

HEALTHY, WEALTHY & WISE

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THE BENEFITS OF CARPET

For many years and even today, carpet remains very popular with home owners all across the U.S. Carpet is the most practical, fashionable, and versatile choice of flooring out there, and it accounts for more than half of all flooring purchases made every year. It is still used in bedrooms, on the second level of a home, and to cover stairs. The fact is, carpet has outsold every other type of flooring for more than 60 years.

Carpet offers you several advantages that other flooring options can't compete with.

Below you will find many of the features that carpet will add to your home.

Warmth – Carpet is the best choice you can make for your bedroom, family room, and other areas where you need warmth underfoot.

Insulation – Both carpet and carpet padding will provide an extra layer of much needed insulation between the floors of your home. Depending on the density and weight of the carpet, it contributes to the R-value of your home, which adds to the energy efficiency as well.

See "Benefits of Carpet" on next page



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Safety – Carpet offers a slip resistant surface that will prevent accidents along with a natural cushion in the event of someone falling. For young children and the elderly, this is very important.

Reduction in sound – Carpet will also reduce noise better than any other type of flooring. Carpet works to dampen noise in three ways:

1. Reduces surface noise from foot traffic
2. Absorbs airborne sound
3. Blocks transmission of sound.

These qualities are valuable on upper levels of a home and apartments

Surface – Adding carpet to a room can also disguise any existing damage to the floor and hide any other problems such as warped floors. The thicker density the carpet is, the more problems it will be able to cover up.

Easy to care for – The carpets of today are more stain resistant than they have ever been in the past, which makes cleaning even the worst possible spills easier than ever. No matter type of spill it may be, there is always a way to clean it up.

Clean air – Research has proven that carpet can indeed improve the quality of air by trapping allergy causing dust and allergens if it is properly cleaned and maintained.

Variety of use – Carpets aren't only for floors anymore, which is a really great thing. You can easily add carpet to steps, stairs, walls, posts, and other non-level surfaces, without having to worry about it slipping, lifting, or buckling.

Flexibility – Carpet is the primary foundation in almost any room. Because it is available in a variety of different colors and textures, it helps

to create an unlimited number of possibilities for decorating.

Low cost – Carpet offers an economical alternative to the other types of expensive flooring, even with professional installation. And, unlike hard surfaces, carpet is comfortable even if you decide to lay down on it.

Life span – The carpets of today are very durable and can outlast most other types of flooring available on the market if it is properly cleaned and maintained. All you have to do is select a type of carpet that has a life span of 5 – 30 years or more, which is very common now days.

Warranty – With most manufacturers, you can get great warranties with your carpet purchase. Once installed, all you have to do is enjoy it – as the warranty will ensure that you are very well protected.

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

The Good Life



Good Clean Funnies

What's black when you get it, red when you use it, and white when you're all done with it?

CHARCOAL

What building has the most stories?

A LIBRARY



Keep the grill going in September and through the fall with this quick dinner.

Ingredients

- 3 tablespoons olive oil
- 1 ½ tablespoons red wine vinegar
- 1 lime, juiced
- 1 teaspoon chili powder
- ½ teaspoon paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 1 pinch cayenne pepper to taste
- 1 pinch salt and freshly ground black pepper to taste
- 1 pound skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces
- 8 each skewers



Chili-Lime Chicken Kabobs

Directions

In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chili powder, paprika, onion powder, garlic powder, cayenne pepper, salt, and black pepper. Place the chicken in a shallow baking dish with the sauce, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.

You can also add any vegetables with the chicken to add color and flavor.

Preheat the grill for medium-high heat. Thread chicken onto skewers, and discard marinade.

Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear.

Recipe courtesy allrecipes.com





7 Practical Methods to COMBAT Stress

Take Control Over Your Time and Schedule. Get a handle on your job, relationships, and other activities. Plan your time wisely. Leave room for unexpected events. Avoid procrastinating. Say "no" to requests that you cannot accomplish.

Work Out. Strive and get some habitual exercise such as brisk walking, swimming or whatever appeals to you. Working out reduces stress, improves sleep, and promotes the release of natural soothing chemicals in your body.

Search Out For A Support Group. Having other people helping and supporting you will help you manage stress.

Choose positive friends. Don't hold grudges. Remember, perfectionism is not the means to happiness.

Take Breaths Deeply and Slowly. Deep breathing calms down your tense muscles and relieves stress and anxiety.

Consume Healthy Foods at the Appropriate Time. Never skip meals, especially breakfast. A nutritionally balanced diet is essential to your overall health.

Live Optimistically. Count your blessings. Learn to enjoy life's blessings. Live one day at a time.

Express Amusement And Be Happy. Laugh. Laughter releases endorphins (happy chemicals), and helps boost your immune system.

AVOIDING The Payday Loan Trap



In today's financial climate, you might find yourself short of cash towards the end of the month. A payday loan may seem like the easiest and sometimes the only answer to make ends meet. Payday loans often cost around 25% of the amount borrowed in fees, and are repayable within 30 days.

If you need a loan to cover a credit card payment or other bill, you may be able to contact your creditor and arrange a repayment program that gives you enough breathing space to avoid the payday loan.

Look for a credit union in your area. These non-profit organizations will advance funds at an extremely low rate.

Make use of a credit card cash advance, which although expensive, will allow you to spread the cost over several months and be less costly than a few months of payday fees.

Finally, only use payday loans in a genuine financial emergency. Just make sure you never use them to live above your means and don't fall into the trap of having to take out a new loan every month to cover basic living expenses.



TIPS for Better Barbecuing

Before you begin cooking, spray the cooking area with a nonstick cooking spray. This will prevent meat from sticking while cooking or removing it.

Never place food on the grill until the temperature is right. If you are using a charcoal grill, make sure that the coals are completely gray before putting the meat on the grill.

Never cook meat on a grill when it is frozen, or even partially frozen. If your thawed meat is in the refrigerator, set it out long enough to get to room temperature before putting it on the grill.

Once meat is cooked, never put it back in the same plate or use the same utensils you used when it was raw.

Never poke your meat while it is cooking, that will cause the juice inside to leak out into the bottom of the grill and dry the meat out.

Once the meat is on the grill, try not to open the lid too many times. This changes the temperature inside.

While using aluminum foil will make cleaning easier, it will cause your food to have more of a fried than a grilled taste.

If you are planning on using barbecue sauce, be sure to wait as long as possible to put it on the meat. Putting barbecue sauce on too early can dry out your meat and even burn it.

Barbecuing, like anything else, takes practice. Here are a few tips that will help you have success on your pit.



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