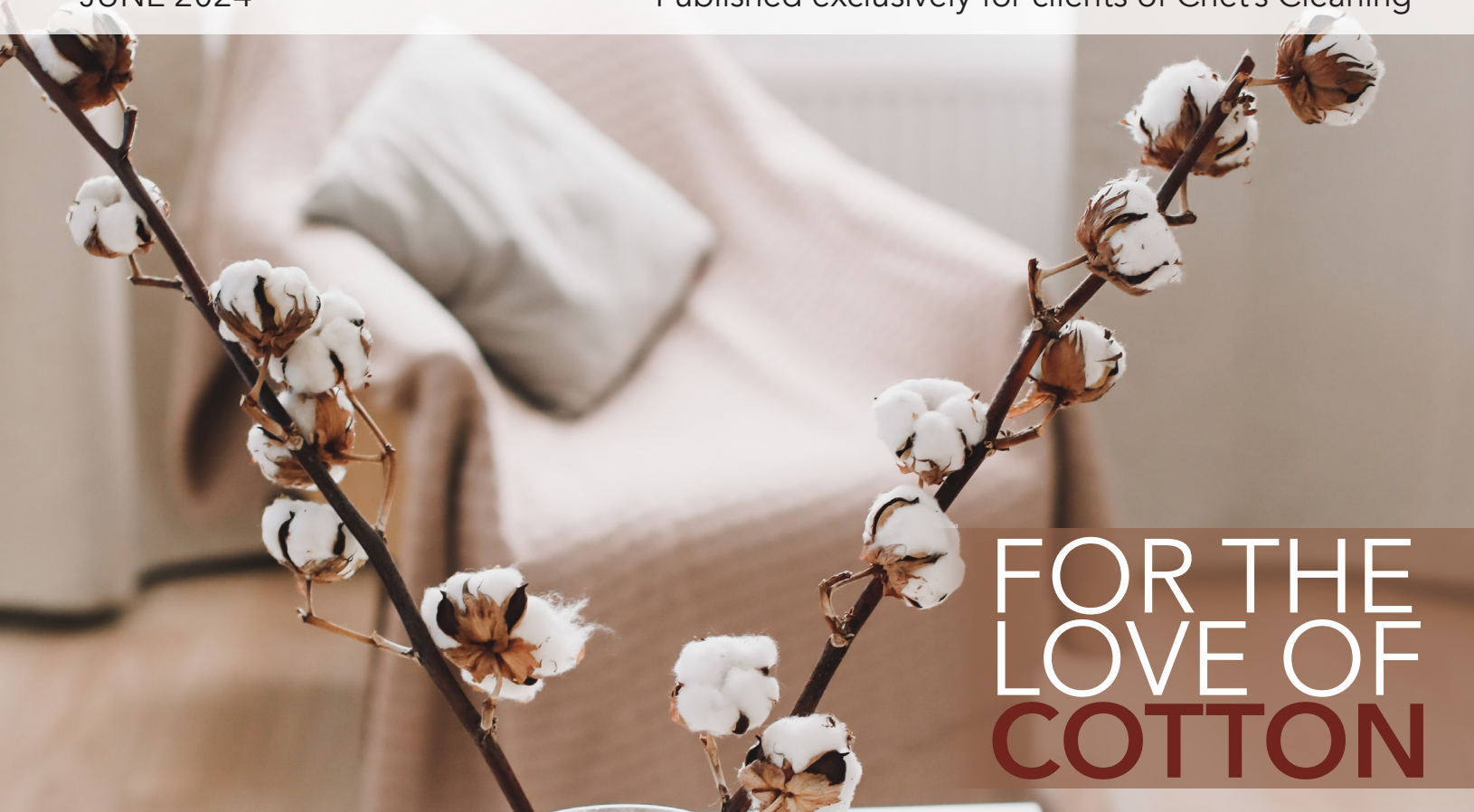


HEALTHY, WEALTHY & WISE

JUNE 2024

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FOR THE LOVE OF COTTON

You may not know this, but cotton is the most popular fiber in the world. Why? Because it's durable, easily dyed, absorbent, soft and comfortable to touch. These characteristics make it the fabric of choice for clothing, towels, bedding and more.

We're not the first people to recognize the virtues of this versatile fiber. Cotton has been cultivated globally for thousands of years. From underwear to overcoats, clothing continues to be the most common use for cotton.

The same features that make cotton ideal for clothing make it perfect for upholstery. Like your clothing,

all upholstery –including cotton– must be cleaned periodically for appearance and health. Furniture manufacturers recommend cleaning every 12-24 months. Failure to do so can result in an unwanted appearance change called soil staining. Soil staining occurs when soils, oils and pollutants adhere to the fibers and oxidize. This can result in permanent dulling of colors and changes to fabric texture.

See "LOVE of COTTON" on next page



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LOVE of COTTON continued from page 1

Aside from a certain amount of normal shrinkage and potential wrinkles, most cotton clothing can be washed without any major problems. The fabrics used in upholstery differ in a number of ways from clothing, including how we clean them.

When used in upholstery, cotton may be blended with other fibers that have different characteristics and dye systems. Often the fabric is made up of multiple layers and can be quite thick. This creates challenges when cleaning. Ripples and distortion to the fabric texture are not uncommon.

Second, while most cotton clothing is designed to be washed in the laundry with lots of water, detergents and agitation, upholstery fabric is not. Lighter colored cotton upholstery may turn brown or

yellow as the cellulose material in the cotton breaks down. Dyes may bleed or run. With some cleaning agents, cotton fabrics can actually degrade and become weak or even split.

There is also the potential that the fabric will shrink. This leads to cushion covers not fitting properly, skirts and dust ruffles curling or wrinkling and other appearance problems. That's why you should never remove cushion covers to launder them

You can hang your clothing on a line or put it in a dryer to dry. Not so with upholstery. The multiple layers of fabric, batting and cushion can cause slow drying, which could cause browning and dye bleed. We prevent such damage by using high velocity air movers to encourage rapid drying and carefully

controlling the amount of moisture while cleaning.

Most fabrics can be cleaned safely with the right equipment, cleaning agents and proper training. One of the most important steps is to test the fabric for dye stability, browning and potential shrinkage, as well as inspect for other possible issues.

Taking all of this into account, some fabrics will require low moisture, controlled pH, and the gentle hand of an experienced upholstery cleaner to avoid damage. A fabric protector application should follow every cleaning. Your fabric will stay cleaner longer and resist permanent staining.

Contact **Chet's Cleaning** today for more tips, help or to schedule your next appointment.

The Good Life



Good Clean Funnies

Why didn't the quarter roll down the hill with the nickel?

Because it had more cents.

Are monsters good at math?

Not unless you count Dracula.

What does every birthday end with?

The letter Y.

What goes up but never comes down? Your age.



This recipe for Greek-style chicken was passed down through my family for years. If you're looking for great-tasting, tender chicken breasts, you'll want to try this!

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 cup extra virgin olive oil
- 1 medium lemon, juiced
- 2 teaspoons crushed garlic
- 1 1/2 teaspoons black pepper
- 1 teaspoon salt
- 1/3 teaspoon paprika

Prep Time: 10 mins

Cook Time: 10 mins

Additional Time: 8 hr

Total Time: 8 hrs 20 mins

Servings: 4

Greek-Style Garlic Chicken Breasts

Directions

Cut three slits in each chicken breast to allow marinade to penetrate. Place chicken into a large bowl.

Whisk oil, lemon juice, garlic, pepper, salt, and paprika together for about 30 seconds. Pour over chicken; use your hands to work marinade into chicken. Cover and refrigerate, 8 hours to overnight.

Preheat an outdoor grill for medium heat and lightly oil the grate.

Cook chicken on the preheated grill until meat is no longer pink and juices run clear, 10 to 12 minutes, flipping halfway through. An instant-read thermometer inserted into the center should read at least 165°F.

Recipe courtesy allrecipes.com



Sanctuary, Self-Care and Sustainability OUTDOORS



Over the past several years, our backyards have become more than spaces for barbecues. They're sanctuaries to decompress and gather safely with family and friends to celebrate life's special moments.

With self-care an increasing priority, it's no surprise that creating a sense of sanctuary tops the list of trends. Here are four trends poised to shape the way we live, unwind and entertain in your own backyard:

Restorative Retreats - Connecting with nature is critical for humans, and a backyard area can play a major role in promoting both mental and physical well-being. Creating a restorative backyard retreat can be as simple as turning a cozy corner into a reading nook or transforming a deck into a tranquil space for yoga or meditation. Simple additions, like fencing, privacy screens or lattice, can enhance a sense of sanctuary and luxury.

Natural and Neutral - Homeowners are embracing a more minimalist palette, opting for cleaner lines and materials that create a harmonious and modern outdoor ambiance.

Sustainable Selections - People are more conscious of their environmental footprint and want to create outdoor spaces that last without leaving a damaging impact. Native plantings, pollinator gardens, storm water captures and zero-scaping are all gaining popularity. Likewise, demand for eco-friendly materials is on the rise. Composite decking made from recycled and reclaimed materials is an ideal choice for today's eco-conscious homeowners.

DIY: Design It Yourself - Today's homeowners have access to an endless array of online tools, cost calculators and expert guidance, making planning, designing and building your dream outdoor space easier than ever. Remember, DIY doesn't mean doing it alone. No matter your experience level or where you are in the process, there are plenty of tools, guides and resources available at your fingertips to help turn your outdoor vision into a sanctuary.

Finding the Right Summer Camp Made EASIER

Finding the perfect camp experience for your kid this summer doesn't have to be daunting with these top considerations.

1. Your child's interests - Include your child in the process. Decisions about camp are family choices and should be a joint venture.

2. Accredited camps - Look for a day or overnight camp that is accredited by the American Camp Association (ACA). When a camp is accredited, it means they've gone through a thorough, voluntary process that supports the health and safety of all campers and staff.

3. Your child's needs - Understanding the strengths in a camp's programming may help you make a choice. Most camps prohibit kids' access to technology or the Internet. Talk to your child about this before registering.

4. Staff training - Ask questions! What kind of training do counselors receive? What types of screening do they require? What is the counsel-

or-to-camper ratio? What are the ages of staff?

5. Camp philosophy, policies and procedures - Many camps focus on character-building skills that help kids to be successful adults. Ask camp directors about communication policies, such as how they handle homesickness, behavior and disciplinary problems?

6. Length and location - Location can be a major factor in choosing a camp. Do you want a camp close to home or in another state? Think about the length of the camp session.

7. Camp provisions - Consider activities, food, lodging and other offerings to decide the right fit for your child.

8. Certified camp finder tools - Talk to friends, neighbors, relatives, etc. Still not sure where to begin, ACA's Find-a-Camp tool is a free resource with an extensive directory of summer and year-round camp programs. You'll also find resources for financial aid, camp scholarships and more.



Finding the right summer camp for your child doesn't have to be overwhelming. Take the time to explore these game-changing strategies to find the perfect summer camp match for your child.



Advancing Your Skills in Today's JOB Market

The 2023 LinkedIn Workplace Learning report claims skill sets for jobs have already changed by around 25% since 2015. By 2027, this number is expected to double. So how can working adults continue to acquire the skills they need to support their career goals?

If you are thinking about furthering your education and skills to help advance in your career, here are some questions to consider:

What is your goal? Decide what type of education will help you achieve your goal: Do you need a specific program? Would a certificate suffice? Would a certain credential further your career? What type of program is most achievable, and where will you get the most support?

What type of program is best for working adults? If you plan to work full time while earning a degree or credential, look for an online or hybrid program with flexibility that offers

support for working adults. Ask your employer for the time and flexibility you need to complete an education program.

If you have prior work or learning experience, research whether you are eligible for credit for prior learning (CPL).

Will your employer support you? Many employers offer tuition assistance programs. Talk to your employer about what may be available to you and how furthering your education may help you advance in the organization.

Amid a rising expectation of skill levels for employees, it can be important to seek out continuing education opportunities-both inside and outside of a traditional classroom.

Utilizing the unique approaches above, such as online or hybrid learning, CPL, and tuition assistance programs, can make advancing your skills less intimidating and more attainable.

You've probably heard about "the skills gap"-the disparity between the skills an employer expects employees to have and an employee's actual skills. Perhaps you feel that you lack certain skills to advance in your own career.



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