

11 House Cleaning Secrets

Soil control is an important part of keeping your home clean and healthy. The Institute of Cleaning and Restoration Certification defines soil as any undesirable substance that is foreign to a surface. Practicing soil control means limiting the buildup of soil on surfaces. Limiting soil equals a clean and healthy home. Here are 11 tips to help you practice soil control.

1. Keep dirt outside by keeping all entry areas and garage floors swept and clean. Pressure wash walkways, porches and stairs leading to the entrances to your house. It takes 12 times more effort, time and money to remove soil from your home than it does to prevent it entering in the first place.

2. Remove dirt before it enters the house with door mats. Again, the idea is to limit the amount of soil that enters from outside. Use water resistant door mats made of non-absorbent, mold resistant fibers outside every entrance to your home.

See "11 Secrets" on next page



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3. Stop dirt at the door by adding another doormat just inside your home. This mat should be made of an absorbent material such as nylon, cotton or wool. Washable throw rugs work great, provided they don't slide around or become a tripping hazard. Vacuum or wash the mat twice a week.

4. Keep outdoor shoes out of the house. Take off your shoes at the door and wear indoor shoes, slippers or socks around the house. Don't go barefoot all the time; the natural oils on your feet attach to the carpet and attract soil.

5. Brush and groom your pets regularly - preferably outdoors.

6. Change your furnace filter every 30 days when it is in use. Opt for a high efficiency allergen-trapping filter – it will be \$15-20 well-spent.

7. Keep your kitchen vent hood clean... and use it. These vents trap moisture, oils and odors that would otherwise end up in your carpet.

8. Use a bathroom vent. Humidity in the bathroom can lead to mold growth. Let the fan run 10 minutes after you shower or bathe.

9. Vacuum regularly. This is the most important step in carpet maintenance. 74-79% of the soil in typical household carpet can be removed by regular vacuuming.

If these dry soils are allowed to remain, some of them break down and oxidize, creating a perfect breeding ground for fungi, bacteria and unpleasant odors.

Grittier soils adhere to sticky or oily residues on carpet fibers, causing abrasion and permanent damage. Regular vacuuming reduces these effects so carpets last longer.

10. Vacuum furniture. You should vacuum your upholstered furniture, drapery and blinds for the same reasons listed above.

When you dust your furniture, do so gently, and slowly. It is best to do this with a duster attachment on your vacuum cleaner.

Allow the dust to settle for an hour or so; then vacuum the carpet or floor.

11. Have your carpets and upholstery professionally cleaned at least once a year, at a minimum.

Homes with more people, pets and especially those with young children, should be cleaned more frequently.

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The Good Life



Good Clean Funnies

A man walks into a library and asks the librarian for books about paranoia. She whispers, "They're right behind you!"

A cement mixer and a prison bus crashed on the highway. Police advise citizens to look out for a group of hardened criminals.



January is National Soup Month.



Healthy Slow Cooked Chicken Taco Soup

Directions

Add all ingredients except chicken to the slow cooker.

Stir to blend.

Lay chicken breasts on top of mixture, pressing down slightly until just covered by other ingredients.

Cover and cook on Low for 5 hours.

Remove chicken breasts from soup and allow to cool long enough to be handled.

Shred the chicken and stir it back into the soup.

Continue cooking on Low for 2 hours.

Serve with cilantro, cheddar cheese, light sour cream, and crushed tortilla chips.

Recipe courtesy allrecipes.com

Ingredients

1 onion chopped

1 (8 ounce) can black beans

1 (15 ounce) can whole kernel corn

1 carrot chopped

1 (8 ounce) can tomato sauce

2 (10 ounce) cans diced tomatoes with green chiles

1 (12 ounce) can or bottle of beer

1-1/2 tablespoons taco seasoning

3 skinless, boneless chicken breasts





Get More Energy



Combine the right foods to turbocharge your day

Forget the energy drinks. A growing body of scientific evidence shows that energy drinks can have serious health effects, particularly in children, teenagers, and young adults.

If you want a steady stream of energy without the ups and downs, dieticians recommend whole foods, grains, fruits and vegetables.

The key to sustaining energy throughout the day is balance. Start the day with a portion of whole grain and fresh fruit.

Throughout the day, eat fresh fruit, nuts, seeds, beans and non-starchy vegetables in small portions.

For a pick-me-up, research dietitian Aubrey Jarman recommends a slice of apple or one whole wheat cracker with peanut butter.

Drink plenty of water. Chronic dehydration is one of the primary causes of tiredness and lack of energy.

Meat and fish are part of a balanced diet, when eaten in moderation.

Be Your Own Boss



Recent data from the Institute of Women's Policy Research (IWPR) revealed that about 29% of all business owners in America are women. This figure is up from 26% as recently as 1997.

In the last decade, there has been a growth of 68% in women-owned firms compared to only 47% growth for all businesses on record.

One aspect of women-owned businesses that stands out is the 265% increase in the number of

minority women who have stepped up to be their own boss.

According to Fortune Magazine, women interested in starting their own small business should pursue certifications in their field to increase credibility.

Women entrepreneurs should seek out other women to partner with and learn from. They should strive to build their customer base by actively marketing and emphasizing their unique talents and abilities.



29% of all business owners in America are women



Forgive and Remember



Martin Luther King Jr. Day
January 21, 2019

Martin Luther King Jr. Day is the only federal holiday that marks the contributions of a private American citizen.

Many government agencies and private businesses remain closed on this day in remembrance of Dr. King. His philosophy of nonviolence and use of peaceful demonstrations changed minds, changed laws and changed hearts.

One of the hallmarks of his message is the attitude of forgiveness.

Dr. King said, "We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us."

He also said, "Forgiveness is not an occasional act. It is a permanent attitude."

Forgiveness is an act of kindness and wisdom that we can apply every day.



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