



Cleaner Living

July 2008

In This Issue

- Bugs Be Gone
- Understand Your Aches & Pains
- Ask the Expert
- This Month's Events
- 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:

Lila Sullivan
Barbara Powell
Lezlie Kunkel
Robert Rowe

Bugs Be Gone!

Pests don't have to ruin your summer relaxation in the backyard. Here are some tips for pest control around the home:

Around the Home

Foliage and soil that surrounds your home's foundation is an easy access for ants, spiders, and termites. Consider relandscaping and avoid planting plants that attract aphids and similar insects.

Stepping Stones

Did you know that stepping stones are a popular habitat for termites and other insect? While they're a great addition to your landscape, use them sparingly and don't put them too close to your home or patio.

Careful When Mowing

Yellow Jackets and hornets can be disturbed by powered lawn equipment sending them into 'attack mode.' Stay away from nests and if you see them entering or exiting a hole, don't plug it! They'll simply find another way out.

Also be careful when lounging! Always look when reaching under a chair or table.

Bird Feeders

Ants love the sugary taste of the nectar you

put in those hummingbird feeders! To keep ants away, apply petroleum jelly to the cord that attaches and hangs the feeder.

Low-Hanging Branches

Tree branches that touch your house walls or roof give rodents potential access to your house! Keep branches and shrubs trimmed.

Dumpster Divers

Your trash is treasure to backyard pests! Flies, cockroaches, and ants are attracted to garbage so keep cans away from your home, dispose of the trash often, and keep a tight lid on your can.

The Good Pests

Web-building spiders can actually help reduce the number of pests in your yard since they feed on other bugs.

These spiders will build webs in corners and around patio furniture. Simply relocate them to another part of the yard and they'll continue to help you without disturbing you!

What's That Bug?

Curious about a specific bug that's made it's home in your yard? Visit WhatsThatBug.com for more information about it and how to rid of it if it's becoming a nuisance!



Carpets Cleaned Right or Cleaned FREE!

www.KleenRite.net

(217) 351-4930



Understanding Your Aches and Pains

Working out, running, playing golf, tennis...all these activities are wonderful to keep you feeling fit and vital. However, as you continue to do these activities, you may encounter muscle strains and aches that come with the territory. Although this can seem to be a nuisance when you are younger, the older you get you may notice that the aches and pains just don't go away quickly enough and actually begin to interfere with your enjoyment of these activities.

Many of the aches and pains that people complain about in the doctor's office are often diagnosed as musculoskeletal. That means, that the muscles of the body are not functioning properly to maintain optimal support of the skeletal system. Proper function of joints is only possible when the muscles around the joints are balanced with both strength and flexibility. A healthy muscle can be defined as one that can move through its normal range of motion for optimal function. So, even though you may be fit and very active, you still may need to address the muscle imbalances that are created over time by the very activity that you do!

For example, if the quads and hip flexors are tight from repetitive use such as running or biking, the strength

of these muscles are probably not in balance with their potential flexibility. With the description of a healthy muscle as defined above, these muscles can no longer be considered "healthy." Tightness in the front of the hip and thigh is not, however, the only problem. Because of the tightness on the front side of the hip and thigh, it is most likely that the muscles on the opposite side of the hip and thigh will be affected. The result will be that the gluts and hamstrings will not be able to function at their fullest potential and this muscle imbalance can create various aches and pains and possibly lead to injury over a period of time.

Unfortunately, although a muscle imbalance might seem to affect one joint, because muscles and connective tissue travel some distances in the body and can cross more than one joint, a domino effect is created. In the scenario of tight hip flexors and thighs, knees and/or the lower back can also be affected. Therefore muscle imbalance around one joint of the body needs to be addressed by looking at the functioning of the whole body. To ignore those little aches and pains and hope they go away is not the answer!

Reestablishing balance between muscle groups is essential for musculoskeletal

wellness. If you suspect your activities are causing musculoskeletal imbalances, you may want to consider adding an exercise or therapy regimen that focuses on returning the body to its optimum balanced state. This will ensure that you can continue to enjoy your activities with the added knowledge that you are keeping your musculoskeletal system balanced and healthy.

Janice Dulak, Owner,
Level 2 Romanas Pilates® Instructor
The Pilates Center LLC
<http://pilatesctr.com/>
44 East Main Street
Champaign, IL 61820
(217) 239-2694



TRIVIA: THIS MONTH'S TRIVIA WINNER

Congratulations to Rick & Terri Frederick, 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. We recently had a flood problem and removed the water, but now there's a musty smell. What can we do?

A lingering musty smell is an indication that moisture, fungal growth and/or decomposition providing the source of the odor are present.

Carpet cushion, damp drywall, particleboard, and structural wood are difficult to dry and decontamination is likely if a musty smell is occurring. Look for anything not completely dried out and provide ventilation to speed the drying process.

If the water came from a contaminated source such as a sewer backup, call our IICRC-certified technicians and we can help with water damage restoration so that proper disinfection and drying can be done.

Damon Hackleman
KleenRite



**Courtney & Emma
Enjoying the
Summer!**

This Month's Events

July 12th - Downtown Danville Farmers' Market - 6:30 am to 12:00 pm at Temple Plaza, corner of North and Vermilion streets, Danville

July 14th - 18th - FCA (FREE) Sports Day Camp - Centennial High School, Champaign
8:00 am to 3:00 pm - Free sports camp.
Session 1, grades 3-5, July 14-15.
Session 2, grades 6-8, July 16-18.

Sports instruction, testimonies, music, breakfast and lunch each day. For boys, baseball, football, basketball, soccer, wrestling, track, tennis. For girls, volleyball, cheerleading, basketball, soccer, softball, track, tennis. Call 378-4518, or visit <http://illinfca.org> for more information.

July 19th - Year of the Frog Celebration
1:00 pm to 3:05 pm at Miller Park Zoo, Bloomington. Meet Frog and Toad, learn about frogs, the environment through games, crafts, and animal encounters. Indoors if weather. Free with paid admission.

July 27th - It's a Webkinz World!
The Urbana Free Library, Urbana
12:00 pm to 1:00 pm Webkinz Only Zone in the upstairs computer lab. Play in the tournament area, compare Webkinz rooms. No registration, free.

What Clients Are Saying

"KleenRite does great work and has prompt and efficient service." - Martha Pinkstaff

"KleenRite employees are prompt, efficient and great to do business with." - Jennifer Shelby

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

- Bugs Be Gone
- Understand Your Aches & Pains
- Ask the Expert
- This Month's Events
- 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:

What should you put on your hummingbird feeder's cord to keep ants away?

- A. Petroleum Jelly
- B. Peanut Butter
- C. Raspberry Jam
- D. Tar

Cleaner Living

Salsa Rib Eye Stea

| | |
|------------------------------|-------------------------------|
| 9 oz. rib eye steak | Steak seasoning |
| 1 cup fresh parsley, chopped | 1/4 cup fresh tomatoes, diced |
| 1/2 tsp. vegetable oil | Juice from 1 lemon |

Step 1: Season rib eye with steak seasoning and broil to desired doneness

Step 2: Blend all other ingredients and arrange in center of plate

Step 3: Slice steak and arrange on top of parsley salad.

A refreshing summer meal. Serves 1.

TAKE \$2 OFF A POUND

of any marinated steak, chicken breast, or pork chop. Please show coupon to employee when ordering the product so he or she can adjust the price. Offer is good from July 7, 2008 through July 26, 2008

Old Time Meat & Deli Shop

2018 S Neil St.,
Champaign, IL 61820
(217) 351-9123