

HEALTHY, WEALTHY & WISE

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Is It **TIME** to **CLEAN** the **UPHOLSTERY**?

What's better than a late afternoon nap on your favorite sofa? What's more enjoyable than reading a great book while snuggled in an overstuffed chair? Whether you are spending some quiet time alone or watching the big game with the whole gang, soft, comfortable upholstered furniture is usually the seating of choice.

Look under the cushions of a typical piece of upholstered furniture and you will usually find one or more tags. You probably don't give them much thought, but understanding one of them may save you hundreds or even thousands of dollars.

There is one tag that tells you the contents of the furniture. This tag is required by law. You may see "spun polyester" or "polyurethane foam" on that tag. It is important to note that the contents tag only

tells you what is inside the furniture, not the fabric covering it.

As with everything else in your home, upholstered furniture requires proper care and cleaning. Pollution, allergens, dander, sweat and body oils either stick to the fabric or are pushed back into the air where you breath them in and spots and spills do happen. . It's best to clean these fabrics before the soil builds up and spots become permanent stains.

*See "Is It Time to **CLEAN** the Upholstery" on next*



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Fortunately, most upholstered furniture will have a tag containing cleaning recommendations. As part of this tag you will find a cleaning code. Please note that these tags and codes are a guide to assist you in spot cleaning only. Overall cleaning should be left to the professionals at **Chet's Cleaning**. According to the Institute of Inspection Cleaning and Restoration Certification (IICRC), professional cleaning should be done every 12-24 months.

Many types of fabric are used to upholster furniture. Rarely will you find a tag that reveals the fiber content of the fabric covering the piece. This can create problems for consumers who want to know how best to care for the fabrics.

Fabrics are made from a variety of fibers including cotton, polyester, silk, rayon, nylon, polypropylene, acetate, acrylic, wool and blends thereof. Each fiber is different and has its own unique characteristics, including how they can be safely cleaned. There are unlimited combi-

nations of dye methods, colors and patterns as well.

A cleaning agent that works great on one fabric may produce disastrous damage to another. Shrinkage, browning, dye bleed, color loss and even fiber deterioration can occur if improper cleaning agents or methods are used. This kind of damage is usually not correctable.

The cleaning recommendations tag is designed to help choose the right cleaning and spotting methods to avoid bleeding, color-loss, shrinkage and browning. Regardless of what the cleaning label states, test all cleaners in an inconspicuous area first.

Here are the cleaning codes and their meanings:

W - Spot clean only with water-based shampoo or foam upholstery cleaner. Do not over wet. Do not use solvents.

S - Spot clean only with a water-free dry cleaning solvent. Pretest a small, inconspicuous area before

proceeding. Do not saturate. **DO NOT USE WATER.**

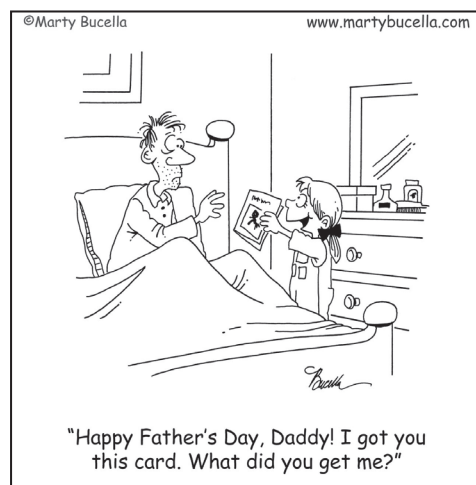
WS or SW - Spot clean with upholstery shampoo, foam from a mild detergent, or dry cleaning solvent.

X - Clean only by vacuuming or light brushing with a non-metallic, bristle brush. **DO NOT USE ANY WATER- OR SOLVENT-BASED CLEANER.**

When cleaning a spill, blot immediately to remove spilled material. Apply spotters sparingly so as not to over wet the spot. When cleaning spots or stains, work from the outside edge of the spot toward the middle. This helps prevent spreading the spot.

When your upholstered furniture requires a full cleaning, call **Chet's Cleaning**. We will take the time to identify the safest and most effective method to clean your furnishings without risk of changing the color, texture or finish. As a final step, we also recommend that we refresh the fabric protector to help maintain the beauty of your upholstery for many years.

The Good Life



Good Clean Funnies

What word starts with E and has only one letter in it?
Envelope.

Why did the teacher put on sunglasses?
Because her students were so bright!

Why did the cookie go to the nurse?
Because he felt crummy!

Recipe courtesy allrecipes.com



Ingredients

- 2 skinless, boneless chicken breast halves
- 1/4 cup olive oil
- 2 tablespoons white wine vinegar
- 1 lemon, juiced
- 4 sprigs fresh dill, chopped
- 1 tablespoon garlic and herb seasoning blend (such as Mrs. Dash)
- 1 teaspoon ground black pepper
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1/8 teaspoon garlic powder
- 1/8 teaspoon salt
- 8 thick slices French bread
- 2 tablespoons mayonnaise, or to taste
- 4 slices tomato
- 4 lettuce leaves

TASTY Grilled Chicken Sandwich

Directions

Preheat the grill to medium-high heat.

Prick chicken breasts all over with a fork, then place in a large bowl. Add 1/4 cup olive oil, white wine vinegar, lemon juice, dill, garlic and herb seasoning, and black pepper to the bowl. Stir to coat chicken breasts thoroughly. Let stand for 10 minutes.

Remove chicken breasts from marinade; discard marinade.

Cook chicken on the preheated grill until no longer pink in the center and juices run clear, 10 to 15 minutes per side. An instant-read thermometer inserted into the center of a breast should read at least 165 degrees F (74 degrees C). Transfer chicken to a cutting board; let stand for 5 minutes, then cut chicken breasts in half.

Melt butter and 2 tablespoons olive oil in a skillet over medium-high heat. Sprinkle garlic powder and salt over butter and oil. Add French bread slices to the skillet; toast until golden brown on one side, about 3 minutes; remove from the pan.

To assemble, place 1 French bread slice, toasted-side down, onto a serving plate. Spread mayonnaise on bread; top with a tomato slice, then season with salt and pepper. Cover with a chicken breast half and lettuce leaf. Spread untoasted side of another French bread slice with mayonnaise and place on top.





5 Places in Your Home You're FORGETTING to Clean



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With warmer weather, blooming flowers and longer days here, for many, this means one thing: spring cleaning. Bring your cleaning routine to another level!

Here is how to start tackling those forgotten spots you probably have been missing.

Tops of ceiling fans, shower heads and doors - Work from the tallest to lowest surfaces. With an extendable duster, wipe down the tops of light fixtures, doors, cabinets and picture frames, ceiling fan blades and even the top of your shower head in the bathroom. Vacuum when you're done.

Baseboards - Wipe down your baseboards with disinfecting wipes, which are safe to use on a variety of surfaces around your home.

Inside your fridge, cabinets and pantry - Cleaning the inside of your fridge, cabinets and pantry should be done every three or four months to remove lingering grease, grime and crumbs and cut down on potential odors.

Toss all expired products or produce. Use disinfecting wipes to pick up any crumbs, wipe away sticky or dried-on spills. Then

rinse or wipe down surfaces with warm water and allow to air dry. Next, remove everything from your pantry and cabinets, working in sections if needed. Toss out expired items. Vacuum any crumbs. Wipe surfaces with a disinfecting wipe. Restock the shelves.

Under appliances - Once or twice a year, move what appliances you can, or using the crevice attachment of a vacuum to clean beneath and around the base of the appliance. Wipe all areas down.

Cleaning tools - Empty your vacuum regularly. Also, remove dust, hair or threads clinging to the beater bar or brush. Disinfect toilet brushes, mop heads and smaller tools like sponges in hot water and bleach regularly to ensure that your tools are ready for your next big deep clean.

Upleveling your cleaning routine can help you maintain a cleaner, healthier home.

Excited about Summer? Be Ready to OPEN Your Pool



Here are some tips for your pool start up:

1. Remove your pool cover - Use a submersible pump to remove as much water as possible from the top of your solid cover. Use a pool brush or net to remove leaves and debris. Clean and dry your cover before storing it.

2. Prep your pool equipment - Reconnect the pump and filter if disconnected. Reattach any other equipment to your pool plumbing. Reinstall all drain plugs.

3. Remove winterizing plugs and accessories from the skimmer and return lines - Remove any winterizing accessories and reinstall return fittings. If you used antifreeze for the suction lines, discharge it to waste/backwash once you start up the pump, or a wet-dry vacuum to remove it from the plumbing.

4. Add water to the pool - A normal operating level for pool water is usually about

halfway up the mouth of the skimmer.

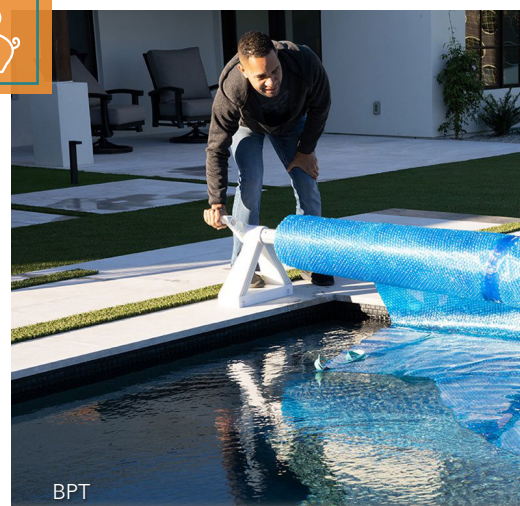
5. Run the pump - Prime the filter pump, and run it continuously until the opening process is complete. This helps circulate the water, filter out debris, and distribute your chemicals.

6. Manually clean the pool - Skim, brush, and vacuum the entire pool. This will also help your chlorine work most efficiently.

7. Treat the water - Invest in a Pool Start-Up Kit which contains everything you need. Be sure to follow the directions carefully.

Check the filter pressure often throughout the process. Clean or backwash the filter as needed during startup. Let your filter pump run until the water is clear.

8. Set up your regular pool maintenance routine - Test the water as you normally would. Balance any aspects that are out of range before swimming.



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If you have a swimming pool, and you closed it for the winter, it's important to plan ahead so you're ready to open it back up for the summer.



5 Tips for Peace of Mind When You TRAVEL

Concerns about home break-ins while traveling have led more people to seek solutions that secure their homes before traveling. Number one listed for peace of mind is buying a home security system to check on their biggest investment while they are away. The five tips below will help ease your travel worries.

1. Alert neighbors about your trip - but not on social media - Let neighbors know you'll be away so they can watch for suspicious activity around your home. Never post it on social media.

2. Invest in a home security system - To help secure your home, consider installing home security products such as entry, motion and glass-break sensors, and indoor and outdoor cameras to protect against unexpected visitors. Consider water sensors and smoke detectors to safeguard from burst pipes, electrical fires or other hazards.

Of course, by using 24/7 professional security monitoring, you'll get help when needed, day or night.

3. Don't hide keys outside - Hiding a key outdoors is not secure. Give a spare to a trusted neighbor or friend, or consider using a Smart Lock so that each family member or friend has a unique PIN for entry.

4. Stop mail delivery - Stop mail delivery during your trip, so piled-up mail doesn't alert a would-be intruder that you're away. You can do this online making a "Hold Mail" request, or visit your local post office. Or, ask a neighbor, relative or pet sitter to bring in mail and newspapers for you.

5. Move vehicles into your garage - Move all vehicles into the garage before leaving. For homeowners without a garage, make sure your vehicle is locked and position an outdoor camera to face your driveway.



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Americans are eager to travel, but feel nervous about leaving their homes unattended. As the summer travel season heats up, many people are planning trips, but that doesn't mean leaving home for an extended time is easy.



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