

HEALTHY, WEALTHY & WISE

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June 8th is
World Oceans Day



How to Make Cleaning as Easy as "Pie"

We have all sorts of materials in our homes. Wood, glass, tile, metal, carpet, fabrics, stone, plastics and more. They all have one thing in common. Sooner or later, they all need to be cleaned. Fortunately, even with so many materials, there are only four basic principles you need to know in order to clean any of them. *Don't shout it out... C.H.A.T. it out!*

The basic principles of cleaning can be easily remembered by the acronym, C.H.A.T. The four letters stand for **C**hemical, **H**eat, **A**gitation and **T**ime. Proper application of these four principles is important for effective cleaning.

Chemical

The word chemical doesn't always mean toxic; technically, even water is a chemical. Everyone uses soap to wash themselves, shampoo to clean their hair and various detergents to clean the dishes they eat on, and the clothes they wear. All of these cleaning agents are chemicals, and properly used, they are harmless.

There are different cleaning agents designed to remove a variety of soils

from all kinds of surfaces. A product designed to work on tile and grout floors would likely damage carpet or wood. A wood cleaner would not do an adequate job of cleaning glass. To work well the right chemicals must be matched to the surface and suitable for the soil that you are trying to remove.

Heat

Hot water cleans better than cold water. In situations where it is safe to do so, adding heat to your cleaning solution will increase chemical effectiveness, and decrease overall cleaning time. When you are dealing with heavily soiled surfaces, heat is especially helpful. Grease and oil are broken down by heat, so using hot cleaning solution and hot water to rinse will yield excellent results.

Agitation

Scouring pads, brushes, coarse cloths, and even high pressure water are some methods used to achieve agitation. Agitation helps by distributing your cleaning agent, dislodging soils from surfaces and suspending them in the cleaning solution to be rinsed away.



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Spicy Grilled Chicken with Mango Salsa

Ingredients:

- 4 [4 ounce] boneless, skinless chicken breasts
- 2 tblsp chicken seasoning
- 1/4 cup Mazola® Corn Oil
- 3 tblsp fresh lemon or lime juice

Mango Pepper Salsa:

- 2 cups diced fresh mango
- 1 cup diced red bell pepper
- 3 tblsp minced red onion
- 1 tblsp fresh lemon or lime juice
- 2 tblsp minced fresh cilantro
- Salt and pepper to taste

Directions:

1. Preheat grill to medium heat, or between 350 degrees to 450 degrees F.
2. Trim excess fat from chicken, rinse and pat dry. If necessary, pound chicken to 1/2-inch thickness. Place chicken into a 1-gallon size resealable plastic bag. Add seasoning, oil and lemon juice to the bag. Seal bag and turn to thoroughly coat chicken.
3. Grill chicken over direct high heat for 6 to 8 minutes. Turn chicken and continue to cook for 6 to 8 minutes until cooked through. Transfer to a serving plate.
4. Combine salsa ingredients in a bowl; stir and season to taste with salt and pepper. [Can be made up to 8 hours ahead and refrigerated until ready to serve.]
5. Top grilled chicken with mango salsa and serve immediately.

recipe courtesy allrecipes.com

► Continued from cover

Time

We all know that the longer you scrub and rinse something, the cleaner it gets. While that is true, it's not the best use of time. When you are cleaning, dwell time of your cleaning agent is important. Dwell time means that you allow the product time to work, breaking down and dissolving soils. The amount of dwell time will depend on the type and quantity of soiling, the surface being cleaned and the strength and concentration of your cleaning solution.

Easy as Pie

Think of all of the four principles [chemical, heat, agitation, time] as four slices of a pie. If you slice the pie evenly, everyone gets the same amount. But, if someone wants a bigger slice, you will have to decrease the size of one or more of the other pieces of the pie.

Here's how it works in cleaning: If you have to use a very mild cleaning chemical, you'll need to

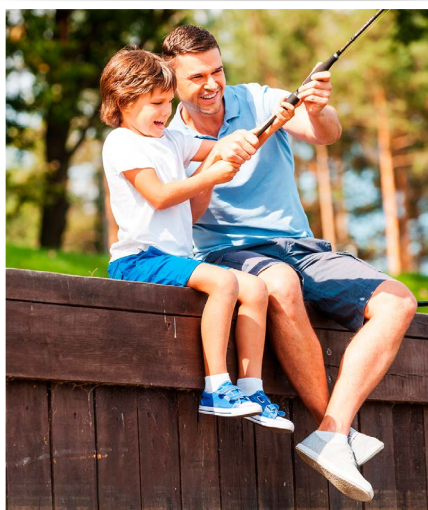
increase dwell time, agitation and/or temperature. If you can't use hot water, you will have to use more chemical, more dwell time, or scrub more aggressively.

If you can't use agitation, you will need more time, heat and/or chemical action. Increasing temperature by using hot water is usually the best way to improve cleaning efficiency and save time. Hot water reduces the amount of chemical you need to clean, suspends more soil, and rinses better. Temperatures over 130°F begin to kill microbes on surfaces, providing sanitizing benefits. If you apply The 4 Principles of Cleaning, you can be more successful cleaning just about anything.

Of course, when it comes to cleaning your carpet, upholstery, rugs and tile, Sonrise Carpet Care technicians are the experts at applying the 4 principles of cleaning. That's why we produce the best results every time, guaranteed.

Happy Father's Day

In the late 1800's, a baby girl, Sonora Smart, was born. Unfortunately, her mother died giving birth to her. The usual practice was to send such a child off to relatives who would care for her. But Sonora's father, William, chose to keep her close to home, raising the little girl along with her five siblings alone on a farm in eastern Washington.



Sonora grew up and married, becoming Sonora Smart Dodd. One day in 1909, she was sitting in church listening to a Mother's Day sermon. Thinking that her father deserved the same recognition as any mother did, she began an effort to designate a special day for fathers. The first Father's Day observance was held the following year in Spokane, Washington. She chose the month of June, the month of her father's birthday.

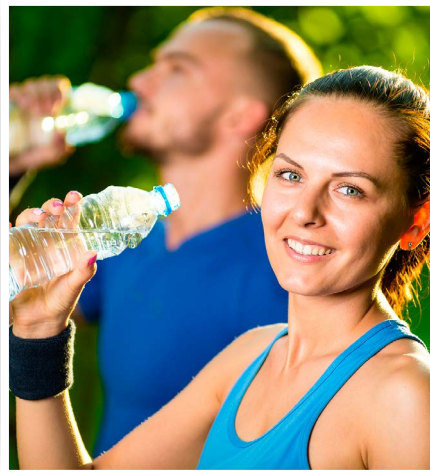
Within 15 years, this custom had spread across the country. In 1924, Calvin Coolidge issued the first presidential proclamation in support of Father's Day. President Richard Nixon made it a permanent designation in 1972. The third Sunday in June has become a National Day of Observance in honor of fathers everywhere. One woman's love for her father has inspired millions to honor their fathers as well.

Exercising Safely in Warmer Weather

If you enjoy exercising outdoors, there is no reason to give it up when the weatherman is predicting a heat wave. You do, however, have to take some precautions. Follow these guidelines when exercising this summer.

You should acclimate your body to increases in temperature gradually. Cut back on your regular routine and then gradually increase the amount of exercise you do over the next few weeks. It is not safe to exercise during extreme heat and/or humidity. Try to avoid the hottest part of the day, generally from 10 a.m. to 3 p.m.

Wear light colored, loose fitting, cotton clothing. Wear a hat and use sunscreen to protect you from sunburn. Be very aware of the dangers of dehydration. You should drink plenty of water before, during, and after exercise in warm weather. Your body can lose up to a quart of water an hour. It is possible to over-hydrate,



so don't overload your body on fluids. But you will need about one to two cups of fluid every 20 to 30 minutes of exercise, depending on the heat and your level of activity.

If you begin to feel weak, dizzy, or nauseous, you may have the first signs of heat exhaustion. You may also get a headache, notice that sweating stops, or feel overheated. At the first sign of any of these symptoms, stop exercising, move to a cooler location, and drink some water. If the symptoms persist, see a doctor immediately.

Backyard Safety Tips

The sounds of summer always include children playing outdoors. To ensure that your children will be safe as they enjoy their summer vacation, use this checklist to inspect your backyard swing set and play equipment.

1. Are the bolts tight? Be sure to tighten all bolts before your children use the equipment.
2. Do the ends of the bolts have safety caps on them? Children can be seriously injured from a puncture by an uncapped bolt. Most hardware stores sell replacements caps.
3. Are handrails rusted or loose? Tighten all handrails and ensure that there are no loose or sharp edges. Any other metal parts should be checked for rust and rough spots. They should be filed down and recoated before children use the equipment.
4. Are there any rough spots on the wood? Most manufacturers recommend that the wood on wooden play sets be stained every year to extend the life of the unit and to prevent splinters from forming.



Good Clean Funnies

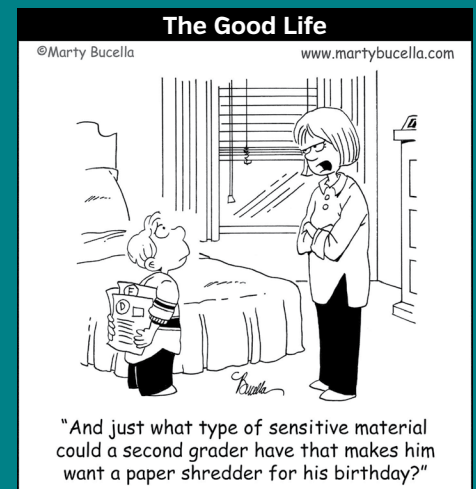
It's the Thought That Counts

A seventeen year old boy was out late with his friends one summer night when he realized that the next day was Father's Day. He had forgotten all about it. So after finding an open store, he was disappointed to find only two cards left on the picked-over rack. He read them both, shrugged his shoulders, and left with one of the cards.

The next morning, he tumbled out of bed, made his way downstairs, and presented his card to his dad. His father read it and then looked up with a puzzled expression on his face.

"You've been like a father to me," he said questioning.

"Well," said the boy, "you're lucky I didn't get the one that said, 'Now that I am a father too!'"



Quick Tips

Money Tip

Looking for something to do this weekend, but don't have much cash? Head outdoors! Nature offers unending peace and entertainment, all for free. And while you are saving money, you'll enjoy increased health and a reduction in stress, making it the best bargain around.

Car Tip

Items in the bed of a pickup truck can damage the finish of the bed if they shift during transport. A simple trick is to use an adjustable shower curtain rod to brace the items. Load each item against the front wall of the truck bed. Then install the rod behind it, twisting to secure. If the items are small, use a cargo net to secure them.



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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:

The acronym C.H.A.T. stands for:

- a. Chemical, Heat, Agitation and Time
- b. Cleaning, Humidity and Atmospheric Temperature
- c. Conditioning, Harnessing, Applying and Testing
- d. Children + Husbands + Animals = Trouble

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 6/30/2016.

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