

HEALTHY, WEALTHY & WISE

JANUARY 2017

Published exclusively for clients of Chet's Cleaning

In This Issue

*Tracking Down the Facts:
Common Cleaning Myths
Busted*

Tea... it Does a Body Good

Etiquette in the Sky

*New Year's Resolutions
for Your Pet*

*Recipe: Southwestern
Quinoa Salad*

*Good Clean Funnies and
Quick Tips*



JANUARY IS
NATIONAL
HOBBY MONTH



248.584.1819

www.chetscleaning.com

Tracking Down the Facts: Common Cleaning Myths Busted

We make New Years' resolutions to be better people. You may have a spring time goal to shape up before summer. You have to save money before the holidays. As a group, humans seek to continuously improve, making resolutions and promises to make things better.

While no cleaning company can control your dieting, exercising, shopping or television habits, they can help make your home a cleaner, healthier place to live. Resolutions and goals are usually decisions to make changes. When it comes to keeping your home clean you can make better decisions when you have all the facts.

Of course, we all like to think we make sound decisions based on facts. However, many smart people make poor choices when it comes to their home based on some common myths.

Let's blow some of these myths away and clarify the others:

Myth: Unless you are expecting a company it doesn't matter what your carpets look like.

Fact: When the holiday parties and graduation celebrations are over is a great time to get rid of the spots, spills and tracked in soil that may have been left behind from entertaining your guests, any time of the year.

Myth: If you clean carpets in winter they will take longer to dry.

Fact: Lower humidity in the air means carpets usually dry faster in the winter. High humidity slows the rate of evaporation. Drier air increases the rate at which water evaporates from materials, including carpets so they dry faster.

Myth: I might as well wait to clean my carpets since spring is right around the corner.

Fact: Spring is almost 3 months away. Since you keep the house closed up tighter in the winter, it makes sense to

Continued on next page ►



Southwestern Quinoa Salad

Ingredients:

- 1 cup quinoa
- 1 tablespoon butter
- 2 cups chicken broth
- 1/2 cup diced green bell pepper
- 1/2 cup diced red onion
- 1 cup corn
- 1 (15 oz) can black beans, drained
- 1/4 cup chopped cilantro
- 1 large tomato, diced
- 1/2 cup fresh lime juice, or to taste
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon adobo seasoning
- 1/2 cup feta cheese
- salt and black pepper to taste

Directions:

1. Rinse the quinoa thoroughly under cold water, and drain. Melt butter in a large saucepan over medium heat, and cook and stir the quinoa until the water has evaporated and the quinoa is lightly toasted, about 3 minutes. Pour in the chicken broth, bring to a boil, reduce heat to low, and simmer until the quinoa has absorbed all the broth, about 10 minutes. Cool quinoa in refrigerator at least 10 minutes.

2. Mix together green pepper, red onion, corn, black beans, cilantro, tomato, lime juice, red wine vinegar, olive oil, adobo seasoning, and feta cheese in a large salad bowl. Lightly stir in the quinoa, and season with salt, pepper, and additional lime juice to taste, if desired. Chill the salad at least 30 minutes before serving; serve cold.

recipe courtesy allrecipes.com

► *Continued from cover*

freshen up your home. Besides, since you are spending more time indoors, shouldn't your carpets be clean, fresh and fluffy?

Myth: It makes better financial sense to put off carpet cleaning as long as possible.

Fact: Modern carpets rarely wear out. Instead, they "ugly out". Traffic lanes become dingy. Spots become permanent stains. Fibers become dull from a build-up of abrasive soil and oxidized oils. All of this causes irreversible damage and shortens the usable life of the carpet. Your carpets will last longer and look great all year if you have them professionally cleaned more often.

There are reasons to get your carpets cleaned every time of the year. When the kids are in school you can get the carpets cleaned

without worrying about them being underfoot. When the kids are out of school you have more traffic and more dirt to get out. You want to clean for the holidays, but don't forget spring cleaning. The point is, anytime of year is a good time to kick off a cleaner, healthier, more organized home.

Clean Your Entire House – by Accident

When people prepare for professional carpet cleaning they tend to de-clutter, pick up and reorganize their home. So you can force a little spring cleaning any time of year by scheduling a carpet cleaning today. Remember that clean carpet improves indoor air quality, so your family will breathe easier. Now that you have the facts, you can make an educated decision about your carpet-cleaning schedule.

Tea... It Does a Body Good

The rates of type 2 diabetes are lower in countries where there is a high consumption of black tea according to a recent study. Researchers in Switzerland examined 50 countries and compared the amount of tea consumed to the rates of diabetes.

The top three tea drinking countries were Ireland, the United Kingdom, and Turkey. The nations with the lowest consumption were South Korea, Brazil, China, Morocco, and Mexico.

In those countries with high levels of black tea consumption, the diabetes rates were low. The researchers also looked for a link between this consumption level and the rates of cancer, respiratory, infectious and cardiovascular diseases, but there was no correlation found. It seems that tea drinking only affects diabetes risk.

Drinking a cup or two of tea every day won't prevent you from developing type 2 diabetes, as the research did not prove a cause-and-effect relationship. But it may reduce your risk and keep you healthy longer. So raise your teacup to better health!



Etiquette in the Sky

Traveling by plane can be stressful. Not only can you expect delays, lost baggage, crowds, and uncomfortable seats, you may also be troubled by fellow passengers who are downright rude. Oftentimes, however, rude behavior is simply a misunderstanding. To help make things easier for you and those around you, keep these common points of etiquette in mind.

Reclining Your Seat

Airline seats leave little room for comfort, but it can be even worse when you are struggling with a reclining seat, either yours or the one in front of you. While you should be able to recline if you want to, it pays to be considerate. Recline slowly and acknowledge the situation if the passenger behind you complains. If you are extremely uncomfortable because of the reclined seat in front of you, politely explain this to your fellow passenger.

Sharing the Armrest

While there is no set rule about who gets the armrest, it is helpful to remember that the person in the center seat has no other option. Those on the aisle and by a window can lean outward, but the one in



the middle is stuck with nowhere to go. Remember also, it is almost impossible to avoid all contact with your seatmates, but you should also try to remain in your own space as much as possible.

Carry-Ons

More and more people are bringing carry-on luggage as a way to avoid checked bag fees. This means overhead space is at a premium. If you are bringing a carry-on bag, realize that you may not be able to store it directly above your seat, especially if you board after the crowd. You may need to place it several rows away. If it is important to have your bag nearby, consider paying the early boarding fee.



New Year's Resolutions for Your Pet

It's that time of year—time to make New Year's resolutions. This year, consider some resolutions for your pet. Here are some ideas for a healthier and happier year for both of you.

- Switch to healthy snacks and keep snacks to less than ten percent of daily calorie intake.
- Keep your pet at a healthy weight with a nutritious diet and adequate access to exercise and play.
- Resolve to take your pet to the veterinarian at least once a year for an evaluation.
- Spend quality time with your animal companion through outdoor exercise and indoor play.

Good Clean Funnies

New Year's Lecture

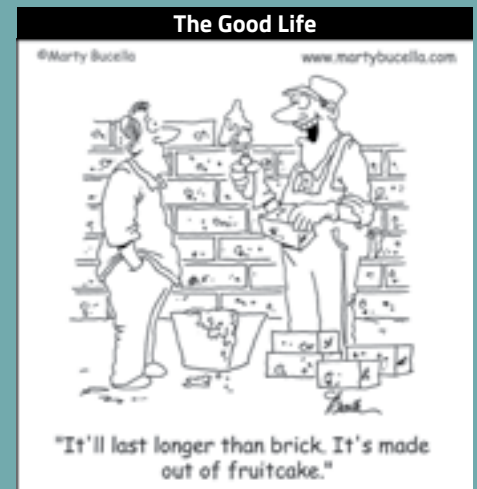
A man was about to leave a New Year's Eve party when he admitted that he had had too much to drink. To be safe, he left his car parked on the street and began walking to his home, several blocks away. After a few minutes, he was stopped by a policeman who noticed him staggering a bit.

"What are you doing out here at three in the morning?" asked the cop.

"I'm on my way to a lecture," replied the man.

"A lecture? Who on earth would give a lecture in the middle of the night?"

The man paused and looked at the cop. "My wife," he slurred grimly.



Quick Tips

Organizing Tip

Instead of shoving piles of cloth placemats and napkins in a drawer, organize them in sets by using extra-large zipper-sealed bags. Place the set in the bag and use a marker to write how many of each are in the bag. The bags can then be stacked in a large drawer to keep everything neat and organized.

Travel Tip

If you are traveling and need to bring something critical, consider shipping it instead. Many items cannot be carried on due to limitations or size. Instead of checking your valuable item in, ship it ahead of time to someone you trust at your destination.



Chet's Cleaning Inc.
26051 Dequindre Rd.
Madison Heights MI 48071

Carpet Cleaning
Tile and Grout Cleaning
Wood Floor Cleaning
Drapery and Blind Cleaning
Upholstery Cleaning
Stone Floor Cleaning and Restoration
Oriental Rug Cleaning and Restoration
Leather Cleaning and Restoration



248.584.1819

www.chetscleaning.com



Win a \$50 VISA Gift Card

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

Cleaning carpets in winter:

- a. is a waste of time and money
- b. takes longer to dry
- c. makes good financial sense
- d. causes uncontrollable giddiness in lab rats

When you think you've found the correct answer, email it to chet@chetscleaning.com or call our office at (248) 584-1819. We will draw from the correct answers and someone will win a \$50 VISA Gift Card.

Contest Expires 1/31/2017.

Get FREE CASH or FREE CLEANING with REFERRAL REWARDS!

For each new customer that you send us, we'll reward you with a 10% referral bonus! Exchange it for **FREE CASH** or **FREE CLEANING**. Simply refer your friends, neighbors, or co-workers, and we will reward you automatically. Remember that we offer a 100% money back guarantee, so you can be sure that we will take the absolute best care of your valuable referrals!