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



## JUNE SPECIAL Receive 10% OFF

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Some limitations apply. Not valid with any other discounts.  
Offer expires 6/30/22.

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For each new customer that you send us, we'll reward you with a 5% 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!



# HEALTHY, WEALTHY & WISE

JUNE 2022  
Published exclusively for clients of Chet's Cleaning



Do you have  
**UNWANTED  
GUESTS?**  
*Are You Sure...*

**C**arpet beetles deserve to rank near the top of your list of uninvited guests. These oval-shaped flying insects can ruin your carpets, rugs, upholstered furniture, and clothing as well as cause irritating dermatitis in children and sensitive adults. These are unwelcome guests you really want to "show the door" as quickly as possible.

### Life Cycle of a Carpet Beetle

The four life-stages of carpet beetles are egg, larvae, pupae, and adult. Female carpet beetles lay up to a hundred eggs, which hatch into larvae in approximately 35 days. This stage is the most damaging because larvae feed on carpets and clothing. The larval stage lasts 6 to 18 months, during which these voracious insects do the most

damage. The final part of the larval stage is metamorphosis, after which the adult beetle emerges. Adult carpet beetles can live up to a year.

### Identifying Carpet Beetles

The larvae are very small, so it can be difficult to spot them. Larvae look like tiny, hairy worms and prefer dark, undisturbed areas such as under

See "UNWANTED Guests" on next page



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## WE ARE HIRING!

### Service technicians & office staff.

Who better to find us a new employee than our clientele that hires us! Please email [christine@chetscleaning.com](mailto:christine@chetscleaning.com) about opportunities & ask about our referral reward!

And we have a **REWARD PROGRAM!**

We will pay you **\$2000.00\*** for finding us the right person and we have a **\$2000.00\*** hiring bonus for them as well.

\*\$500.00 after 6 months and \$1500.00 balance after 1 year employment.

CHECK OUT THE LINK BELOW FOR MORE INFO:

<https://chetscleaning.com/about-us/join-our-team/>



## UNWANTED Guests continued from page 1

furniture, rugs and in closets. Adult black carpet beetles are black with brown-colored legs, and their length in inches ranges from 1/8 to 3/16.

As larvae, these pests shed skin and fecal pellets, each of which can cause allergic reactions in some people. Carpet beetles do not bite people or animals. The irritation caused by contact with carpet beetle larvae can be confused with bites from bed bugs or fleas.

Property damage from carpet beetles is very similar to moth damage. Small, irregular-shaped holes in clothes and rugs are a telltale sign of either a carpet beetle or moth problem. If it is a moth problem, you will usually see moths in the area. Adult carpet beetles prefer to live outdoors and graze on pollen.

### Fighting back

Maintaining cleanliness may not be enough to avoid an infestation

from carpet beetles. Since these pests can enter on food packages, luggage and on shoes, they are difficult to avoid—especially if you have a pet, as larvae feed on animal fur and dander. Along with vacuuming, professional carpet, rug and upholstery cleaning are essential. Detergent and hot water kill the larvae, so this is an important means of limiting carpet beetle populations indoors. Other recommended measures to reduce the likelihood of a carpet beetle problem are:

- Effective sanitation including routine vacuuming and house-keeping of pantry shelves and pet feeding and sleeping areas helps reduce the breeding sites and food sources;
- Storing items like wool clothing, leather and fur coats in sealed garment bags;
- Checking flowers, patio plants, and any second-hand items carefully before bringing indoors;

- Dry cleaning and using a clothes dryer on high heat to kill carpet beetle larvae in clothing and drapes; Ensuring that air ducts are clean and attics and crawl spaces are free of animal nests or carcasses.

Pesticides may be necessary to eliminate an existing infestation. Choose a pesticide designed for carpet beetles and follow label directions. Eliminating a heavy infestation is best left to a professional pest control specialist.

If you suspect that you have a carpet beetle problem or want to avoid one, call **Chet's Cleaning** so that we can clean your carpet, upholstery and drapery. That is a logical first step to eliminating these destructive invaders.

## The Good Life



### Good Clean Funnies

**Why is dark spelled with a K and not a C?**  
Because you can't see in the dark.

**What do you call a bear with no teeth?**  
A Gummy Bear.

**What nails do carpenters hate hammering?**  
Fingernails.



This three-layer salad includes a pretzel crust, cream cheese center, and strawberry top.

### Ingredients

- 1 1/2 cups crushed pretzels
- 4 1/2 tablespoons white sugar
- 3/4 cup butter, melted
- 1 cup white sugar
- 2 (8 ounce) packages cream cheese
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 (6 ounce) package strawberry flavored Jell-O®
- 2 cups boiling water
- 1 (16 ounce) package frozen strawberries

### Judy's Strawberry PRETZEL Salad

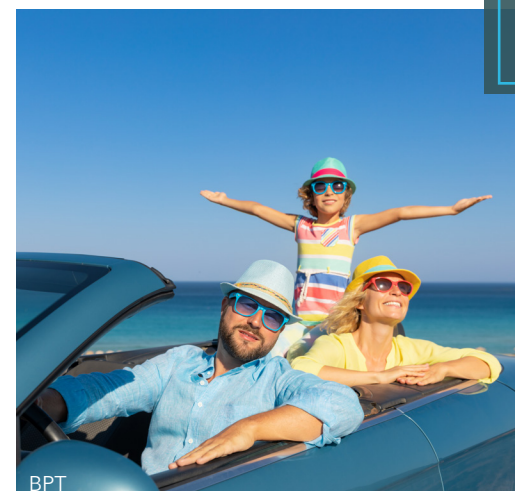
#### Directions

Preheat oven to 350°F. Mix together the crushed pretzels, 4 1/2 tablespoons sugar and melted butter. Press into the bottom of a 9x13 inch pan. Bake for 10 minutes, or until lightly toasted. Set aside to cool completely.

In a medium bowl, beat the sugar and cream cheese until smooth. Fold in whipped topping. Spread evenly over the cooled crust. Refrigerate until set, about 30 minutes.

In a medium bowl, stir together the gelatin mix and boiling water. Mix in frozen strawberries, and stir until thawed. Pour over cream cheese mixture in pan. Refrigerate until completely chilled, at least 1 hour.

Recipe courtesy allrecipes.com



It's time to start making travel memories again. Whether it's a weekend road trip or vacation overseas, these smart snacks will ensure everyone is satisfied on their journey.

## SMART Travel Snacks for the Whole Family

Planning a family vacation this summer? Whether it's travel by air, sea or land, the journey is part of the adventure, and it's important to pack delicious foods to fuel you during your travels.

It can be a challenge avoiding unhealthy foods that make you sluggish or cause a sugar crash. That's why packing your own snacks helps to keep your crew satisfied while ensuring everyone is eating nutritional foods.

### Travel snacks should be:

- 1) Beneficial Nutrient Profile:** The most important factor is your snack's nutrient profile. Choosing candies and chips can leave you unsatisfied and hungry for more. Instead, opt for filling snacks that have protein and fiber.
- 2) Satisfying:** Typical travel snacks are usually crunchy, salty or sweet. The satisfying

snacks you choose should meet these criteria as well as help keep you full and energized.

**3) Portable:** Salad is great, but not travel-friendly. Go for prepackaged finger foods like hard boiled eggs and string cheese sticks.

**4) Family-friendly:** Choose foods that everyone can enjoy. Snacks you pack should be able to feed and satisfy your crew.

**Mini protein bars:** These are easy to pack. Make sure they are low calorie, high protein, low sugar and carbs.

**Apples and nut butters:** Choose no added sugar and keep the skin on those apples to get insoluble fiber to help balance energy and mood.

**String cheese and popcorn:** These satisfying snacks are great when traveling with kids.

## 4 Vehicle Maintenance Tips You Can Do at HOME

Supply shortages and production delays have made it tough to find a new car today. Many people are holding on to their vehicles longer. To extend the life of their vehicles, drivers are choosing to conduct more maintenance at home, like tire pressure checks, topping up fluids and performing other systems checks to ensure the vehicle is mechanically sound. Here are 4 tips to make the most of at-home maintenance while saving you money.

**Consult your manual -** While it might be tempting to make repairs on the fly, it's always a good idea to check the manual. Vehicle manuals offer tips and warnings specific to your car, with instructions on the right fluids to keep it running reliably.

**Keep a log of your checks and repairs -** A simple notebook with dates and details of fluid top-ups, tire pressure checks and garage visits can give the owner and the service

professional a clear picture of what needs to be maintained or fixed next. And it can help spot any red flags, such as certain fluids are being used far quicker than expected, indicating a fault.

**Conduct maintenance checks before long-distance travel -** Most Americans make sure to check their vehicle fluids and tire pressure before a long-distance journey. Take time the day before traveling to make any maintenance checks. And remember, tire pressure is best checked right before setting off as it can fluctuate when a vehicle is left idle.

**Turn to a professional when the time is right - but don't wait too long!** 1 in 3 Americans say they feel safer getting maintenance done by a professional. But it's important to remember that professional maintenance visits need to be scheduled every 3,000 miles or six months - whichever comes sooner.



It's bad enough to suffer a mechanical problem in any situation, but dealing with a breakdown halfway to the family cabin is something no one wants to experience.

## 5 Tips for a MORE Sustainable Home

Today's consumers are looking for more meaningful, long-term ways to make a difference in protecting the planet. Here are five tips for long-term eco-friendly living.

**1. Lightbulb moment -** investing in energy-efficiency - Turning lights off as you leave a room and unplugging unused electronics are quick tips to reduce energy usage, but long-term investments in ENERGY STAR®, energy-efficient appliances are the most valuable in creating a sustainable home.

**2. Turn up the heat on sustainable cooking -** Choosing quality, energy-saving cooking appliances is crucial to reduce your carbon footprint. Eco-friendly wall ovens and induction cooktops that use electromagnetic energy are a great first step.

**3. Water smart by design -** The simplest ways to conserve water is to invest in appliances that do it for you. Washers and dish-

washers use a significant amount of water and energy. But, according to the EPA, an ENERGY STAR certified dishwasher costs about \$35 per year to run and can save you an average 3,870 gallons of water over its lifetime, compared to a standard dishwasher.

**4. A backyard party - composting in your home garden -** Plant your own garden with fruits and vegetables to use during mealtime. In addition, composting is a great way to maximize your backyard nursery, cultivate a more sustainable lifestyle, and reduce the amount of carbon emissions from our household waste bins.

**5. Keeping it fresh and reducing food waste -** Americans toss roughly over \$3,000 of spoiled food annually! Buying a fridge with more useful storage capabilities and purposeful organization will contribute to less food waste overall, keeping groceries fresher for longer.



One key way to make a lasting impact in protecting the planet is by investing in a sustainable home, from energy-saving laundry appliances to composting for less food waste.