Is Carpet a Good Choice for Your Home?

An increasing number of homeowners are choosing hard surface floors instead of carpet. Hardwood, ceramic tile, natural stone and laminates are gaining in popularity as carpet continues to lose market share according to statistics from the Carpet and Rug Institute.

Tastes and styles change and no doubt this is part of the reason for this shift in floorcovering selection. However, there are those who feel that hard surface flooring is a better choice from the standpoint of durability and maintenance. While there are some strong arguments for hard flooring, the best way to make a smart decision is to get the facts.

Even with the recent increase in hard floor selection, carpet still maintains the highest percentage of market share. There are some very good reasons for this.

Carpet is beautiful.
Carpet is a great way to decorate. Offering limitless varieties of textures, colors, patterns and styles, there is a carpet available to suit almost any taste.

Carpet is a good value.
The average cost of synthetic residential carpet with pad and professional installation is around $2.50 to $5.00 per square foot. The savings don’t end with the purchase price; carpet saves you money in other ways, too.

Carpet is warm.
Carpet insulates, typically resulting in 10% or more of energy savings. Not only that, but carpet makes a room feel warmer too. How? By helping you to retain body heat normally lost through the feet.

Wood and vinyl floors don’t have the insulating value of carpet. Stone and ceramic tiles actually draw heat out of your body, making you feel colder. This often leads to turning up the thermostat to feel comfortable, resulting in increased energy costs.

Carpet also insulates in the summer months, saving on electricity. This is especially true of carpet installed in rooms above garages, crawl spaces or unfinished basements that have no air-conditioning.

Carpet is quieter.
Carpet absorbs sound, making a house quieter and more relaxing. Sounds do not echo throughout the house, and footsteps are muffled. If you have ever heard a 75 pound Golden Retriever running on a wood floor, you understand this benefit.

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Carpet is safer.

Carpet reduces the occurrence of slips and falls and the severity of injuries from these accidents. A small spill on a hard surface floor can create a dangerous slip hazard. That’s not the case with carpet. This is especially important in a home occupied by the elderly and small children.

Carpet is healthier.

According to studies conducted by the EPA, carpet traps pollutants such as dust, pollen, dander, smoke, and dust-mite contamination just like an air filter. Over time these contaminants build up in your carpet. That fact led some to believe that carpet contributed to poor indoor air quality and ill health effects.

But this view misses a key point. The EPA study proved that carpet traps pollutants instead of allowing them to be distributed in the air. The result? Homes and buildings with properly maintained carpets generally have better air quality than those with hard flooring.

Carpet is easier.

Interim care of carpet is accomplished simply by vacuuming. Depending on the number of people and pets, this may be done in as little as 3 or 4 hours a month in the typical household. Aside from prompt attention to spills, this is usually all that is needed between professional cleanings.

Carpet is tough, but eventually it will need to be replaced. Factors like pile density, fiber type, style and color will affect your carpet’s longevity. Here are some things that you can do to get the most value out of your carpet.

Carpet is beautiful.

Aside from increasing comfort, reducing glare and looking stylish, sunglasses also protect your eyes from exposure to the sun’s harmful rays.

A fashion accessory often associated with musicians, actors and other celebrities, sunglasses range in price from a few bucks to hundreds or even thousands of dollars. The right pair of shades can make anyone look stylish.

Sunglasses aren’t just for looks, and just because it is winter doesn’t mean you can put away your shades. Many people find that direct sunlight is too uncomfortable for their eyes. Light sensitive persons must wear sunglasses in order to prevent headaches and burning, watery eyes.

Glare is another reason people wear sunglasses. Glare is a scattering of diffused light entering the eye and causing a reduction in contrast making it difficult to distinguish objects in the field of vision. This reduction in visual acuity contributes to delayed response times, a major cause of traffic accidents. Polarized lenses block much scattered and reflected light, making it easier to see when glare is a problem.

The majority of us find that our eyes will eventually adjust to bright sunlight, so we don’t worry too much if we forget to bring along our sunglasses. But aside from increasing comfort, reducing glare and looking stylish, sunglasses also perform a very important function. They protect your eyes from exposure to the sun’s harmful rays.

Everyone knows that it is important to protect your skin from ultraviolet (UV) radiation. Yet we scarcely give a thought to the consequences of leaving our precious eyes unprotected. UV radiation can burn the clear outer covering of your iris called the cornea and white of the eye or sclera. Unlike typical sunburn, burning of the surface of the eye may go completely unnoticed. You may simply feel like your eyes are dry or tired. Sometimes there will be a feeling like you have sand in your eye.

Photokeratitis, sometimes referred to as snow blindness is basically a sunburn of the cornea. Symptoms such as sensitivity to light, blurred vision, burning or stinging of the eye become noticeable in 6 to 10 hours after exposure, and usually clear up without treatment within 24-48 hours.

6 tips to help your carpet stay beautiful and last longer:

1. The single most important maintenance step is to vacuum your carpets regularly- at least twice a week in high-traffic areas, preferably more often. Everywhere else should be vacuumed a minimum of once a week. Some households need to vacuum more often depending on the number of occupants and pets and lifestyle considerations.

2. Control soil by removing street shoes when entering the house. Wear house shoes, socks or slippers rather than going barefoot. Sweat and oils from your feet attach to carpet and attract soils.

3. Keep hard floors clean. Sticky or oily residues tracked onto carpet from hard floors bond to soils. This would be your first concern. Choose wisely. You should be your first concern. Choose wisely. You

Protect Your Eyes- Choose the Right Sunglasses

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Some forms of cataracts are attributed to UV radiation damage, and may cause partial or total loss of vision if left uncorrected.

Various types of eye cancer have been linked to exposure to the sun’s ultraviolet rays. This may seem surprising, but it makes perfect sense when you consider the long-term effects that sun has on your skin. Your eyes have less UV protection than your skin and UV rays can even go through your eyelids while you nap on the beach.

Obviously, the most important consideration when choosing sunglasses should be protection—specifically UVA and UVB protection. The color or darkness of the lens is no indication of effectiveness. Some dark lenses offer little or no protection, while some light-colored ones are great. So look for sunglasses that offer at least 96% protection from UVA rays, and at least 99% of UVB. There are even some brands that boast 100% protection from all UV rays.

Make sure to select sunglasses that are safe for the type of outdoor activities you engage in, especially sports or work. Other considerations are comfort, style and affordability. But UV protection should be your first concern. Choose wisely. You only have one pair of eyes.
Could You Rephrase the Question Please?
Real questions and answers from court transcripts

Q: Now doctor, isn’t it true that when a person dies in his sleep, he doesn’t know about it until the next morning?
A: Yes.

Q: Were you present when your picture was taken?
A: Yes.

Q: How far apart were the vehicles at the time of the collision?
A: About 200 feet.

Q: You were there until the time you left, is that true?
A: Yes.

Q: You say the stairs went down to the basement?
A: Yes.

Q: Can you describe the individual?
A: He was about medium height and had a beard.

Q: Was this a male or a female?
A: Male.

Q: Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?
A: No, this is how I dress when I go to work.

Q: Doctor, how many autopsies have you performed on dead people?
A: All my autopsies are performed on dead people.

Q: Do you recall the time that you examined Mr. Ruudin’s body?
A: The autopsy started around 8:30 p.m.

Q: And Mr. Ruudin was dead at the time?
A: Yes.

A Few Historical Events in January

Jan 1 Lincoln signed the Emancipation Proclamation, 1863
Jan 7 The first presidential election was held, 1789
Jan 8 Singer Elvis Presley was born in Tupelo, Mississippi, 1935
Jan 13 The Beatles US album Yellow Submarine was released, 1969
Jan 14 Henry Ford introduced assembly line, 1914
Jan 15 Martin Luther King, Jr., was born 1929
Jan 16 United States Prohibition began, 1920
Jan 19 Edgar Allan Poe was born in Boston, 1809
Jan 20 Iran released 52 American hostages, 1981
Jan 21 First atomic submarine, the Nautilus, was launched, 1954
Jan 22 United States Supreme Court’s Roe vs. Wade decision, 1973
Jan 24 Gold was discovered in California, 1848
Jan 25 Charles Manson convicted of 1969 murders, 1971
Jan 26 First US force to Europe during WWII went ashore., 1942
Jan 27 Thomas Edison received a patent for his electric lamp, 1880
Jan 28 Space Shuttle Challenger exploded, 1986
Jan 30 Adolf Hitler becomes the chancellor of Germany, 1933
Jan 31 13th Amendment abolishing slavery submitted, 1865

Healthy Living Recipe
Salsa Chicken
Sweet, spicy Salsa Chicken is delicious served with rice and black beans.

Makes 4 servings.
Prep: 5 minutes
Cook Time: 15 minutes

Ingredients:
1 package McCormick® Taco Seasoning Mix
1 pound chicken tenders or boneless skinless chicken breasts, cut in strips
2 tablespoons vegetable oil
1 (14-1/2 oz.) can no salt added diced tomatoes
1/3 cup apricot or peach preserves

Directions:
1. Place Seasoning Mix on plate or in plastic bag. Add chicken tenders; toss to coat.
2. Heat oil in large skillet on medium heat. Add chicken; cook and stir 5 minutes or until chicken is lightly brown.
3. Stir in tomatoes and preserves. Reduce heat to low; cover and simmer 10 minutes. Serve over rice, if desired.

Check out McCormick.com for more quick, healthy recipes.
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...Carpet Choices- continued from pg. 2

leads to obvious dirty traffic patterns leading from areas like the kitchen, garage and even bathrooms.

4. Respond quickly to spots and spills by blotting with an absorbent towel. The longer a spill sits, the harder it is to remove.

5. Don’t wait until your carpet looks dirty before having them professionally cleaned. By the time carpet is visibly soiled, permanent damage has already occurred. Although every home is different, you should never go more than 18 months between cleanings. Most carpet warranties are voided if you wait that long. In homes with children and pets, smokers, or allergy sufferers, you should have the carpets professionally cleaned twice a year at a minimum.

6. Have your carpet protected. Modern carpeting has soil retardants such as 3M Scotchgard, DuPont Teflon and stain resistors factory-applied, but these finishes do not last forever. Periodically, your carpet needs to have the protector professionally reapplied so that common food and beverage spills are easily blotted up and your carpets stay cleaner longer.

Call KleenRite at (217)351-4930 so we can create a maintenance plan based on your unique household situation.

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Win a $50 Target Gift Card!

Cleaner Living
Trivia Challenge

This month’s trivia question:

Photokeratitis is also called:

a. snow blindness
b. optical neuropathy
c. Verney-Smith syndrome
c. night blindness

Here’s how to win:

Read this issue of Cleaner Living. Find the answer to the trivia question and submit it at www.KleenRite.net or call the KleenRite Cleaner Living Trivia Line at (217) 353-5244. Make sure you leave your name, phone number and the correct answer. You will be entered in a drawing to win a $50.00 Target Gift Card!