

Bliss Carpet Care Healthy Home News



May 2009

(508) 278-7757

Issue 7

WHAT IS LIVING IN YOUR CARPETS?



Points To Remember:

1. "Gross Stuff" Lives In Carpets
2. Nearly 100,000 of dust mites can live in 1 square yard of carpet
3. "Gross Stuff" Harms Your Health & Causes Allergies
4. Hot Water Extraction Will Kill "The Gross Stuff"
5. Call Bliss Carpet Today to Get Rid Of "The Gross Stuff" And Keep YOUR Family HEALTHIER!
6. **Receive \$25 off your carpet cleaning between now and May 31st!**
7. **Ask about our special "Allergy Relief Treatment". An effective & save way to control dust mite allergies. Environmentally safe. Biodegradable.**



Dust Mites?



Bacteria?

What are dust mites?

House dust mites are microscopic bugs that primarily live on dead skin cells regularly shed from humans and their animal pets. Nearly 100,000 mites can live in one square yard of carpet. A single dust mite produces about 20 waste droppings each day. Yuck! The combination of feces and skin sheddings are what cause allergic reactions in humans. Gross, but true.

Source: ehso.com

According to epa.gov, bacteria & dust mites can cause:

- irritation of the eyes, nose, and throat
- headaches & dizziness
- fatigue, respiratory diseases
- and more

What is the SOLUTION?

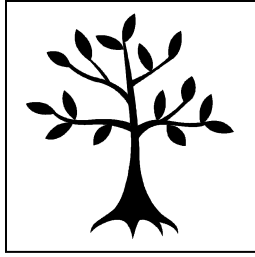
Improve the indoor air quality in your home even if symptoms are not noticeable. One way is to follow the manufacturer's instructions for proper carpet maintenance.

Source: epa.gov

So....What do the Carpet Manufacturer's Recommend? Shaw's choice: Hot Water Extraction

Research indicates that the hot water extraction system provides the best capability for cleaning. This system is commonly referred to as "steam cleaning," although no steam is actually generated. Shaw warranties require that the homeowner be able to show proof of periodic cleaning by hot water extraction (commonly called "steam" cleaning) by a professional cleaning service.

Source: shawfloors.com



PLEASE save a tree! Email us your email address so we can send your newsletter via email!

Email us at:

blisscarpetcare@verizon.net.

Thank you!

Quotes of The Month

*All the art of living lies in
a fine mingling of letting go
and holding on.*

Henry Ellis

*I arise in the morning torn between a
desire to improve the world and a
desire to enjoy the world.*

That makes it hard to plan the day.

E.B. White

*Life does not cease to be funny when
people die any more than it ceases to
be serious when people laugh.*

George Bernard Shaw

*It is not length of life,
but depth of life.*

Ralph Waldo Emerson

This Month In History

The Rubber Band Was Invented in May 1845

How They're Made: The manufacturing process is a complicated one which involves extruding the rubber into a long tube to provide its general shape, putting the tubes on mandrels and curing the rubber with heat, and the slicing it across the width of the tube into little bands. While other rubber products may use synthetic rubber, rubber bands are still primarily manufactured using natural rubber because of its superior elasticity. The rubber band comes from the sap of a rubber tree.

Star Wars Day: May 4th

The original *Star Wars* film was released on an unsuspecting public on May 25th, 1977, and has since attracted an enormous following – so much so that a Star Wars Day has been established, as a pseudo-holiday to celebrate the film and the lore behind it. The date of May 4th was chosen as the celebration date, because of the clever play on words it creates: “*May the Fourth Be With You!*”

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- Upholstery Cleaning
- Oriental Rug Cleaning and Repair
- Area & Braided Rug Cleaning and Repair
- Custom sized padding for Area Rugs
- Drapery Cleaning
- Tile & Grout Cleaning
- Flood Damage Cleanup & Restoration

Crossword Puzzle Answers from March Newsletter

- 1 Down: Bay State
- 2 Down: American Elm
- 3 Down: Springfield
- 4 Down: Connecticut
- 4 Across: Chickadee
- 5 Across: Agawam
- 6 Across: Boston
- 7 Across: Fig Newton
- 8 Across: Milk Bottle



See Insert This Issue:



**Have You Heard
Of “Green
Cleaning”?
\$25 off carpet
cleaning this
month!**

Bliss Carpet Care

www.blisscarpetcare.com

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May 2nd is National Scrapbooking Day

How To Stay In Touch With Your Doctor

After a doctor's appointment, patients almost always have some follow-up questions – about the lab results, symptoms, referrals, etc. But busy physicians receive up to 75 phone messages per day. The doctors just don't have the time to answer them all.

Daniel Z. Sands, MD, explains how to best stay in touch between office visits...

- **Rely on the doctor's assistant.** Nurses, physician's assistants and nurse practitioners can handle almost all questions. If you call the assistant, he/she is more likely than the doctor to call back the same day.
- **Call in the morning.** Afternoons are the busiest times in doctor's offices.
- **Write down what you want to say.** Limit it to *one* issue per message or conversation.

You might also try email. If your doctor is willing to field questions via email, put your name and patient identification number in the subject line. That way, your doctor knows the message is from a patient. Keep the message short – and use email only for medical issues.

Because regular email is about as secure as sending out a postcard, it may not be the best choice for discussing confidential issues, such as psychiatric disorders, or for addressing health issues that must be resolved right away.

– Daniel Z. Sands, MD

Modern Scrapbooking: Marielen Christensen of Spanish Fork, Utah, is often credited with reviving interest in scrapbooking in the United States. She began designing creative pages for her family's photo memories, inserting the completed pages into sheet protectors collected in 3-ring binders. By 1980, she had assembled over 50 volumes and was invited to display them at the World Conference on Records in Salt Lake City. Marielen and her husband AJ authored and published a how-to book, *Keeping Memories Alive*, and opened a scrapbook store in 1981 that remains open today.



In addition to preserving memories, the hobby is popular for the strong social network that scrapbooking can provide. Hobbyists, known as “scrappers” or “scrapbookers,” get together and scrapbook at each other's homes, local scrapbook stores, scrapbooking conventions, retreat centers and even on cruises. The attendees share tips and ideas as well as enjoying a social outlet. In the late 1990s, many scrappers in the U.S. opened stores to turn their hobby into a business. Within 5 years, many of those stores were forced to close due to a downturn in the economy, and the fact that many store owners mistakenly assumed that loving to scrap was enough to run a retail store.

The scrapbooking industry then doubled in size between 2001 and 2004 to \$2.5 billion, with over 1,600 companies creating scrapbooking products by 2003. Creative Memories, a home-based retailer of scrapbooking supplies founded in 1987, saw \$425 million in retail sales in 2004. In the U.S., this hobby has surpassed golf in popularity: one in four households has a golfer in it, but one in three households has a scrapper.

(Recommended links: www.scrapbooking.com, www.creatingkeepsakes.com, and www.vickery-vous.blogspot.com)

Thanks For All The Kind Words!

"Bliss is very professional; but most of all they do a fabulous job and guarantee their work. I couldn't be happier. I would not change one thing."

A. Massey, Whitinsville, MA

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Your New Issue Has Arrived!

*Look Inside For Some
Amazing Money-Saving
Tips and More!*

International Pickle Week!

Is a pickle considered a fruit or a vegetable? Both! According to the U.S. Department of Agriculture, because they have seeds, pickles are technically a “fruit of the vine”. However, because they are made from cucumbers, they are generally known as a vegetable.

Here are some more interesting pickle facts...

- 26 billion pickles are packed each year in the U.S. That’s about nine pounds of pickles per person.
- A pickle’s crunch should be audible from 10 paces away.
- More than half the cucumbers grown in the U.S. are made into pickles.
- Amerigo Vespucci, for whom America is named, was a pickle merchant before becoming an explorer.

FUN SPRING RECIPE!

Tilapia is a white fish that is usually easy to find and is inexpensive. This is a 20-30 minute recipe from start to finish! Serves 8.

INGREDIENTS

1/2 cup Parmesan cheese
1/4 cup butter, softened
3 tablespoons mayonnaise
2 tablespoons lemon juice
1/4 teaspoon dried basil
1/4 teaspoon ground black pepper
1/8 teaspoon onion powder
1/8 teaspoon salt
2 pounds tilapia fillets

DIRECTIONS

Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil.

In a small bowl, mix together the Parmesan cheese, butter, mayonnaise and lemon juice. Season with basil, pepper, onion powder and salt. Mix well and set aside.

Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to over cook the fish.

Source: www.allrecipes.com