

Healthy, Wealthy & Wise

Opportunity is missed by most people because it is dressed in overalls and looks like work. -- Thomas Alva Edison

December 2010

Don't Let the Bedbugs Bite

The thought of bugs sucking your blood while you sleep is enough to make your skin crawl. And while you might think that this is only something that can happen to a family with poor housekeeping habits, the fact is that any home can have bedbugs. Even yours. The only requirement for bedbugs to infest a home is that warm-blooded (preferably human) hosts live there.

Bedbugs are making a strong comeback in the United States, where they have been almost unheard of since the 1940's. Back then, products like DDT (now banned) almost completely eradicated these blood-sucking pests. Due to reduced use of pesticides indoors and increased travel to other countries, bedbugs are finding that living here in the good old USA is easier than ever.

Bedbugs are slow walkers and, being wingless, they are unable to fly. So how do they get into homes? They hitchhike. Usually arriving in or on luggage when you return from a trip out of town.

Hotels and motels are ground-zero for the recent outbreak of bed bugs. So unsuspecting travelers pick them up inadvertently from infested hotel rooms. Since they are so small, around a quarter inch long and very flat, they are very hard to see.

Once they gain entry into a home, bedbugs have clever ways of escaping detection. They rarely come out into the light, hiding in nooks and crannies in or near the places that humans sleep, such as beds. Unlike lice, fleas and ticks, bedbugs quickly leave the host and return to a hiding place to digest their meal.

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KleenRite

Carpets Cleaned Right or Cleaned FREE!

602 Ashford Court
Champaign, IL 61822

www.KleenRite.net

(217) 351-4930

Thank You to the following clients for referring their friends to KleenRite:

*Michele Guido, Shannon Lewis,
Marsha Nichols- Devonshire Realty
Jill Schrodt, Joyce Cheatum*

Great Online Deals in Your Area



Groupon.com is a website that makes it easier for people to enjoy great deals in their community. Each day, a daily deal is posted on the site and is available through the power of group buying. When a deal is posted, you will only get it if enough people join in on the deal that day, so it pays to invite your friends.

You'll find deals on stuff to do, see, eat, and buy in your city. If the minimum number of people sign up, you'll get a printable gift certificate in your inbox the next morning that you can use whenever you want. If not enough people join, no one gets it, but you can try again the next day.

How to Heat Butter or Oil Without Burning



Although conventional wisdom says that you should always heat your pan before adding oil or butter for sautéing, this is not always such a good idea.

If you heat the pan too much and then add butter, it will simply burn immediately.

Heating the pan and the oil or butter together gives you clues as to when the pan is hot enough to add the other ingredients.

Oil heating in a pan will begin to ripple and have movement when it is ready. Butter will become completely melted and start to foam. You will then know the pan is ready without the risk of burning it.

"Bedbugs" continued from front cover

Mattresses and box springs are favorite hiding places since they are closest to the food source. However, as the bug population increases, the infestation spreads outward onto adjacent furnishings and carpets. There they hide until a meal arrives and then they come out to feed.

*Bedbug (actual size).
Rice for size comparison.
Small specks are eggs.*



Adult bedbugs can survive for over a month without feeding, so leaving the room unoccupied for a period of time is not a reliable way to get rid of them.

There is some good news about bedbugs. Unlike mosquitoes, fleas and ticks, bedbugs are not known to be a source of disease in humans. The most troubling thing about

them is the itchy, red, raised welts they leave behind. Because they look like a bad mosquito bite, bedbug bites often go undetected.

Of course, a bedbug infestation may cause some embarrassment because of the misconceptions about where they come from. But it is important to remember that cleanliness has nothing to do with it. Still, you obviously want to avoid bringing them into your home.

The most proactive thing to do is check periodically. Bedbugs leave clues that belie their presence. When you change the sheets, take a careful look at the mattress for telltale signs such as brownish discolorations or black fecal pellets (digested blood) and their shed skins. Eggs are extremely small and very difficult to see. Look carefully at the seams of mattresses and even

Christmas Light Safety Check



Before you put up your holiday lights, take the time to inspect them. Check for frayed wires, bare spots, gaps in the insulation, or excessive wear or cracks in the sockets.

If any strands show these signs or are excessively kinked, toss them.

Drivin' Each Other Crazy!



Emma and Courtney paused for this photo during a highly competitive game of "Mario Kart" on the Wii!

behind headboards. Check between mattress and box springs as well as on the bottom of box springs and on nearby wood furniture.

What should you do if you suspect that your home may have bedbugs? Call a professional pest control company. They can do a thorough inspection and come up with a control plan to eliminate the infestation.

Then, call **KleenRite** to thoroughly clean your carpets, draperies, upholstery and even your mattresses to remove residual contaminants left by the bedbugs. In extreme cases, it may be necessary to replace a mattress and box spring, but usually they can be treated and cleaned. Remember, there is no need for embarrassment; bedbugs can happen to anyone.

Easy Leftover-Turkey Sandwich



Servings: 2
Ready In: 5 minutes

No mixing. No cooking. Simple, fast and delicious way to enjoy leftover holiday turkey and sides.

Ingredients:

Four slices of hearty wheat or multi-grain bread, toasted
1 cup cold leftover turkey torn into bite-sized strips
1/2 cup cranberry sauce
1 cup leftover stuffing
2 tbsp mayonnaise, salad dressing or sandwich spread
Salt and pepper to taste

Directions:

On top slice of bread, spread a dollop of mayonnaise or sandwich spread
Add a little salt and pepper to taste.
On bottom slice, spread cranberry sauce.
Layer on chunks of leftover turkey.
Add a layer of leftover stuffing.
Put it together and enjoy!

These Four Walls is a highly specialized home furnishings experience - every piece is selected for its quality and uniqueness, balanced with affordability. We believe that everyone deserves to live in an environment that reflects their



own personality and one that makes them feel not only proud but "warm & fuzzy". Our home is as much a reflection of us as anything else and good design should not be afforded to just a select few.

These Four Walls carries lines by Norwalk, Taylor King, Rowe, Vanguard, CTH-Sherrill, Hekman, Jona-



than Charles and Stanley, just to name a few! A huge array of accessories, artwork, lamps and area rugs that change and expand regularly are here for you to browse.

Part of what makes us special is that we do it all. Not only can we furnish your home, we can also help you design it from the inside-out, start to finish down to the windows using Hunter Douglas and Texton blinds and shades along with custom draperies using fabrics from brands such as Fabricut, Kasmere, Duralee, Stout, Maxwell and Kravet.

We use the largest workroom in the country which allows us keep our drapery prices extremely competitive while not having to skimp on quality, fullness or intricacy.

These Four Walls is located in this 135 year old, turn of the century building on the historic square in Monticello, IL. Come see us at 101 South State Street or call to make an appointment at 217-762-3500. Visit us on the web at www.these4walls.net, Facebook or email us at amy@these4walls.net.



The Good Life

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"If Santa wants to know what I want for Christmas, he can visit my web site."

KleenRite Client Comments

Teal Snapp: "Thanks for everything. I am very pleased with the work your guys did including my slate tile floor. Everyone at Kleenrite is so delightful to deal with."

Rosetta Craine: "Everything looks great! Todd and Justin did a really good job and everything looks very nice."

Phyllis Menzer: "Shawn and Justin did a good job. Everything looks good!"

Joyce Meents: "Everything looks beautiful! I am so pleased with the way the carpets and furniture turned out. Quincy and Ben are very nice and did a great job."

Katie Pomonis: "Cody and Justin did a good job and I am very pleased."

Jane Kline: "The carpets look gorgeous! The strawberry spill is completely gone." (Cody & Justin- technicians)



Carpets Cleaned Right or Cleaned FREE!

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Don't Let the Bedbugs Bite

Courtney and Emma are Driving?

Meet "These Four Walls"

Great Online Deals in
YOUR Area

The Ultimate Leftover
Turkey Recipe

The Good Life Cartoon

Christmas Light Safety Tips

Cooking Tip: How to Heat Butter & Oil

A Personal Invitation from Damon Hackleman:



"halfwayinteresting.com is a Website dedicated to what's happening in our community and how local people see it. From time to time I will contribute articles regarding service industries here in central Illinois."

Check it out at www.halfwayinteresting.com

Win a \$50 Target Gift Card!

Take the Kleen Living Trivia Challenge

This month's trivia question:

Which of the following is NOT true:

- a. You should heat the pan then add butter
- b. bedbugs do not transmit disease
- c. Groupon.com posts new deals daily
- d. kinked Christmas lights should be trashed, not repaired

Here's how to win:

Read this issue of *Kleen Living*. Find the answer to the trivia question. Visit www.KleenRite.net or call the *Kleen Living* Trivia Line at (217) 353-5244 to submit your answer. Leave your name, phone number and the correct answer. You will be entered into a drawing to win a \$50.00 Target Gift Card!

Congratulations to our November winner:

Jo Knudsen