

THE BEE LINE

SEPTEMBER 2025

Published exclusively for clients of Clean Bee and The Cleaning Studio

**Prepare Your HOME
for WINTER NOW!**

Now that the dog days of summer are almost a fading memory, and the crisp fall weather slowly making an appearance, it's time to walk around your home sweet home. This is the perfect time of year to take care of any home maintenance and cleaning issues before winter's arrival.

We know how important your time is, and we really know how important it is to keep your home healthy. Below are some important things to look for when making a personal home inspection. The following recommendations are simple to do. However, it may be safer for you to hire the services of qualified professionals to do some of these checks for you or to interpret your findings. Saving money is good, but not at the risk of injury.

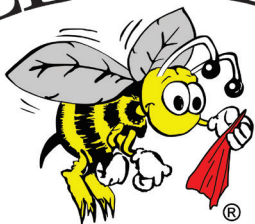
Home Exterior

Fall is the perfect time to inspect your home's exterior. Temperature and humidity changes cause materials to shift, contract and expand. UV radiation from the sun affects paint, caulk, shingles, wood, rubber and vinyl. As a result, the exterior envelope of your home may not be as "tight" as it was this spring.

As weather gets cooler, materials tend to shrink and

See "WINTER" on next page

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harden. The air is drier, resulting in further shrinkage as materials lose moisture. Rubber seals around doors and windows become brittle.

Look around your doors and windows. How does the caulking look? Caulk should be flexible, smooth and tight to the surface being sealed. If it is cracking, brittle and deteriorated, it should be scraped out and replaced. Is the weather stripping intact? Do windows close and seal properly? Can you see daylight or feel air leaking around and under doors?

Downspouts and gutters should be cleaned and inspected. Are there soil depressions directly below the gutter? If you see depressions, chances are the gutters have been overflowing. Gutters that don't drain properly increase risk of foundation damage. Downspouts should be extended at least 10 feet away from the home to ensure proper drainage.

Home Interior

Modern carpets do a great job of hiding soil. This may lead you to think you only need to clean your carpets once a year or when they "look" dirty. But according to the EPA, most households should clean carpets at least twice a year, maybe more depending on lifestyle and other factors. This may surprise you until you think about all of the soils, allergens, oils, dander, pollutants and contaminants that carpet traps.

One of the best reasons for cleaning in the fall is that you want your home to look great for visiting friends and relatives during the upcoming Holidays. Nothing makes your home feel clean and inviting quite like freshly cleaned carpets, floors, and upholstery. Even if you don't expect guests, you will be spending more time at home in the winter, so you want it to look nice for you, too.

Of course, there are far more important reasons to clean your carpet than appearance. Soil damages carpet, dramatically reducing its usable life. During the summer, pollen and other pollutants enter your home and become trapped in the carpets. In the fall, mold spores are more prevalent, again, becoming trapped in your carpet fibers.

With clean carpet now, you and your family can breathe cleaner, healthier air all season long. It's bad enough that fall and winter are the seasons when people suffer from cold and flu without adding poor indoor air quality to aggravate conditions such as asthma and allergies.

This fall, taking care of home maintenance and cleaning is a proactive approach to maintaining a healthy home!

Call **Clean Bee** to learn more or schedule your next cleaning.

The Good Life



Good Clean Funnies

Why couldn't the sesame seed climb up the hill? Because it was on a roll!

Why is grass so dangerous? Because it's full of blades!

What musical instrument can you find in the bathroom? A tuba toothpaste!

Why do some fish live in salt water? Because pepper makes them sneeze.



This stuffed pepper soup is easy to make for a hearty meal in one bowl. Great with warm bread for a comforting dinner.

STUFFED Pepper Soup

Directions

Heat a large skillet over medium-high heat. Cook and stir ground beef in the hot skillet until browned and crumbly, 5 to 7 minutes. Drain and discard grease.

Add green pepper and onion; cook and stir until onion has softened and turned translucent, about 5 minutes.

Add tomatoes, tomato sauce, broth, thyme, and sage; season with salt and pepper. Cover and simmer until peppers are tender, about 30 to 45 minutes.

Meanwhile, bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and water has been absorbed, 20 to 25 minutes.

Stir cooked rice into soup; heat through and serve.

- Prep Time:** 15 mins
- Cook Time:** 45 mins
- Total Time:** 1 hr
- Servings:** 6

Recipe courtesy allrecipes.com

Ingredients

- 1 pound ground sirloin
- 1 green bell pepper, chopped
- 1 cup finely diced onion
- 1 (29 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 1 (14 ounce) can chicken broth
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried sage
- salt and pepper to taste
- 2 cups water
- 1 cup white rice





How to Choose the RIGHT Dental Care Products for your PET



Most pets aren't crazy about having their teeth brushed, so there are many oral health products that also help improve dental health in cats and dogs that you can use along with brushing.

Bad breath, yellow or brown tartar, red gums, difficulty chewing, excessive drooling or pawing at the mouth are signs of dental problems in your dog or cat, which can lead to serious health issues that can even affect their heart, liver and kidneys. If you notice any of these signs, consult your veterinarian right away.

Remember pets are individuals too, with their own preferences, allergies, food sensitivities and picky eating habits that can make administering products difficult. There are a variety of oral health products specially designed for different pets and their individual needs, including powders, soft chews and more. Here are some options to consider.

Use a plaque-reducing Powder: Using a powder to help reduce plaque, prevent tartar and treat bad breath is ideal for a seamless addition to your cat or dog's diet, as you simply

sprinkle once, daily. It's also the most economical choice, particularly for long-term use.

Treat them with Soft Chews: These soft chews are another option to try that has shown significant reduction in plaque and tartar, while also improving bad breath.

Dogs love their bones: For dogs who love to chew, Dental Care Bones provide dual functionality - they're designed to satisfy a dog's natural chewing instincts while also aiding in dental care. Dental Care Bones will bolster your dog's oral health routine with every chew.

Pet oral health made simple: It's never too early - or too late - to start with good dental habits. Finding the best option for your pet and taking proactive steps now to help keep your furry friend's teeth in good shape, you'll feel good knowing you're helping to support their overall health and well-being for years to come.

9 Best WEBSITES to Sell Stuff and Make MONEY!

1. Facebook Marketplace is free. With local pickup and shipping options, people can find and buy your listings from just about anywhere—and you can vet them before meeting.

2. Craigslist, like the classified section of the newspaper, is a free website that shows a sales forum in your city. Craigslist works best for furniture, cars, collectibles and home goods. But beware: There has been tons of scammers who pose as fake buyers.

3. eBay is for selling collectible items, electronics and vintage or antique pieces. With auction and Buy Now options, you choose how buyers purchase your goods. Heads up: There are some fees, so read the fine print.

4. Etsy's Marketplace allows reselling in their vintage and craft supplies categories. The more unique, the better!

5. Nextdoor is great to keep sales local.

User accounts are based on your neighborhood, so you can connect with buyers nearby.

6. OfferUp is a free app with options to sell locally or ship items. Make a free profile with your email, list your items, and work out the price and pickup details with your buyer.

7. ThredUP is a consignment style site where you mail them your items, then they do all the work, give you a cut of the sale, and it conveniently gets picked up from your front door!

8. Decluttr is a great option to keep sales local. User accounts are based on your neighborhood, so it's a great platform to connect quickly with buyers nearby.

9. Shopify is used for creating your own store. For only \$29 a month, you can set up your own website with a shopping cart and link out to other online sites, like Amazon or eBay.



The Internet is great for a few things: Doug the Pug's Instagram, two-hour delivery, spaghetti sauce recipes and the life story of the heirloom tomato. Plus, another thing: making money!



TIPS for the Back-To-School Season



Whether your child is beginning kindergarten or a returning student, there's lots to be done to prepare for the year ahead, including talking about their fears, anxieties, and concerns.

1. Visit the school or classroom before the first day. Before the new school year begins, familiarize your child with the general layout of the school to help them feel more comfortable on their first day, even if your child is returning to the same school.

2. Read books about starting school. Stories with characters your child can relate to – especially those with characters attending their first day of kindergarten – are useful for relieving first-day jitters and providing a boost of confidence where needed.

3. Talk to your child about their feelings about school, friends, teachers, and new activities. When discussing back to school, you might gauge your child's thoughts about the classroom. Ask them what they are looking forward to and what they are interested in learning, along with any concerns they might have.

4. Set intentions with your child for the school year ahead. Just like adults make intentions for the new year, students can do the same for the new school year. Some teachers recommend choosing a "focus word" with your child every month that represents their intention. (September words might include friendship, perseverance, or kindness.)

5. Leave time to read for fun. Set up a book nook at home to develop a reading routine. This way, you and your child (or just your child, if they're already reading independently) will have a place to read when they get home from school.

6. Gather the supplies they need for a successful school year. Designating items as "back to school," even something small like a fresh box of crayons, makes preparing for the school year a ritual and can stoke excitement.



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