

HEALTHY, WEALTHY & WISE

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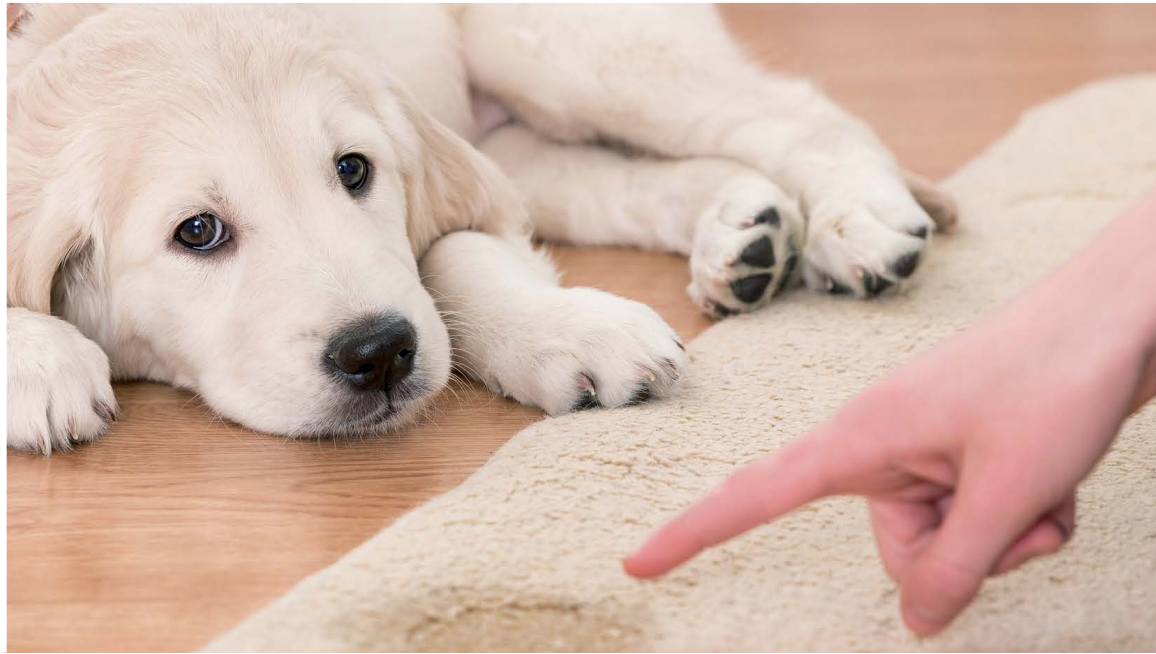
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So What's the Big Deal About... Pet Urine?

Our pets don't understand why we make such a big deal of a little urine on the carpet. To animals, urine is an important social tool that is used as a calling card, mate attractant or a territorial warning. Urine lets other members of the species know important information regarding their gender, age and health.

Animal urine is a rather benign substance. When it leaves a healthy animal it is sterile. In small amounts and low concentration, the odor and appearance may be undetectable. Still, any urine deposit on carpet should be treated appropriately.

If you are lucky enough to catch the animal in the act, you can pour salt liberally onto the urine while it is still wet. Use enough salt to completely cover the spot. The salt will absorb and neutralize the urine. Let it dry for 8-12 hours and vacuum it away.

But most of the time, the urine is already dry by the time we find it. Applying a neutral carpet cleaning agent, gentle agitation and a thorough rinse may be enough to treat light urine

deposits. Finish the job by placing a folded white towel on the area. Set a weight, such as an unwanted book on the towel and leave overnight. The remaining moisture and residue will wick into the towel.

Once urine contamination has reached the point that it has penetrated the carpet and the underlying pad, removal of the odor becomes more difficult. Heavy urine deposits are much more challenging to treat and you will need the help of Sonrise Carpet Care. Why? Because urine undergoes a dramatic chemical change as it ages. The water in the urine evaporates and leaves behind organic compounds that become more and more concentrated.

Bacteria begin to consume the urine and break down the proteins, sugars and other organics. During this process the bacteria secrete ammonia and a strong, pungent odor becomes apparent. The urine turns from a mild acid to a strong alkali. This strong alkaline deposit attacks the dyes in some carpets. Over time, the dyes can be weakened or removed, causing permanent color-loss.



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Grilled Marinated Shrimp

Ingredients:

- 1 cup olive oil
- 1/4 cup chopped fresh parsley
- 1 lemon, juiced
- 2 tablespoons hot pepper sauce
- 3 cloves garlic, minced
- 1 tablespoon tomato paste
- 2 teaspoons dried oregano
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 pounds large shrimp, peeled and deveined with tails attached
- skewers

Directions:

1. In a mixing bowl, mix together olive oil, parsley, lemon juice, hot sauce, garlic, tomato paste, oregano, salt, and black pepper. Reserve a small amount for basting later. Pour remaining marinade into a large resealable plastic bag with shrimp. Seal, and marinate in the refrigerator for 2 hours.
2. Preheat grill for medium-low heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. Lightly oil grill grate. Cook shrimp for 5 minutes per side, or until opaque, basting frequently with reserved marinade.

The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cooking method, etc., the actual amount of the marinade consumed will vary.

recipe courtesy allrecipes.com

► Continued from cover

The adhesives used in the carpet backing can be dissolved, and the carpet can literally fall apart. Permanent damage to wood subfloors will also result from deep penetration of concentrated urine deposits, requiring additional expensive repairs. The most critical action to prevent permanent damage is to act quickly when you notice a urine spot.

Sonrise Carpet Care has several techniques available to clean and deodorize pet contamination. In addition, there are different cleaning and deodorizing agents in our arsenal. The decision of which methods and agents to use will depend on several factors; the amount of contamination present, the depth of penetration, the construction of the carpet,

the fiber content, the installation method, the sub-floor type and the size of the affected area must all be considered.

There are times when the damage is too severe and the best option is to replace the carpet. In such situations, we can assist by decontaminating and sealing the sub-floor and adjacent materials with a specialized odor-counteracting sealer so that the new carpet does not inherit the old odor problem.

If you have a pet odor problem, the best action is to call Sonrise Carpet Care for a professional assessment of the situation. We are experts at handling difficult odor problems and can help you choose the solution that is right for you.

Summer Safety

Every year, the end of school means fun in the sun for children, but it can also bring its share of hidden hazards. To be sure that your child stays safe this summer, don't forget these simple reminders.

1. Children should never be left unattended near water. A small child can drown in even an inch or two of water.
2. Your child should always wear a helmet when biking, riding a scooter, rollerblading, or skateboarding. Teach your child the basic rules of the road and caution him or her to always be aware of traffic on roads and in parking lots.
3. Excess sun exposure is always a concern in the summer months. Use a sunscreen of SPF 15 or higher every time your child goes outdoors. Limit time in the sun during the hours of 10:00 a.m. to 4:00 p.m.
4. Remind your child of playground safety. Children should not climb on the outside of play equipment and should never



walk in front of or behind moving swings.

5. When grilling, be aware of people around you. Curious children especially need to be supervised and taught not to run or play around a barbecue grill. They should never touch a grill. Have water available when grilling in case of accidental fire.

With a little common sense and some simple precautions, you and your family can make this a safe and fun summer.

How to Protect Potted Plants from the Heat

High temperatures are not only hard on us. They can be tough for our plants as well. Whether you have plants indoors, outdoors, or both, there are some simple things you can do to help your plants weather these hot days.

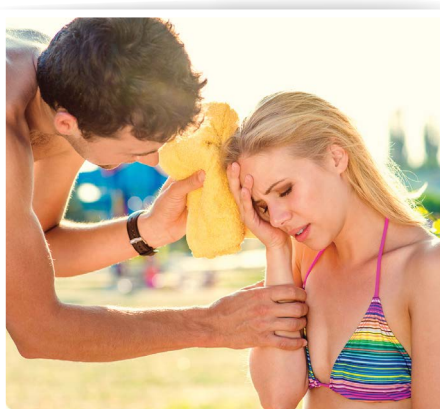
In general, house plants prefer an environment between 70 and 80 degrees, with nighttime temperatures about 10 degrees cooler. Try to keep your potted plants out of direct sun during the hottest time of the day, especially if they are in a southern facing window. Be aware though that some plants require several hours of direct sunlight each day to thrive.

Water your plants properly. Your potted plants should be watered when the soil begins to feel dry. If you overwater your plants, they are more subject to wilting and disease. Underwatering your plants, of course, is also not good for them. You should plan on watering more often as the weather heats up.



If your outdoor potted plants are not thriving, consider moving them to a more protected location. Outdoor plants tend to lose water more easily, as they are heated up more than indoor plants. Try using plastic pots instead of terra cotta or unglazed ceramic pots. These will hold moisture more readily.

Watch for pests also, as warmer weather brings more bugs. Inspect your plants regularly for any signs of insects and consider using an insecticide if you do find any.



needed. If you do find that you are experiencing any symptoms of heat stroke, get help immediately. Symptoms of sunstroke include dizziness, fatigue, headache, and rapid pulse and breathing. This eventually progresses to an elevated body temperature, lack of sweating, confusion, and can lead to shock. The sooner you get treatment, the better.

Keeping Your Cool: Protecting Yourself from the Dangers of Sunstroke

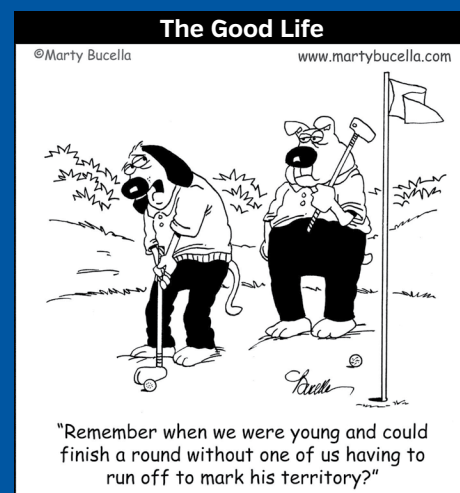
Warmer weather has arrived. Along with the fun of outdoor activities come some dangers, too. Among those dangers is sunstroke, also called heatstroke. To protect you and your loved ones from this hazard, keep these tips in mind this summer.

To avoid getting sunstroke, remember to drink plenty of fluids on warm days or when your activity level is up. Avoid caffeine and alcohol, both of which can dehydrate you. Wear light colored, loose clothing and always wear a hat in direct sunlight. Try to stay in the shade and take breaks as

Good Clean Funnies

Oh, Say Can You See

Leonard took his son, Tommy, to several baseball games, where each time "The Star-Spangled Banner" was sung before the first pitch. It was a week later on the Sunday before the 4th of July that they attended services at their church. The congregation stood to sing the National Anthem, and Tommy joined right in. As the music ended and everyone sat down, Tommy yelled out at the top of his lungs, "Play ball!"



Quick Tips

Food Tip

Getting kids to eat healthy foods can be challenging. To make it easier, be sure to watch what your kids are drinking. While it may be obvious that sodas are unhealthy, even nutritious fruit juices can add up. Experts recommend only 4 to 6 ounces of 100 percent fruit for children under the age of six. Older children should only drink 8 to 12 ounces a day. While there are good nutrients in these beverages, the sugar and extra calories can quickly outweigh those benefits.

Healthy Living Tip

If you haven't yet taken a vacation this year, summer might be the best time to indulge in some getaway activities. Research has shown that a vacation can lower your blood pressure and can reduce levels of stress hormones such as cortisol. If you can't manage a full vacation, consider going away for a weekend or two this summer—even short trips have health benefits.



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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:

As pet urine ages and decomposes on carpet:

- a. it changes from an alkaline to an acid
- b. it changes from an acid to an alkaline
- c. it self-neutralizes and becomes inert
- d. it evaporates, leaving only fond memories

Email your answer to 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 7/31/2016.

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