

HEALTHY, WEALTHY & WISE

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Granite, Slate, Travertine, Marble... What is the **DIFFERENCE?**

<https://www.schmidcustomfloors.com/blog/articles/the-best-natural-stone-flooring-options-for-high-traffic-spaces>

Natural stone flooring brings a timeless, elegant look to any space, but not all stones are created equal—especially when it comes to handling heavy foot traffic. For high-traffic areas, you need stone floors that are both beautiful and tough enough to withstand daily wear. Let's look at the best natural stone flooring options that can take on the hustle and bustle while keeping your space looking stunning.

Granite tile: rock-solid durability - Granite is one of the hardest natural stones available, making it ideal for high-traffic areas. Granite is known for its dense, durable surface and can handle all the foot traffic you throw at it without chipping or scratching easily. Granite tile also comes in various colors and patterns, so it's easy to find a style that matches your decor. If you're after a long-lasting, low-main-

tenance floor, granite is a top choice for entryways, hallways, and kitchens.

Slate tile: rugged and slip-resistant - Slate is another excellent option for high-traffic areas. This natural stone flooring is naturally slip-resistant, which makes it especially useful in places like foyers and bathrooms where moisture might be present. Slate's unique,

See "What is the DIFFERENCE?" on next page



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layered texture adds depth and character to a room while hiding dirt and scuffs. It's a versatile choice that can go from rustic to modern depending on the color and finish you choose, and it only requires minimal upkeep to maintain its rugged beauty.

Travertine tile: a touch of warmth

- Travertine brings a softer look while still being strong enough for busy spaces. It has a warm, earthy tone that can add a cozy feel to any room. Although travertine tile is a bit softer than granite and slate, it's durable when sealed properly. Here is a tip if you are choosing flooring - a honed or tumbled finish minimizes slips and makes it more resistant to scratches. With the right care, travertine tile can bring a welcoming, upscale vibe to high-traffic areas like living rooms and dining spaces.

Marble flooring: classic elegance, with care - Marble flooring is famous for its luxurious appearance, but it does require more attention in high-traffic areas. If you love the look of marble and are willing to invest in regular sealing, it can work well in places like formal entryways.

Marble's veined patterns hide minor scratches and add an air of sophistication to any setting. Just be prepared for a bit more maintenance to keep its beauty intact.

Some Tips for Maintaining Natural Stone Floors in Any Weather

Understanding the Impact of weather on Your Floors - As the heart of the winter approaches, it's crucial to understand how extreme weather conditions can affect your home's flooring, particularly if you have marble, stone, or granite floors. These materials, while durable, are susceptible to damage from temperature fluctuations, moisture, and other weather-related challenges. You should get expert advice on protecting these valuable assets in your home from the pros.

Marble and Stone Floors: Preserving Natural Beauty - Marble and stone floors add an element of natural beauty to any space, but cold weather can be their nemesis. Here's how to protect them:

Seal Regularly: Ensure your marble and stone floors are sealed properly. Sealing provides a protective

layer that repels water and prevents stains, crucial during snowy or rainy conditions brought on by cold weather.

Avoid Dirt, Debris and Harsh Chemicals: These substances can etch and damage the surface of your stone floors. Use quality mats and rugs at all entrances to trap the outside from getting in!

Control Indoor Humidity: Keep your home's humidity levels consistent. Use a hygrometer to monitor humidity levels, aiming for a range between 35-55%. Sudden changes in humidity can lead to cracking or splitting in natural stone.

Professional Care and Restoration

For all natural stone flooring, consider professional cleaning and maintenance services, especially after harsh weather or a storm. **Chet's Cleaning** offers specialized cleaning services that can rejuvenate and protect all of your floors, ensuring they look their best and last longer.

For more information or professional assistance, please call us today. **We will be happy to help!**

The Good Life



"I find that my strongest passwords are those created when the cat walks across the keyboard."

Good Clean Funnies

What has hands but can't clap?
A clock!

What has a ton of ears but can't hear a thing? A cornfield.

How do you get an astronaut's baby to stop crying? You rocket!

What has more letters than the alphabet? The post office!



This slow cooker chicken chili is very flavorful. My family loves it when the weather gets cold!

Ingredients

- 1 (16 oz) jar green salsa (salsa verde)
- 1 (16 oz) can diced tomatoes with green chile peppers
- 2 (15 oz) cans white beans, drained
- 1 (14.5 oz) can chicken broth
- 1 (14 oz) can corn, drained
- 1 onion, chopped
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground cumin
- Salt and black pepper to taste
- 3 skinless, boneless chicken breasts

CROCKPOT Chicken Chili

Directions

Mix green salsa, diced tomatoes with green chile peppers, white beans, chicken broth, corn, onion, oregano, cumin, salt, and black pepper together in a slow cooker. Lay chicken breasts atop the mixture.

Cook on Low until the chicken shreds easily with 2 forks, 6 to 8 hours.

Remove chicken to a cutting board and shred completely; return to chili in slow cooker and stir.

Serve with tortilla chips, sliced avocado, and shredded cheese.

Prep Time: 10 mins

Cook Time: 6 hrs

Total Time: 6 hrs 10 mins

Servings: 5

Recipe courtesy allrecipes.com



Use the "Transfer of Learning" & BUILD Your Child's Self-Confidence



If you have ever watched your children doing something at home that made you think to yourself, "I wonder how they learned to do that," then you've witnessed "transfer of learning".

Experts recommend three specific methods to support this crucial process.

1. Establish clear communication channels between parents and educators - Many facilities offer a daily report to let parents know what their children are learning, in addition to quarterly parent-teacher conferences. Make time to talk with your child's caregivers if possible. This will help to pinpoint areas to focus on at home. It's also an excellent opportunity to share any concerns with the educator.

2. Introduce activities at home to expand on learned skills and do them together - Once the line of communication is open, foster those skills learned from school at home. Rec-

ognize a topic your child is learning at school, such as recycling, and then highlight the steps taken at home to recycle. Identify your child's interests and tailor activities to incorporate them.

3. Offer positive affirmation - Children respond well to encouragement from their parents and family caregivers. When your children demonstrate something at home from school, recognize their efforts and you will build their confidence and self-worth. You can ask them, "Is that a new song? Can you teach it to me?" Be sure to name the skills and qualities out loud to help your children internalize the feedback and associate positive emotions with those skills.

It's well-known that the greatest amount of brain development takes place in the first five years of life. By taking life skills your children are learning at school and applying them at home will benefit their lifelong learning and development.

Celebrate DRY January and See the BENEFITS



The term "Dry January" has been growing in popularity in recent years. Going "dry" is a trend that encourages its participants to abstain from alcohol for the month of January. Well known in the UK, there are two main benefits for participating.

The first benefit is to save a little extra money after the holidays. Every time you find yourself going to buy a bottle of wine or enjoying a cocktail, save the money instead. If your wallet didn't feel the holiday pinch, you could donate all of the savings to your favorite charity. If you don't regularly partake in alcohol, you could substitute for your favorite coffee.

The second benefit is to detox your system after the extreme holiday overindulgence. Many people already feel inspired to hit the gym and eat healthier this time of year. Besides giving you some extra cash to spend, abstaining from

alcohol for the month can also provide positive returns on your health such as more energy and better sleep.

Here are some suggestions to help you get started and set yourself up for success.

1. Create an environment where you're going to succeed. Put away your stash of booze - either hide it, give it to a friend to hold, or toss it. Out of sight, out of mind!

2. Recruit a friend to do the challenge with you. Not only will you support each other and be able to vent to each other-but you can also plan nonalcoholic activities together.

3. Schedule a calendar of things you love to do that don't involve alcohol. That might mean cooking, working out, learning a new instrument. This will occupy your time, and give you plenty to look forward to during your dry month. Good Luck!!



BPT

Participating in Dry January may also help kick-start any weight loss New Year's resolutions. You will be healthier, sleep better and feel less anxious.



Be SMART about Supplements in the New Year?



Do you take a dietary supplement? You may be shocked to learn that the FDA does not approve these supplements on your store shelf. But, thanks to the internet, it's easier than ever to research products and there are **four** easy ways to ensure you are putting a high-quality product into your body.

1. Do you recognize the ingredients? Since supplements are not FDA approved, it's up to consumers to research and know what they're putting in their bodies. This is where ingredient traceability - the process of tracing the origin and journey of ingredients through the supply chain to ensure safety, quality and transparency - comes in. Most Americans are more likely to purchase dietary supplements that are traceable from the seed to the shelf.

2. Do you understand where the ingredients are grown? Consumers are now demand-

ing product transparency forcing companies to be more open not just about their ingredients, but their production practices as well. Even beyond supplements, over 80% of consumers agree that clean and sustainably made skincare and cosmetic products are superior as well.

3. Is the company you're purchasing from environmentally conscious? Consumers are now, more than ever before, opting for products that are both good for their health and wellbeing and the planet.

4. Does the product have a certification or seal of approval? Having an objective, third-party assurance that the product you are using meets quality standards is another way to ensure reliability. On skin care products, it is visible on the packaging and easy to check.

Ultimately, consumers are driving the shift toward higher quality, more sustainable products.

A multivitamin. Calcium. Vitamin C. Chances are, you've taken at least one of these today, along with three-quarters of American adults.



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