



Cleaner Living

March 2008

In This Issue

- Why Pets Reduce Stress
- March Madness Winners
- Ask the Expert
- This Month's Events & Joke
- What Clients are Saying

This Month's Special

Visit www.freecarpetcleaning.net and we'll give you \$10 off for each referral you submit that uses KleenRite. You could get up to \$200 worth of free carpet cleaning! We'll also send your friend(s) a gift certificate for one FREE room of cleaning (up to 200 sq. ft.). No worries, their information is safe. We'll simply send them the gift certificate absolutely FREE!

Thank You

Thank you to those who have referred us:

- Linda Linke
- Wendy Branz
- Peggy Loftus
- Trudy Madden
- Jackie Rayburn

5 Top Reasons Why Pets Reduce Stress

1) Pets give us a reason to nurture

Taking the dog outside so he can have his bathroom break at the "bark park" or in the back yard, helps you feel responsible and useful to another living creature. The tail wagging or your cats purring will give you the non-stressed feelings of something good.

2) They are a friend and confidante

Sometimes stress means no one to talk to. Well, who better than your pet? Those brooding sad eyes and big ears listening to your every word, they feel your sadness or your joy. Never criticizing or arguing their point of view. Your favorite tabby will never risk her tail to share your secrets with anyone. Your four legged friend will meet and greet you as if you were a celebrity on the red carpet. There is no chance for feeling stressed when you feel this great.

3) Rather low maintenance

Teaching a dog to be "house broken" may make you feel impatient at times. It will be over quickly and you never have the thoughts of disposable diapers. Doggy maintenance is minimal, A cat on the other hand, just needs to know where the cat box is and the reassurance that there is fresh cat

litter in her box. Simple duties, when you compare your maintenance to theirs. Brushing your pet helps you relax and it makes them look great.

4) Give unconditional love

Love relieves so much tension. The best type is unconditional love. It multiplies itself as well. Your pets don't need flowers, candy or cards to understand your love. All you have to do is touch your dogs head or tickle under your cats chin. You have instantly brightened their day. They of course will do anything to please you and return your love,



5) They are healthy to have around

There are numerous reports of the health benefits of having pets. Your blood pressure is lowered, that is text book knowledge. You get plenty of exercise walking your dog as well. Try an experiment; sit quietly on the sofa or a comfy chair with a book or magazine. Then see how fast your cat will come over to join you. You both will feel relaxed. See, you have created warm fuzzy feelings.

Ellen Norman publishes e- books containing stress reducing, and stress eliminating suggestions and tips on her website <http://www.nostress4nurses.com>



Carpets Cleaned Right or Cleaned FREE!

www.KleenRite.net



March Madness - Tournament Winners 1939 to Present

Year	Champ	Score	Runner-Up	Year	Champ	Score	Runner-Up
1939	Oregon	46-33	Ohio St.	1976	Indiana	86-68	Michigan
1940	Indiana	60-42	Kansas Duquesne	1977	Marquette	67-59	North Carolina
1941	Wisconsin	39-34	Washington St.	1978	Kentucky	94-88	Duke
1942	Stanford	53-38	Dartmouth	1979	Michigan St.	75-64	Indiana St.
1943	Wyoming	46-34	Georgetown	1980	Louisville	59-54	*UCLA
1944	Utah	42-40	Dartmouth	1981	Indiana	63-50	North Carolina
1945	Oklahoma St.	49-45	New York U.	1982	North Carolina	63-62	Georgetown
1946	Oklahoma St.	43-40	North Carolina	1983	North Car St	54-52	Houston
1947	Holy Cross	58-47	Oklahoma	1984	Georgetown	84-75	Houston
1948	Kentucky	58-42	Baylor	1985	Villanova	66-64	Georgetown
1949	Kentucky	46-36	Oklahoma St.	1986	Louisville	72-69	Duke
1950	CCNY	71-68	Bradley North Carolina St.	1987	Indiana	74-73	Syracuse
1951	Kentucky	68-58	Kansas St.	1988	Kansas	83-79	Oklahoma
1952	Kansas	80-63	St. John's (N.Y.)	1989	Michigan	80-79	Seton Hall
1953	Indiana	69-68	Kansas	1990	UNLV	103-73	Duke
1954	La Salle	92-76	Bradley	1991	Duke	72-65	Kansas
1955	San Francisco	77-63	La Salle	1992	Duke	71-51	*Michigan
1956	San Francisco	83-71	Iowa	1993	North Carolina	77-71	*Michigan
1957	North Carolina	54-53	Kansas	1994	Arkansas	76-72	Duke
1958	Kentucky	84-72	Seattle	1995	UCLA	89-78	Arkansas
1959	California	71-70	West Virginia	1996	Kentucky	76-67	Syracuse
1960	Ohio St.	75-55	California	1997	Arizona	84-79	Kentucky
1961	Cincinnati	70-65	Ohio St. *	1998	Kentucky	78-69	Utah
1962	Cincinnati	71-59	Ohio St.	1999	Connecticut	77-74	Duke
1963	Loyola (Ill.)	60-58	Cincinnati	2000	Michigan St.	89-76	Florida
1964	UCLA	98-83	Duke	2001	Duke	82-72	Arizona
1965	UCLA	91-80	Michigan	2002	Maryland	64-52	Indiana
1966	UTEP	72-65	Kentucky	2003	Syracuse	81-78	Kansas
1967	UCLA	79-64	Dayton	2004	Connecticut	82-73	Georgia Tech
1968	UCLA	78-55	North Carolina	2005	North Carolina	75-70	Illinois
1969	UCLA	92-72	Purdue	2006	Florida	73-57	UCLA
1970	UCLA	80-69	Jacksonville				
1971	UCLA	68-62	*Villanova				
1972	UCLA	81-76	Florida St.				
1973	UCLA	87-66	Memphis St.				
1974	North Car St.	76-64	Marquette				
1975	UCLA	92-85	Kentucky				



TRIVIA: THIS MONTH'S TRIVIA WINNER

Congratulations to Elizabeth Huber, who answered this month's trivia question correctly!

You could win, too! Look at the trivia question on the back of this newsletter, find the answer, and visit our web site

online at www.kleenrite.net to send us your answer! If you don't have internet access, call our trivia line at 353-5244 and leave us voicemail including your name, phone number, and your answer. All correct answers will be entered in the drawing to win!

Ask the Expert

Q. How can I remove oil base paint from nylon carpet?

A. Not all dried paint is 100% removable, but here are some suggestions:

Use a citrus gel solvent spotter formulated for carpet. A gel stays on top of the carpet fibers and slows evaporation allowing the solvent to dissolve the paint. Volatile spotters normally contain tetrachloroethylene or perchloroethylene, suspected carcinogens.

Liquid paint removers can quickly penetrate to the carpet backing and loosen or dissolve the adhesives. Both give off fumes that can be hazardous to breathe.

If hardened drops of paint are visible on the tips of cut pile, begin by carefully snipping them off with scissors. This will reduce the occurrence of dissolving and then spreading the paint. Be careful not to cut holes in the carpet.

Apply a citrus gel, allow it to sit 5-10 minutes; agitate with a nylon scraper and absorb into a towel. Apply a detergent extraction solution or general spotter and agitate again. Use caution not to fray the fiber. Thoroughly extract with hot water.

Damon Hackleman
KleenRite

This Month's Events

March 13th - Funfare 10:30AM

A program of stories, songs, puppets, and films for children and their parents or caregivers. No registration required. Call 367-4069 for more information.

March 25th - Performance Advantage - 7PM

Would you benefit from better alertness and reaction time while driving around town? How about more having more energy through out the day? Learn how local services can help you improve your performance advantage on the field and in life! To register call the Savoy Recreation Center at 359-3550.

March 26th - Free Home Buyer Seminar 5:30 pm to 6:30 pm

Hosted by The Bechtel Group
Keller Williams Realty
821 S. Neil Street, Champaign
For more info (217) 239-7110 or
www.BechtelHomes.com

This Month's Joke

Q. How did the basketball court get wet?
A. The players dribbled all over it.



Emma turned 2 on Valentines Day!

What Clients Are Saying

"Cleaning experts who arrive on time and get the job done- always friendly & courteous."
- Linda Linke

"A good experience both times. I will certainly recommend you to all my friends and neighbors."- Wendy Branz

"Your customer service is excellent as is your cleaning service."- Peggy Loftus

KleenRite

Carpets Cleaned Right or Cleaned FREE!

602 Ashford Court
Champaign, IL 61822

Return Service Requested

PRESORTED STANDARD
US POSTAGE PAID
CHAMPAIGN, IL
PERMIT NO. 385

In This Issue

- Why Pets Reduce Stress
- March Madness Winners
- Ask the Expert
- This Month's Events & Joke
- What Clients are Saying

What Do You Know?

Find the answer to the trivia question below and submit your answer at www.kleenrite.net or call our trivia line at (217) 353-5244 and leave us voicemail including your name, phone number, and answer to be entered to **win a \$50.00 Target Gift Card!**

This month's trivia question:
Who was the 1976 March Madness champion?

- a. Kentucky
- b. UCLA
- c. Michigan
- d. Indiana

Look for the answer inside this newsletter!

Cleaner Living



March Madness Meatballs

- 2 pounds ground beef
- 10 ounces grape jelly
- 1/4 cup chili sauce
- 2 tablespoons prepared mustard

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C). Line a large roasting pan with aluminum foil.
2. Shape ground beef into golf-size balls. Place on prepared roasting pan for 20 to 25 minutes until done.
3. Meanwhile heat the jelly, chili sauce and mustard together in a 2 quart Dutch oven. Drain and add meatballs to the Dutch oven. Cover and simmer on low for 1/2 hour. Serve hot in chaffing dish with toothpicks.