

HEALTHY, WEALTHY & WISE

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Ceramic Tile vs. Natural Stone

Which is right for your home and family?



Considering giving your home a facelift? If you are thinking about tile flooring, many homeowners simply don't know which is the best choice of material for their project. Be it a kitchen remodel, bath renovation or new tile installation in the foyer, family room, or laundry room, homeowners spend a great deal of time deciding between using natural stone or porcelain. Always keep in mind that whatever your final choice is, the key to getting the most bang for your buck is regular maintenance.

The experts say to look at your lifestyle and the intended use for the space. A home filled with children and pets may best benefit from easy to maintain porcelain tile, while natural stone may be a good fit for a pet-free home with older residents. To help you make the right choice, here are some of the pros and cons of each type of tile below.

Porcelain Tile – Porcelain tile is a very hard type of ceramic tile. It is made from finer, denser clay than typ-

ical ceramic tile and it is fired at higher temperatures, making it more durable and resistant to stains. The surface of a porcelain tile is typically smooth and consistent, with uniform coloring throughout. While natural stone offers a sense of opulence, tiles provide endless possibilities. From modern and sleek to country or even glamorous, tiles really have no limits in terms of their versatility.

See "Tile vs. Natural STONE" on next page



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Pros

- Long-lasting
- Easier to install
- Superior resistance to wear and tear, even to rough pet nails
- Can be as much as 30% harder than granite
- Less porous than natural stone, it offers more stain resistance
- Lower price point than stone
- Highly moisture resistant
- Low maintenance, does not require special sealing or cleaning solutions
- Easy to clean
- Large range of styles that can mimic the look of natural stone and hardwoods
- Ideal for all types of projects – kitchens, bathrooms, laundry rooms, flooring, countertops and walls
- Offers a sleek and modern look

Cons

- Its hardness factor makes porcelain tile more difficult to cut, so it should only be installed by a professional
- It tends to be on the heavy side, so you need to make sure the structure can support its weight

- Usually a lower return on investment than natural stone in home value
- Does require professional maintenance to prolong the life and beauty of the flooring.

Natural Stone Tile – There's an undeniable allure to natural stone that has captivated homeowners for centuries. Whether its Marble, Granite, Limestone, Travertine, Slate, Sandstone, Quartz, or Onyx, natural stone adds a touch of beautiful sophistication to any space and can work with any type of style and décor.

Pros

- Makes a bold, luxurious statement
- Extremely durable
- Conducts heat well, making it a good choice for radiant heating
- Unique and distinctive natural variations in color, veining, and texture
- Considered a premium option, enhancing the value of the space

Cons

- Needs to be sealed
- More porous than porcelain tile, making it more susceptible to stains
- Absorption rates vary based on the type of stone
- Hardness varies based on the type of

stone, increasing the risk for breakage and abrasions

- Can scratch and chip easily
- More expensive than porcelain tile
- Requires experienced installers due to natural variations in shape and size
- More difficult to clean than porcelain tile as special cleaning agents are required – should be professionally cleaned and maintained to retain value
- Not a green material option as natural stone is not renewable

When installed correctly and professionally maintained, both products are durable and have a long-life span.

No matter what flooring you decide on or if you just want to spruce up your existing flooring, we can help you! Difficult and heavy-use areas will receive special attention from our technicians. We only use the highest quality, most scientifically advanced cleaning products on the market and the most technically advanced equipment to make sure you get the best result possible every time. Call **Chet's Cleaning** today with any questions or to schedule your next cleaning appointment.

The Good Life



Good Clean Funnies

Why are snails slow?

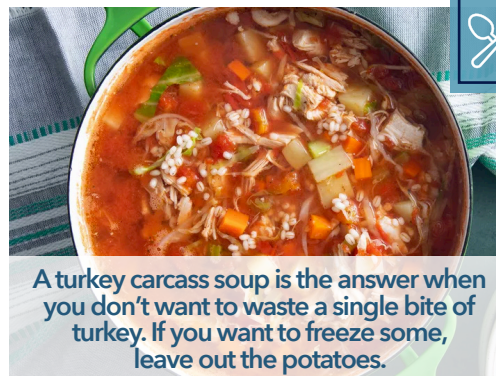
Because they're carrying their house on their back!

Why did the soccer player take so long to eat dinner?

He thought he couldn't use his hands!

Sandy's mom has four kids; North, West, East, and?

Sandy, of course!



TURKEY Carcass Soup

Directions

Place turkey carcass into a large soup pot; pour in water and bring to a boil over medium heat. Reduce heat to a simmer, and cook until the remaining meat falls off the bones, about 1 hour.

Remove turkey carcass from the pot. Remove and chop any remaining turkey meat. Discard carcass.

Strain broth through a fine mesh strainer into a clean soup pot. Add chopped turkey to the strained broth and bring to a boil.

Reduce heat and stir in tomatoes, potatoes, carrots, onion, celery, cabbage, barley, Worcestershire sauce, salt, parsley, basil, bay leaf, pepper, paprika, poultry seasoning, and thyme. Simmer until vegetables are tender, about 1 more hour.

Remove bay leaf before serving.

Prep Time: 45 mins

Cook Time: 2 hrs

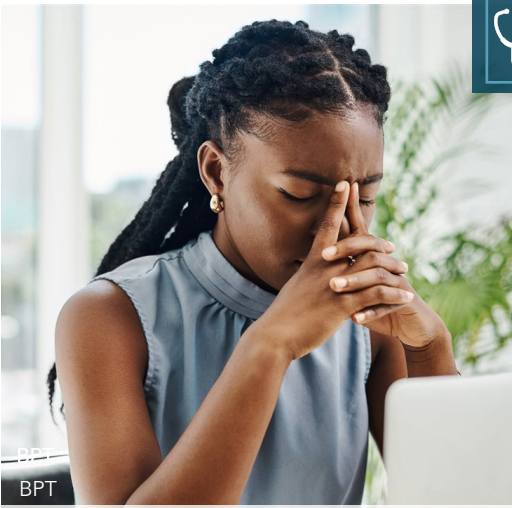
Total Time: 2 hrs 45 mins

Recipe courtesy allrecipes.com

- ### Ingredients
- 1 turkey carcass
 - 4 quarts water
 - 1 (28 ounce) can whole peeled tomatoes, chopped
 - 6 small potatoes, diced
 - 4 large carrots, diced
 - 1 large onion, diced
 - 2 stalks celery, diced
 - 1 1/2 cups shredded cabbage
 - 1/2 cup uncooked barley
 - 1 tablespoon Worcestershire sauce
 - 1 1/2 teaspoons salt
 - 1 teaspoon dried parsley
 - 1 teaspoon dried basil
 - 1 large bayleaf
 - 1/4 teaspoon freshly cracked black pepper
 - 1/4 teaspoon ground paprika
 - 1/4 teaspoon poultry seasoning
 - 1 pinch dried thyme



Feeling BURNT OUT? Watch Out for These Symptoms



Burnout symptoms can be due to - or worsened by - excessive screen time (more than two hours consecutively each day).

While work burnout symptoms may lead you to seek a visit with your physician or consult a mental health professional, others may indicate a common source of discomfort in today's digital environment: **Your Eyes!**

Eyestrain can cause headaches, flashing, or sparkling lights and darkening of vision. Blurring and inability to focus can occur without proper lighting and posture, or if you're not taking enough breaks.

Dry eye, a medical condition in which someone doesn't create enough of a quality tear film to lubricate and nourish the eye, may be caused by viewing a screen for prolonged periods of time.

Neck and shoulder pain can result from tilting your head at odd angles because your glasses aren't designed for looking at a computer.

In addition to seeing your optometrist yearly, which is crucial, here are tips to safeguard your eyes:

The 20/20/20 rule. It's important to rest your eyes while using any device for long periods. For every 20 minutes on a digital device, look at something 20 feet away for 20 seconds. This gives your eyes a chance to refocus.

Blink! Blinking keeps the front surface of the eye moist, but it's common for people to blink less often when working on electronic devices.

Digital device distance. Your computer screen should be 15-20 degrees below eye level (about 4-5") as measured from the center of the screen, and 20 inches from your eyes. make sure to use the zoom feature to read small print instead of bringing the device closer to you.

The right glasses for the job. You may benefit from wearing glasses specifically made for computer work.

The Holidays and BEYOND: 4 Uses for Strip and Rope Lights

1. Embrace the holidays - It's easy to light up your home for any holiday or special occasion by using strip or rope lights. You can easily highlight columns or pillars, porch railings, stairs or windows. Use rope lights for rounded surfaces and strip lighting on flat, even surfaces.

Pro tip: Measure the areas you want to decorate. Use string to simulate how you want to decorate winding or spiral areas, like columns, measure the string to determine the length of lighting you'll need. Today's lighting, such as EcoSmart rope (Home Depot's brand) and string lights, are both cuttable and linkable with LED lighting - making it better for the environment and your energy bills.

For outdoor applications, like your porch or patio, consider the Outdoor Dimmable Linkable Rope Light with Remote Control

making it easy to match your lighting to any holiday spirit.

2. For any occasion, lighting up your celebration with strip lights is an easy way to get the party started! The LED Strip Light with Remote Control makes it easy to decorate along the edges of windows, bookshelves, ceilings, doorways and more.

3. Level up your gaming space - Gamers, take note! You can create a dynamic backdrop that syncs with in-game actions or music, immersing you deeper into the gaming world.

4. Great lighting for any space or occasion - Have you ever thought about using lighting to enhance every room in your home? Now you can with strip and rope lighting. With their ease of use and energy efficient design, there's no limit to how you can elevate your space and enhance your mood.



As the days grow shorter, it's natural to start looking for new and exciting ways to light up the night, both indoors and out.



5 Ways to Preserve Your Family's RECIPES and HISTORY

New research found that family recipes bring a strong sense of connection for people, evoking feelings of **joy (48%), love (46%), nostalgia (35%) and satisfaction (24%)**.

1. Learn about your history - By learning about your heritage, you'll gain insight into the recipes handed down within your family. You may even learn about your family's immigration story and how they adapted recipes with the available ingredients in their new home.

2. Organize recipe gatherings - At your next family get together, encourage everyone to bring their favorite recipes and share their cooking techniques. Document the recipes digitally or online. Add the history and significance of each dish. Label recipes with the names of family members who contributed to them and the date they were added.

3. Create recipe keepsakes - Once you've collected all existing recipes, create a family cookbook. Consider adding photos, stories and anecdotes to each page. If using recipe cards, make sure to laminate them using sheet protectors to guard against spills and stains. Consider digitizing the cookbook.

4. Record a video demonstration - Choose a few recipes and record yourself demonstrating how to prepare and cook all the ingredients. It helps preserve cooking techniques and nuances that may not be conveyed through written words alone. Save your recordings to a secure digital archive for future family members to access.

5. Create your own recipes - If you're a home chef, chances are you've adapted or created your own recipes. Don't be afraid to experiment and share them.



Smell and flavor are powerful memory triggers. Just smelling a homecooked meal, especially one based on a family recipe, can conjure up fond memories.





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