

THE BEE LINE

MARCH 2025

Published exclusively for clients of Clean Bee and The Cleaning Studio

Spring is here...
TIME to CLEAN!



Have you ever wondered why we are annually seized by a sudden urge to air out the house, banish dust, organize closets, clean out cabinets, scrub floors, wash windows and organize our garages, attics and basements? It turns out that there are biological, social and psychological reasons for the spring cleaning ritual... and that's a good thing.

But, the thought of spring cleaning may seem overwhelming to most of us, especially when you think about all of the projects involved; cabinets, oven, cooktop, pantry, microwave, vent hood and backsplashes. Don't forget the refrigerator and freezer. And that's just the kitchen! Cleaning and organizing the garage, closets, attic and basement storage areas are on the list, too. Ceiling fans, light fixtures and chandeliers also need cleaning.

Then there is finding the stuff you will need to get it done, as well as the time and motivation. When you have the time, you don't have the motivation. When you feel motivated you don't have the time. Eventually there comes a day when you say, "We really need to get this done!" Here are some suggestions on how to get motivated, accomplish more, and maybe even have a little fun in the process!

See "SPRING is here" on next page



815.578.0233
www.cleanbee.net

**Prefer to receive your newsletter
via email?**
**Visit our website, www.cleanbee.net
to sign up.**

1. Break each large task into a list of smaller ones.

For instance, divide "clean the garage" into "organize garage shelves", "sweep garage floor", "sort tools", etc. Write them on a pad, and cross each off as you complete it. Writing them down and crossing them off gives you visual reinforcement and a feeling of accomplishment.

2. Pick a small reward for yourself when you complete a project.

This can be something as simple as taking a little break to call a friend, read a chapter out of a book, or even some kind of sweet treat. Don't underestimate the value of a short nap and don't overdo the chocolate.

3. Listen to your favorite music.

Up-tempo music is great while you are doing mundane activities like sorting through a "junk drawer" or cleaning out the closet. It's okay to dance and sing while you work. In

fact, you'll enjoy working more if you move around! Remember the vacuuming scene from the movie Mrs. Doubtfire? Classic!

4. If you feel overwhelmed by a big project, don't commit yourself to finishing it.

Simply commit to work on it for 30 or even just 15 minutes. Then if you feel like it, keep going. Most often the momentum will be enough to keep you going. If not, quit and resolve to give it a go on another day.

5. Read your to-do list and prepare the necessary tools and supplies the night before.

Your subconscious mind will work on the project while you sleep. Often you will wake up with ideas on how to do the job more efficiently. If you get the prep work out of the way, you will have a lot more momentum when you get started on your projects. Your attitude will be much better and you will be fired up and ready to

go if much of the prep work is done beforehand.

6. Be ruthless with clutter! If you are cleaning out a closet or storage area, keep a large trash container nearby.

Undecided as to whether you should keep something? Ask yourself, "When was the last time I used this? What's the worst thing that could happen if I get rid of this and how hard would it be to replace?" Donate useful items to a charity. You'll have less to store and you will feel really good about it!

7. Big projects like carpet, flooring, and upholstery cleaning require expert help.

Call **Clean Bee** for these. Your home will look, feel and smell fresh. An added benefit? Just knowing that we are coming to clean will give you the incentive to start on other spring cleaning projects that you may be putting off.

The Good Life



Good Clean Funnies

Why do bees have sticky hair?
They use a honey comb.

Why is dark spelled with a K and not a C? Because you can't see in the dark.

What do you call a bear with no teeth? A Gummy Bear!



Ingredients

- 8 pickle spears
- 2 ounces cream cheese, chilled
- 8 slices bacon
- 1/4 cup ranch dressing

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Servings: 8

Additional Time: 8 pickles

Bacon-Wrapped PICKLES

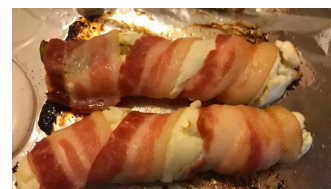
Directions

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

Pat pickles dry with a paper towel. Cut cream cheese into 8 strips. Place 1 strip onto each pickle, and wrap with a strip of bacon, securing ends with toothpicks if necessary. Place pickles on the baking sheet.

Bake in the preheated oven until bacon is browned, 12 to 15 minutes. Let cool slightly, then serve with ranch dressing.

NOTE: Thick-cut bacon doesn't work as well for these, so use the thinner slices. Serve with ranch or bluecheese dressing. These are also tasty dipped in Buffalo sauce.



Recipe courtesy allrecipes.com



Why MEN Should Consider a Career in NURSING

Careers in nursing are on the rise, and it remains a very stable and desirable profession, especially in states that are facing severe nursing shortages. Besides the flexibility and competitive pay, according to the Bureau of Labor Statistics, employment for registered nurses in the U.S. will grow 6% between 2023 and 2033, faster than the average of other professions.

But we don't just need more nurses; we need a more diverse nursing workforce. Because nurses have more touchpoints with patients than other caregivers, research shows how important it is to have nurses of all ages and identities, and improve patient satisfaction and outcomes. Male nurses play a pivotal role in that diversification, as the gender of a health-care provider can make a difference.

Although the number of male nurses is ten times what it was in the 1970s, the percentage

of male nurses and the number of male nursing students have remained stagnant over the past few years. Today's nursing is not just a caring profession, it's a very technical job, particularly in emergency medicine and surgery.

There seems to be a common misconception that, as a nurse, your track is limited to the traditional clinical setting. While nurses can start practicing with an associate or bachelor's degree, there are paths to go on to a career in education, leadership or advanced clinical practice.

However, going back to school can understandably seem scary or nearly impossible. But today's online curriculum options has certainly made it easier to balance your studies even with an already full schedule, allowing you to gain valuable, real-life experience that immediately translates into furthering your career.

The average American changes careers 3 to 7 times over their life. You can achieve great things once you take the first step. Hopefully more people, especially men, will take the first step to a rewarding career in nursing.

Get SMART About Car Insurance – Save MONEY



Here are some auto insurance statistics recently released from Forbes: The national average cost for car insurance is \$2,150 annually for full coverage. The cost of auto insurance increased by 63.8% between 2014 and 2023. The average car insurance cost for 16-year-old drivers with their own policy is \$8,765. A staggering one in seven drivers have no car insurance.

Here are the following tips for lowering your insurance costs:

Review your deductibles with your insurance agent - It is recommended that you review your coverage and deductible with your Mercury agent at least once a year. Their wisdom and experience can help you make wise decisions regarding your insurance.

Explore car insurance discounts - In addition to bundling your home and auto insurance, Some insurance companies offer

discounts for multi-car, good drivers, good students and auto pay.

Track Your Driving - Most insurers offer discounts for customers who install telematics. This technology allows your insurance company to collect information regarding your mileage and driving habits. This can also provide valuable information regarding your driving as well as saving you money.

Drive a safe car with low repair costs - Some of the cheapest cars to insure are the Subaru Outback, Honda CR-V and Honda Pilot. Also, look for cars with lower repair costs such as the Toyota Corolla, Prius and Tesla Model 3. Doing some research before you purchase a vehicle can save you money over your ownership.

Install an anti-theft device on your car - Drivers may receive an additional discount on your auto insurance on your car.



Some of the common causes for higher insurance are Inflation, car accidents, extreme weather such as hail, hurricanes and wind, along with increased vehicle theft claims.



Reading NONFICTION Prepares Kids for Success

Nonfiction is essential in a child's reading diet. Most children primarily read fiction, but as they progress in their education, they will be expected to primarily read for information. They must be able to comprehend this information. The way to equalize a child's comprehension in nonfiction to their fiction reading level is to practice reading high-quality nonfiction. Practice makes progress. That's the goal.

As a child reads facts, this new information builds background knowledge and teaches them new words about the subject matter.

Knowing more vocabulary words and having a greater depth of background knowledge improves reading comprehension in both fiction and nonfiction. How? By providing context and a connection when the kids encounter similar reading material in the future.

You can also help kids level up their nonfic-

tion reading by explaining how text features like subheadings, photographs and fact boxes help organize and prioritize information, and by sharing specific nonfiction reading comprehension strategies. Ask if they can explain the difference between a table of contents and the index. Help them compare the similarities and differences.

General reading skills can be strengthened by using specific nonfiction reading strategies. These include determining importance, accessing background knowledge, asking questions, and summarizing information.

Building knowledge, expanding vocabulary, encouraging curiosity, asking questions, forming opinions, having conversations, and developing critical thinking skills about the world ... these are just some of the outcomes - and tools for success - that nonfiction provides. Plus, research shows kids can enjoy both fiction and nonfiction equally.



This new information builds background knowledge and teaches them new words about the subject matter.



CLEAN BEE

815.578.0233

www.cleanbee.net

**Carpet Cleaning
Upholstery Cleaning
Area Rug Cleaning
Tile & Grout Cleaning
Wood Floor Cleaning
Stain Protection**



The Clean Bee Team



THECLEANINGSTUDIO
WHERE CLEANING IS AN ART FORM
PROFESSIONAL RUG CARE



Clean Bee
108 S. Sheridan Rd.
Lakemoor, IL 60051



IICRC
Institute of Inspection, Cleaning
and Restoration Certification

MARCH SPECIAL
SAVE 11%
on your next
Home Service.

Details and Restrictions: Residential orders only.
Minimum order must be met in order to qualify for either special.
Not valid with any other offer or discount except referral
reward certificates (they are just like cash).
Commercial accounts ask about commercial rates.
Offer expires and must be used by 3-31-25.



- SAVE 15% OFF Your Rug Cleaning Services -

Applies to rugs dropped off at THE CLEANING STUDIO, 108 S. Sheridan Rd. Lakemoor IL, 60051.

Minimum prices apply based on material and construction. Offer expires 3-31-25



THECLEANINGSTUDIO
WHERE CLEANING IS AN ART FORM
PROFESSIONAL RUG CARE