

# THE BEE LINE

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## How to AVOID DAMAGING Your ORIENTAL RUG

**O**riental rugs are not only beautiful but also valuable. They are typically made from natural fibers, such as wool, silk, or cotton, and are woven using a traditional technique that has been passed down for generations. They are often considered to be an investment and can appreciate in value over time, making them a prized possession for many collectors and homeowners.

**Avoid Using Harsh Chemicals** – Harsh chemicals such as bleach, ammonia, and other acidic or alkaline cleaning agents should never be used on an Oriental rug. These chemicals can damage the fibers and cause discoloration or even disintegration. Stick to mild cleaning solutions that are specifically designed for Oriental rugs.

**Don't Leave Spills Unattended** – Leaving spills unattended can cause stains to set in and become difficult

to remove. Always blot spills immediately and clean the area as soon as possible.

**Not Rotating** – Not rotating your Oriental rug can cause uneven wear and tear and lead to damage over time. Make sure to rotate your rug every six months.

**Don't Scrub Stains Vigorously** – Scrubbing stains vigorously can damage the fibers of your rug and spread the stain further. Instead, blot the stain gently using a clean, white cloth

See "How to Avoid DAMAGING" on next page



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## How to Avoid DAMAGING... continued from page 1

or paper towel. If the stain persists, use a mild cleaning solution and a clean, white cloth to blot the stain gently.

**Don't Ignore Damages** – If you notice any damage on your Oriental rug, such as holes, tears, or frayed edges, don't ignore them. These damages can worsen over time and require costly repairs or even replacement. Address damages promptly by having a professional Oriental rug repair service inspect and repair your rug.

**Don't Place Heavy Furniture on the Rug** – Placing heavy furniture on your Oriental rug can crush the fibers and cause permanent indentations. Avoid placing heavy furniture directly on the rug, or use furniture pads to distribute the weight evenly.

**Don't forget the Padding** – A quality pad used under your rug helps protect it from dirt, wear and slippage.

**DIY Oriental Rug Cleaning** – While professional cleaning is recommended every few years, there are some things that you can do to maintain your Oriental rug in between cleanings:

**Vacuuming** – Oriental rugs, like most carpeting, should be vacuumed on a regular basis to remove dirt and restore life to the fibers. Be sure not to vacuum the fringe with your beater bar! Use the end of a vacuum hose from a canister vacuum.

**Mild Cleaning Solutions** – Use a mild cleaning solution made of equal parts water and white vinegar to remove stains and dirt from your Oriental rug. Mix the solution in a spray bottle and apply it to the affected area. Let the solution sit for a few minutes, then blot the area with a clean cloth or paper towel.

**Baking Soda** – Baking soda is a natural deodorizer that can help remove odors from your Oriental rug. Sprinkle baking soda over the rug, let it sit for a few hours, then vacuum it up.

**Cornstarch** – Cornstarch can help absorb excess oil or grease from spills on your Oriental rug. Sprinkle cornstarch over the affected area, let it sit for a few hours, then vacuum it up.

**Brushing** – Gently brushing your Oriental rug with a soft-bristled brush

can help remove dirt and debris from the fibers. Make sure to brush in the direction of the nap to avoid damaging the fibers.

**Spot Cleaning** – For small stains, spot cleaning can be done by mixing a few drops of dishwashing liquid with warm water and applying it to the stain. Blot the area with a clean cloth until the stain is removed, then rinse the area with clean water and blot dry.

**When to call a Pro** – While regular maintenance can help your Oriental rug look clean and fresh, professional cleaning involves deep cleaning the rug to remove dirt, dust, and other contaminants that cannot be removed by regular vacuuming. Professional cleaners have the expertise, equipment, and cleaning solutions to clean your rug safely and effectively without damaging the fibers.

Call **Clean Bee / The Cleaning Studio** to schedule a cleaning or consultation today. We are always happy to help and serve you.

## The Good Life



### Good Clean Funnies

**What do you call an illegally parked frog?** Toad!

**What is the smartest kind of bee?** A spelling bee.

**Why did they bury the battery?** Because it was dead.

**What happened when the world's tongue-twister champion got arrested?** They gave him a tough sentence!



This avocado salsa with fresh peaches, makes a delicious summertime dip. The longer it can marinate before you add the avocado, the better it is.

### Ingredients

- 2 fresh peaches - peeled, pitted, and diced
- 1 jalapeño pepper, seeded and minced
- 1/3 red onion, minced
- 1/4 cup chopped fresh cilantro, or to taste
- 2 cloves garlic, grated
- 1/3 lime, juiced
- 1/3 lemon, juiced
- salt and ground black pepper to taste
- 1 avocado - peeled, pitted, and diced

## PEACH Avocado Salsa

### Directions

Gently mix peaches, jalapeño, onion, bell pepper, cilantro, garlic, lime juice, and lemon juice in a bowl; season with salt and pepper.

Cover the bowl with plastic wrap and refrigerate for at least 30 minutes. Fold avocado into salsa to serve.

Also great as a topper for grilled chicken or fish.



**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Servings:** 4

Recipe courtesy [allrecipes.com](http://allrecipes.com)





## How to Get Better Sleep EVERY Night

To help you sleep longer and more deeply, try incorporating these habits into your daily routine.

**Don't overeat near bedtime:** Eating lighter, low-fat meals at dinner eases digestion, and healthy carbohydrates help stimulate production of brain chemicals that can help you relax and get to sleep. Limit your food intake within three hours of bedtime.

**Lessen caffeine and alcohol intake:** Both caffeine and alcohol can disrupt your normal sleep patterns, preventing you from reaching the deepest and most restful stage of sleep.

**Boost exercise:** Evidence suggests getting at least 30 minutes of moderate-intensity physical activity during each day can help improve your sleep quality.

**Keep a regular schedule:** Go to sleep and wake up at the same time each day, even

on weekends and holidays. This creates a predictable sleep rhythm your body will begin to anticipate. You can prepare for changes in your routine, including when you must "spring forward" your clock, by gradually adjusting your schedule.

**Try stress-reduction techniques:** Relaxation techniques like meditation, breathing exercises and reading can all help reduce stress. These practices can help reduce insomnia if you do them regularly, especially before bedtime.

**Develop a bedtime routine:** To help prepare for sleep, dim house lights in the evening and follow a digital detox rule of no computers or digital devices at least one hour before bedtime - including TV watching.

Changing your habits, especially right before bed, could make all the difference when it comes to getting a good night's sleep.

**Did you know nearly 8 in 10 Americans are trying to improve their sleep this year? In a recent survey, nearly half ranked this goal as their number one priority.**

## 4 Reasons to LOVE Homegrown Produce

When you grow your own fruits and vegetables, you will taste the difference between a store-bought tomato and one you pick fresh from the vine. Still not convinced? Discover four ways you can benefit from growing your own food.

**1. Savor the taste and the savings -** Growing your own produce guarantees you have the freshest possible fruits and vegetables at the best price. You can quickly curb your grocery bill by growing your own food. The National Gardening Association found that a 600-square-foot garden, which costs about \$70 per year, can yield 300 pounds of fresh produce a year, worth \$600.

**2. Add variety to your diet -** Depending on where you shop, your selection of produce can be limited. However, when you garden, you're in control of what you grow, so take the opportuni-

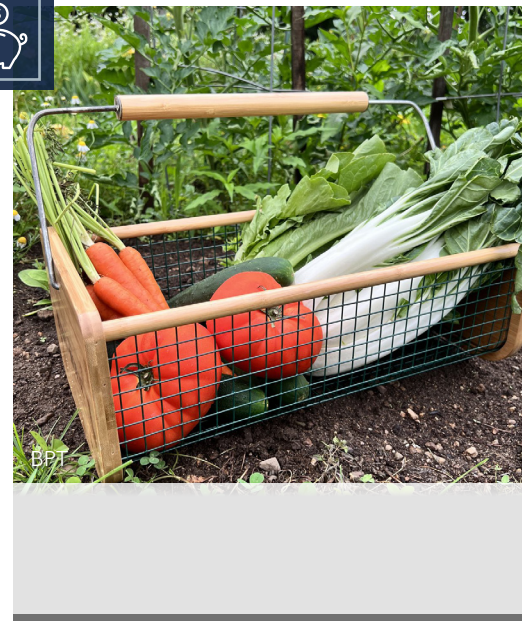
ty to expand your palate. With just a few packets of seeds, you can grow a rainbow of flavor in your backyard!

**3. Get a natural workout -** Skip the gym and get your hands dirty instead! Tending to your garden is a labor of love and an engaging workout. As you nurture your garden, you'll have to dig, plant, weed, water and harvest. Before you know it, you'll have gotten your exercise in for the day, all in the fresh air under sunny skies!

**4. Be inspired to try new recipes -** When you grow your own produce, especially if you're growing items you don't usually buy at the store, you'll be inspired to get creative in the kitchen.

These are just four wonderful reasons to fall in love with homegrown produce. This season and beyond, embrace the green goodness of growing a produce aisle right in your backyard.

**Happy gardening!**



## History of the 4th of July and FIREWORKS

Known now as a day of patriotism and enjoying time off from work, the Fourth of July began the journey to becoming a quintessential American holiday in 1776, when the Second Continental Congress adopted the Declaration of Independence. Though 12 of the 13 American colonies had already approved the resolution by July 2, 1776, even prompting John Adams to write his daughter with predictions of future July Second festivities, the document declaring independence from Britain wasn't officially adopted until July 4.

Although some Americans began celebrating the very same year, Congress didn't pass a bill making Independence Day a federal holiday until June 28, 1870. In 1941, it became a paid holiday for federal employees.

Fireworks displays are perhaps the most iconic of all Fourth of July revelries. The first celebration came in earnest on July 4, 1777,

described on July 5 in the Pennsylvania Evening Post as a demonstration of "joy and festivities."

Ships "dressed in the gayest manner, with the colors of the United States and streamers displayed" approached the city and fired off 13 cannon shots, one for each colony-turned-state. Later in the evening, 13 fireworks were set off in the city commons in Philadelphia and Boston, which the Evening Post described as a "grand exhibition of fireworks . . . and the city was beautifully illuminated."

According to historians, fireworks had been used in the colonies before 1776. You would have seen fireworks at a lot of festivities, celebrations, anniversaries, or big events, but they usually were not enormous, launched-in-the-sky fireworks.

It wasn't until the 18th century, that fireworks were perfected and began to resemble the explosive rockets we know today.

**Nice weather, family barbeques, parades, fireworks and red, white and blue everything - Americans are preparing to celebrate Independence Day this year with time-honored and beloved traditions.**



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The Clean Bee Team



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Happy  
4th of July!



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