

# HEALTHY, WEALTHY & WISE

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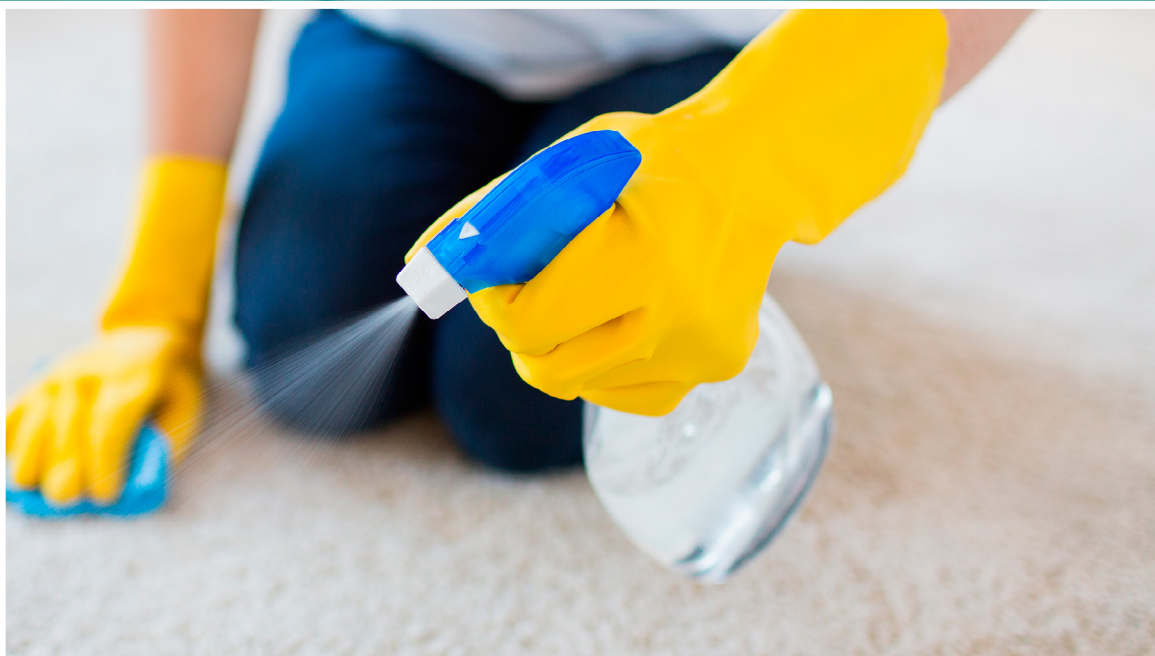
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AUGUST 8TH IS  
NATIONAL YARD  
SALE DAY



## CARPET CLEANING... How Often is Enough?

One of the most common questions we are asked is, "How often should I get my carpets cleaned?" It's a reasonable question. After all, carpet cleaning can be a bit of a disruption in your daily routine. Then there is the expense of professional cleaning.

It makes sense not to get your carpets cleaned any more often than necessary. But some people think you should wait *as long as possible*. They believe that once cleaned, carpets get dirty faster. As with most consumer myths, there is some truth to this.

Many years ago, carpet cleaners did not have access to the quality cleaning agents, equipment and training we have today. As a result, many well-meaning carpet cleaners used soaps and shampoos that left sticky detergent residues, which attracted soil like a magnet. Unfortunately, there are still some "professional" carpet cleaners that use inferior cleaning agents, equipment and methods, so you still have to be careful.

The Institute of Inspection Cleaning and Restoration Certification (IICRC) recommends that carpets be cleaned *at a minimum*, every 12-18 months. This agrees with the recommendations of the Carpet and Rug Institute (CRI).

Most carpets carry one or more manufacturer warranties. These warranties vary in what they will and will not cover. Some cover spots and spills. Others protect you from premature wear or unwanted changes to texture or color. One thing all carpet warranties have in common is that they require routine vacuuming, prompt attention to spots and spills as well as periodic cleaning by a qualified professional. Depending on the manufacturer and the product, this could be every 12, 18 or 24 months. Again, this is in line with guidelines from both IICRC and CRI. But remember that these are *minimum* guidelines. Cleaning is about more than appearance. You need your carpets cleaned for health.



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## Black Bean and Cucumber Salad

### Ingredients:

- 1 seedless cucumber, quartered and cut into chunks
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1 cup frozen corn, thawed
- 1/2 red onion, chopped
- 3 tablespoons extra-virgin olive oil
- 4 1/2 teaspoons orange marmalade
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1/2 teaspoon ground cumin
- salt and ground black pepper to taste

### Directions:

1. Toss cucumber, black beans, tomatoes, corn, and onion together in a large salad bowl.
2. Whisk olive oil, orange marmalade, lemon juice, honey, and cumin together in a bowl; season with salt and pepper.
3. Drizzle the dressing over the cucumber mixture; toss to coat.

recipe courtesy allrecipes.com

► Continued from cover

### So what about YOUR home?

Determining the frequency of carpet cleaning in *your* home should be based on *your* family lifestyle. This includes the outdoor environment as well as the number of adults, small children and pets in your home. There are other factors such as whether there are smokers, allergy or asthma sufferers living in your home.

Every family is different. Some families don't wear street shoes in the house, while in other homes, people are in such a hurry, they don't even wipe their feet. Some families only eat and drink in the kitchen, while in other homes food and beverages are enjoyed throughout the house. Then there are the pet accidents, food spills and other soils common in busy, active households with kids.

In general, annual cleaning works well for most households. But if you have children, pets or any of the other factors mentioned above, you may want to have your carpets cleaned more often; every 6-9 months. The best way for you to determine how often you should get your carpets cleaned is by observation. Notice how long it takes before routine vacuuming and spot removal efforts are not enough to keep your carpet looking, smelling and feeling clean. Remember, modern carpets are designed to hide soil. So by the time your carpets are visibly soiled, it is already past due for professional cleaning.

If you have questions about carpet cleaning or any other services offered by Sunrise Carpet Care, just call us. We're happy to help.

## The Benefits of Volunteer Work

It is easy to recognize the benefits of volunteer work to those who take advantage of the services provided. But don't underestimate the benefits to you personally when you undertake this kind of work. Volunteering can provide you with a way to meet new people, expand your skills, and boost your self-esteem. You will gain career experience along the way as well.

Make sure any volunteer work you do is noted on your resume. If you are unsure of what direction your career is taking, exploring different opportunities through volunteering is a great way to test the waters. You also are networking as you work. You are meeting people in a field you are interested in, who could become important contacts by either offering you a job or highly recommending you for one.

Where should you volunteer? A good place to start is anywhere that you would be interested working. Follow your interests



or career path. Approach an organization or company, and ask if they accept volunteers. Be honest about your ability to commit to a certain amount of time and what types of jobs you would be interested in. You may be surprised at all of the opportunities out there.



## What to Bring on a Hike

Hiking lets you enjoy the great outdoors while you get in some quality exercise time. This is one activity that you will want to take time to prepare for correctly. What you take will depend on where you are going and how long you plan to be away, but any backpack should include the following:

- Candle and matches
- Cell phone
- Clothing (always bring something warm, extra socks and rain gear)
- Compass and map
- First aid kit
- Food (bring extra)
- Flashlight
- Hat
- Insect repellent
- Nylon filament
- Pocket knife
- Pocket mirror (to use as a signaling device)
- Prescription glasses and medications
- Radio with batteries
- Space blanket or a piece of plastic (to use for warmth or shelter)
- Sunglasses
- Sunscreen
- Trash bag (makes an adequate poncho)
- Water
- Waterproof matches or matches



- in a waterproof tin
- Water purification tablets
- Whistle (to scare off animals or to use as a signaling device)

Always allow for bad weather and for the possibility that you may be forced to spend a night outdoors unexpectedly. It's a good idea to assemble a separate "survival pack" for each hiker to have at all times. In a small waterproof container, place a pocket knife, compass, whistle, space blanket, nylon filament, water purification tablets, matches and candle. With these items, the chances of being able to survive in the wild are greatly improved.

## Protecting Your Family's Eye Health

August is Family Eye Care Month. Many eye diseases and disorders can be addressed if they are caught early. The number one mistake people make when it comes to their eye health is only seeing a doctor once a problem develops.

But did you know that your optometrist may be able to detect other problems as well? It is possible to detect some problems like diabetes, high blood pressure or even tumors. Take some time this month to schedule an appointment with your health care provider or eye doctor. It is the perfect time to schedule routine eye exams for you and your family.



## Good Clean Funnies

### Out of Stock

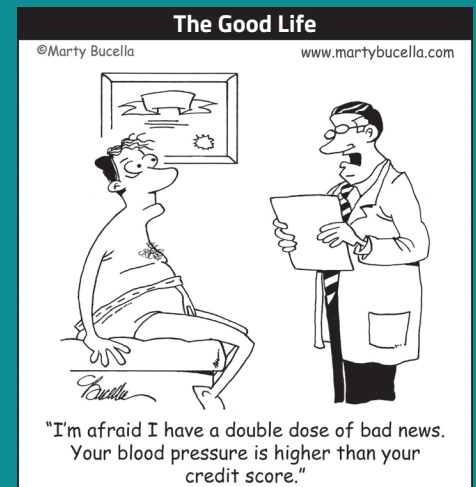
The manager of a gardening center overheard one of his employees talking to a customer. "No," said the employee, "we haven't had any of that for a while. And I don't think we'll be getting any soon."

The customer headed out the door, and the manager angrily approached the employee. "Never tell a customer we can't get something. Anything they want, we can special order it and have it delivered to their home. Do you understand?"

The employee nodded slowly.

"Well, what did he want?" asked the manager.

"Rain," replied the employee.



## Quick Tips

### Green Living Tip

Can you make your exercise routine greener? Sure! Try taking your workout outdoors, doing your stretching and cardio on trails nearby. You'll save the energy of lighting and heating or cooling your gym space at home. You can supplement your workout routine with a lunch break walk or doing yard work.

### Car Tip

If you are going to store your car for more than one month, it is best to leave it with a full tank of gas. This helps prevent condensation from accumulating in the tank. Before parking it, add a fuel stabilizer and drive it for a couple of miles to help the stabilizer distribute to the engine parts.



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## Win a \$50 VISA Gift Card

Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

**Most manufacturers' carpet warranties require professional cleaning:**

- a. every 12-24 months
- b. every 18-36 months
- c. every 2-4 years
- d. only when you get a nice tax return

Email your answer to [jrsonrise@gmail.com](mailto:jrsonrise@gmail.com) or call our office at (937) 550-4049. The winner will be determined from a drawing of all correct answers!

*Contest Expires 8/31/2016.*

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