



Cleaner Living

August 2008

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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:

Leslie Miller
 Brad & Christy Parrish
 Dave & Alice Vaughan
 Donna McFadden
 Gail Carlson

9 Insomnia Solutions

One of the first insomnia solutions we want to give you is to improve your sleep habits, and the environment in which you sleep. Try a routine for a month and see if you sleep better.

Other insomnia solutions:

1. Do not dwell on insomnia. This will keep you awake. No one has ever died from insomnia

2. Go to bed at the same time each day. Delay it if you need to in order to go to bed only when you are tired

3. Make your sleep area good for sleeping. Install black blinds. Make the room darker. Only use the bedroom for sleep, and possibly sex. Use a firm mattress. Keep the temperature right

4. Take a warm shower before you head off to bed. Make sure it is about five minutes long. Take deep breaths, and visualize tension leaving your body. Then repeat this once you are actually in your bed

5. Make sure of essential oils and aromatherapy. Put a dab of lavender oil on your pillow, or keep potpourri in your bedroom.

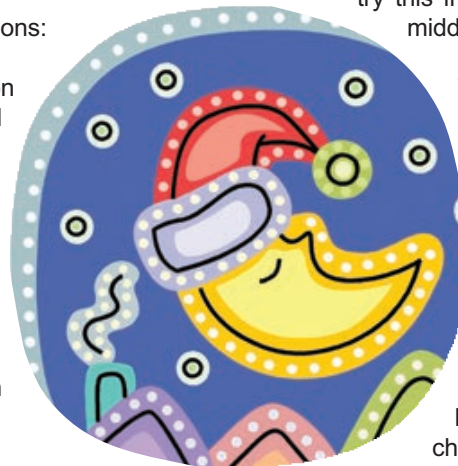
6. Count backwards, and start at 100. Also try this if you wake up during the middle of the night.

7. Reduce alcohol, smoking, chocolate, coffee and drinks with caffeine. If insomnia problems persist, you may need to cut these out all together

8. Write down stuff that is bothering you before going to bed. This will help you get it off your chest, and help you rest easier

9. Don't eat too much right before going to bed. This is also good for keeping your weight down

You can get even more insomnia solutions by reading the book Stop Insomnia. Visit <http://www.stopinsomniaonline.com> to learn more about the book.



Carpets Cleaned Right or Cleaned FREE!

www.KleenRite.net
 (217) 351-4930



9 Insomnia Solutions

They are cute, fluffy, and adorable in the pet store, but is your family ready for a pet? Your children may beg and plead to get a dog or cat, but are they willing to help with it? They might say "yes" but is that really the case? Consider these things, before jumping in...

- How much time do you have to devote to a pet? Are you out of the house a lot? Do you travel often? Does anyone have allergies that make certain pets off-limits?

- Is your child mature enough for pet? Most experts recommend that children be 6 years of age. To gauge your child's readiness, be sure he shows self-control and obeys the word "no." Also, observe his behavior around other people's pets to see if he is gentle and respectful with them.

- Read as much as you can about the types of animals you're interested in before buying anything. Different dog breeds vary on how much exercise and attention they need. You'll want to choose an animal and breed that suits

your family's lifestyle. Also consider which breeds shed the least and the most, and if you are willing to clean up mountains of dog hair or not.

- Consider how much a pet can cost. Food, medical care, grooming costs can add up to \$400 a year.

- If you are considering a puppy, think of the time and effort needed to train them. Not to mention the clean up after accidents. Will your child be willing to help with these issues?

- Before going out and purchasing that Great Dane, you might want to consider getting a small pet such as a mouse or a fish to see how you children react to it. This may help you and them prepare for a larger animal that takes more effort.

How Kids Can Help With the Pet

No matter how much your children tell you they will help you with the pet, the novelty often wears off and the parents are left with the lease and the pooper-scooper. But, if you get a pet keep insisting that the children help because

they definitely have the ability to.

Young children (ages 5 and up) can feed the pet, make sure he has clean water, and brush him if necessary. With your supervision, your child can also help walk a dog and clean cages or tanks for hamsters, guinea pigs, fish, and other small pets.

Older children (ages 10 and up) can take on more responsibilities, including walking a dog solo, emptying a cat's litter box, and cleaning a small pet's cage. Also consider letting a child this age participate in any dog training classes you may attend.

Owning a pet can be a tremendous responsibility for a child. But it can also teach them responsibility, provide them with some exercise (walking and playing with the dog), and teach them how to nurture and love another living creature.

by Veronica Scott
www.TheMagicalRockingHorse.com

TRIVIA: THIS MONTH'S TRIVIA WINNER

Congratulations to Janice Siuts, 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. I have had my carpet professionally cleaned but I still have a dark area in front of my husband's chair. Why it is still there?

A. The reason the dark area is still there does not mean the carpet was not cleaned properly but is a result of the carpet fibers breaking down. One reason for poor visual appearance in heavy traffic areas is often called "apparent soiling". Homeowners usually think it is just dirt on the surface of the fiber but it is actually a result of the carpets construction or plastic surface where the fiber can be scratched and slightly pitted. This dulls the fibers appearance and causes the traffic area to reflect light differently than the rest of the carpet. Unfortunately the cleaning process cannot remove scratches leaving the area still looking dull. A couple ways to prolong the life of your carpet is with routine vacuuming and professional reapplication of a carpet protectant after cleaning. With routine vacuuming you are removing the dry soil that can cause the scratching of the fibers and reapplying the carpet protectant will fill in the scratches and pits for a better appearance in most cases.

Damon Hackleman
KleenRite



Emma at the Pool & Courtney on the Big Slide!



This Month's Events

August 15th - Free Dentistry for Kids Friday Aug 15, 2008 8:00 am to 1:00 pm

Local children receive free dental services at five Champaign dental practices. Appointments are available on Friday, Aug. 15. Must be scheduled in advance and are being accepted via phone at each of the participating dental offices. To schedule your child, call Affordable Dentistry Today at 398-1660, Baytowne Dental Center at 355-5220, Dentistry By Design at 356-7400, Hessel Park Family Dentistry at 398-9898, or Illini Dental Care at 359-8697. The exams provided will fulfill the dental exam requirement set by the Illinois State Board of Education for all children in kindergarten, second and sixth grades.

August 17th - Music Under the Stars

Pells Park Pavillion, Paxton - The Feudin' Hillbillies. Bring lawn chairs. Brats, soft drinks available. Sponsored by PRIDE in Paxton, underwritten by Farmers Merchants Bank For more information: Call 379 3388, or visit www.paxtonil.com/

August 23rd - Mahomet Run & Fun Walk

Half-Marathon & 5K Races on USATF Certified Courses, plus Armed Forces 5K Team Competition and 5K Fun Walk. Call 766-9008, or visit <http://maycrace.home.mchsi.com>

What Clients Are Saying

"KleenRite's technicians always do a good job and are courteous and professional."

- Mary Leming

"Service was provided quicker than I expected."

- Lila Sullivan

"Very courteous employees."

- Susan Schmidt

KleenRite
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Champaign, IL 61822



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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:

At what age do most experts think a child is ready for a pet?

- A. 2
- B. 6
- C. 9
- D. 16

Cleaner Living

Strawberry Bruschetta

4 thick slices whole-wheat bread
6 tablespoons light brown sugar
1 teaspoon grated lemon zest
2 teaspoons lemon juice
3 cups sliced or diced hulled strawberries
4 tablespoons mascarpone (Italian cream cheese)

1. Toast bread in a toaster.
2. Meanwhile, heat a large skillet over high heat. Add sugar, lemon zest and lemon juice and cook, stirring, until the sugar melts and the mixture begins to bubble, 30 seconds to 1 minute. Add strawberries and stir until juices begin to exude and the berries are heated through, 30 seconds to 1 minute more.
3. Spread 1 tablespoon mascarpone on each piece of toast. Top with the warm berries.

**The students are back and that means we're
in our busy season!
Schedule your appointments before all of
our appointments are booked!**