impossible or impractical to remove them completely. In these situations it is necessary to apply a topical sealant to encapsulate the odor causing molecules and prevent them from evaporating into the air. If the molecules can't reach your nose, you won't be able to smell them. The type of sealer we choose depends on the type of material, the nature of the odor source and the degree of penetration into the material.

If you have tough odor problems and need assistance, please call Chet's Cleaning, and we will be happy to help.

Hiking the scenic Appalachian Trail

Want to take a hike on a trail enjoyed by about four million people a year? Want to explore a footpath that stretches through 14 eastern states from Georgia to Maine? Then consider walking the great A.T., the Appalachian Trail.

It runs from Springer Mountain in Georgia to Mount Katahdin in Maine. The trail is easily accessible at many points (more than 500 public roads cross the A.T.) and it may be used for a short walk, a day trip, or a long distance hike.

Some hikers attempt to do the entire Trail, a 2,175-mile trek, in what is referred to as a through-hike. They can through-hike in one continuous journey (usually taking five to seven months) or make their through-hike in segments.

The Trail is marked so it's fairly easy to follow. The markers are six-inch paint "blazes" on trees, posts, and rocks. Above the treeline or where the blazes may be hard to see, paint marks, posts, and rock piles called cairns mark the path.

Generally, the A.T. is open all year around but the northern end at Katahdin in Baxter State Park may be closed at times in winter depending on the weather.



View from Annapolis Rocks along the Appalachian Trail on South Mountain Maryland.

Not able to make it to the Trail but still interested in its fascinating stories and colorful characters? Don't worry. Many hikers have detailed their adventures both on the web and in books so you can be an armchair Appalachian Trail adventurer.

Two examples of books on the Appalachian Trail are *There are Mountains to Climb: An Inspirational Journey* (Silverwood) by Jean Deeds and Bill Bryson's funny and informational *A Walk in the Woods* (Broadway).

For more information, visit the Appalachian Trail Conservancy at www.appalachiantrail.org.

For grads: Best places to start career

Congratulations to this year's grads who have left academia just when the economy is booming, employers are hiring, and unemployment is historically low.

The question is where to start the new career. A new study by WalletHub ranks 180 cities based on 27 metrics, including number of entry-level jobs, average salary, housing affordability, and friendliness to singles and families.

At the top of the list with the overall best rank was Salt Lake City, Utah, with number one quality of life rank and a number three professional opportunities rank.

Coming in second overall was Orlando, FL, ranking number one in professional opportunities and number six in quality of life.

Rounding out the top 10, the next top cities in order are Atlanta, GA, Charleston, SC, Tempe, AZ, Austin, TX, Columbia, SC, Denver, CO, Raleigh, NC, and Grand Rapids, MI.

Affordable housing considerations took California locations down on the list, with all but one of the least affordable cities located in California

Electrical safety around swimming pools

Everyone knows water and electricity don't mix, but pool owners have a particular reason to be concerned.

In North Carolina, a 17-year-old lifeguard drowned in 2016 when a faulty grounding wire electrified a pool. The wiring had not been inspected for years.

Built-in pool lights, pumps and wiring are engineered to guard against electrification of water. But these elements always require inspection and maintenance.

Pool owners routinely have the local pool company replace and service pool lights, but it isn't enough. Pool technicians might know how to work on electrical equipment but they are rarely certified electricians. Pool owners should hire a certified electrician to inspect the electrical systems on a



Recent graduates are hitting the job market at just the right time.

(Oakland, Los Angeles, Glendale and San Francisco.) The lone non-California location ranked as least affordable was New York City.

Meanwhile, Iowa ranked most affordable twice (Cedar Rapids and Des Moines), with other cities including Overland Park, KS, Sioux Falls, SD, and Garland, TX.

Grads are most likely to be able to get jobs in Charleston, SC, Orlando, FL, Columbia, SC, Salt Lake City, UT, and Atlanta, GA. Cities with the least available entry-level jobs were Bridgeport, CT, Santa Clarita, CA, Garden Grove, CA, North Las Vegas, NV, and New York City.

To see the full results, visit WalletHub.com.



Have your pool routinely inspected by a certified electrician.

routine basis, according to University of Alabama at Birmingham's Advanced Safety and Engineering Management.

An energized body of water can cause anything from tingling of the skin to paralysis, cardiac arrest and electrocution. The extent of injuries depends on the level of current going through the water.

Good Clean Funnies

First Seminar

The students were attending their first seminar on emotional extremes.

"Just to establish some parameters," said the leader, "Mr. Nichols, what is the opposite of joy?"

"Sadness," said the student.

"And the opposite of depression, Ms. Smith?"

"Elation."

"And you, sir, what is the opposite of woe?"

Bubba: "That would be giddyup."



Moneywise

Opening a custodial investment account for children

Parents can open brokerage accounts for their children and get tax breaks, according to The Motley Fool. Custodial accounts are so named because they are opened in the name of the parent and will remain under their control until the child turns 18 or 21 (depending on the state) and assumes ownership.

Other than the transfer of ownership, these brokerage accounts are the same as any other and investments can be made into any of the brokerage's offerings. Any withdrawals or earnings from the account will be taxed at the child's rate which is typically much lower than the household's. Money can be pulled out to cover certain expenses that would benefit the child.



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Win a \$50 VISA Gift Card!

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

The third step to successful odor elimination is to:

- a. recreate the conditions of odor penetration
- b. clean the affected area and materials
- c. apply a deodorizing disinfectant spray
- d. teach pets to flush after using the toilet

When you think you've found the correct answer, email it to chet@chetscleaning.com or call our office at (248) 584-1819. One winner will be chosen from a random draw of correctly answered entries.

Contest Expires 8/31/2018.

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