



A Slice of Heaven

Heaven's Best Newsletter

September 2014



Let Heaven's Best Help
With those Ball Game
Party Spills!

15% Off

Hardwoods

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Buffed &
Polished**

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**Heaven's Best of
Birmingham**

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(205) 618-9150

Dry in 1 Hour!



Vacuuming Agitates Allergies?

Here at **Heaven's Best Carpet Cleaning**, we receive a lot of questions from allergy sufferers in the home, workplace, and commercial environment.

Vacuuming may be releasing more dust, dander, and bacteria than its removing. A study done by researchers in Australia, shows that some vacuums will actually pull the particles in your carpet out and then release them into the air, rather than capturing most of them in the vacuum. The study was done with several vacuums that ranged in brand and age. The vacuums that released the most dust and bacteria back into the air were the older vacuums and the cheaper models. However, all the vacuums released some dust/bacteria particles back into the air; it's just that the newer ones did better at limiting the amount that was released.

This doesn't mean it's time to stop vacuuming. If you're happy with your carpet, vacuuming several times a week is one of the best things you can do to reduce air borne particles and improve indoor air quality.

There are other things you can do as well. This includes cleaning under and behind furniture, washing throw rugs in hot water, and if your allergies are severe, replacing the carpet with wood floors. As a note on hardwood floors, this doesn't mean there will be less dust in the room, it will just be easier to remove the dust. Hardwood floors though have to be swept more often than carpet needs to be vacuumed to keep the dust at an acceptable level for allergy sufferers. Carpet does hold dust, whereas hardwood will release dust into the air when hit by air from the wind or even just people walking by.

So, if you have an older or cheaper vacuum, it may be time to upgrade it to improve your allergies and indoor air quality. What you buy can be a personal preference, but according to the study, vacuums without a HEPA filter performed almost as well as ones with a HEPA filter.

Bottom line, a new model vacuum, not necessarily the most expensive, is generally going to do a better job at removing the dust and allergens from your home.



2014-2015 SCHEDULE				
Overall 0-0	Conf. 0-0	Home 0-0	Away 0-0	Neutral 0-0
Date	Opponent / Event	Location	Time / Result	
08/30/14	vs. West Virginia	Atlanta, Georgia	TBA	
09/06/14	vs. Florida Atlantic	Tuscaloosa, Ala.	TBA	
09/13/14	vs. Southern Miss	Tuscaloosa	TBA	
09/20/14	vs. Florida	Tuscaloosa, Ala.	TBA	
10/04/14	at Ole Miss	Oxford, Mississippi	TBA	
10/11/14	at Arkansas	Fayetteville, Arkansas	TBA	
10/18/14	vs. Texas A&M	Tuscaloosa, Ala.	TBA	
10/25/14	at Tennessee *	Knoxville, Tenn.	TBA	
11/08/14	at LSU	Baton Rouge, Louisiana	TBA	
11/15/14	vs. Mississippi State	Tuscaloosa, Ala.	TBA	
11/22/14	vs. Western Carolina	Tuscaloosa, Ala.	TBA	
11/29/14	vs. Auburn	Tuscaloosa, Ala.	TBA	
Schedule Key				
<input type="checkbox"/> Home Event	<input type="checkbox"/> Away Event	* Conference Event		

2014 AUBURN FOOTBALL				
Overall 0-0	Conf. 0-0	Home 0-0	Away 0-0	Neutral 0-0
Date	Game	Location	Time	
08/30/14	vs. Arkansas ^{TU}	Auburn	3:00 p.m. CT	
09/06/14	vs. San Jose State ^{TU}	Auburn	6:00 p.m. CT	
09/18/14	at Kansas State ^{TU}	Manhattan	6:30 p.m. CT	
09/27/14	vs. Louisiana Tech (HC) ^{TU}	Auburn	TBA	
10/04/14	vs. LSU (Wear Orange) ^{TU}	Auburn	TBA	
10/11/14	at Mississippi State ^{TU}	Starkville	TBA	
10/25/14	vs. South Carolina (Wear Blue) ^{TU}	Auburn	TBA	
11/01/14	at Ole Miss ^{TU}	Oxford	TBA	
11/08/14	vs. Texas A&M ^{TU}	Auburn	TBA	
11/15/14	at Georgia ^{TU}	Athens	TBA	
11/22/14	vs. Samford ^{TU}	Auburn	TBA	
11/29/14	at Alabama ^{TU}	Tuscaloosa	TBA	
SEC Championship Game				
12/06/14	SEC East vs. SEC West ^{TU}	Atlanta	TBA	
College Football Playoff				
01/01/15	Playoff Semifinal ^{TU}	Rose/Sugar	TBA	
01/12/15	National Championship ^{TU}	North Texas	TBA	



Place
Stamp
Here

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Heaven's Best of Birmingham

www.heavensbestofbirmingham.com

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Jalapeno Popper Dip

What you need:

16 ounces cream cheese, at room temperature
1 cup mayonnaise
8 pieces of bacon, cooked and chopped up
6 jalapeños, minced (if you can't get fresh, substitute a 4-ounce can diced jalapeño peppers, drained)
2 cloves garlic, minced
½ teaspoon cumin
1½ cups shredded cheddar cheese

Topping:

1 cup panko breadcrumbs
1 cup grated Parmesan cheese
4 tablespoons unsalted butter, melted

Directions: Combine cream cheese, mayonnaise, bacon, jalapenos, garlic, cumin and cheddar cheese in a mixing bowl. Pour the mixture into a casserole dish or 9x13 baking dish. Combine the Panko breadcrumbs, Parmesan cheese and melted butter in a small bowl, tossing with a fork until the mixture is evenly moistened. Sprinkle evenly over the cream cheese mixture. Bake in the preheated oven of 375 for 25 to 30 minutes until bubbly.

