

HEALTHY, WEALTHY & WISE

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The
Truth
about

**SPOTS
AND
STAINS**



You may have seen some of the commercials on television that show a bottle of spot remover that can quickly and easily remove stains from carpet and upholstery like magic. Red wine, ketchup, coffee, fruit punch, spaghetti sauce, grass stains and more are removed in seconds with no rubbing or scrubbing. Just spray, rub and blot!

If only it were that easy!

The truth is that advertisers are not being completely honest with you; they are leaving out a few important details. The spots they are removing are usually on new carpet that is most likely olefin or polyester - two fibers that are difficult to stain. The stains are fresh and have not penetrated into the fibers. They choose spots that are easily removed by the specific

chemistry of their spotter. If they used the same technique with a dried mustard spot in a traffic area on a three year old nylon carpet (the most common carpet fiber in use today), the results would be very different indeed.

With carpets, the ease or difficulty of spot and stain removal will vary depending on fiber type, age and condition of the carpet, age of the spot, exposure to

See "Truth about SPOTS" on next page



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heat and sunlight, the type of stain, and even the cleaning agents and methods previously used on the carpet.

The first step is to identify the spot. Sometimes you can't be sure what it is, so with unknown spots, we play "detective". Using clues like the color, location, texture, odor and shape we figure out what it might be. The next step is to categorize the spot to tell us what kind of professional spot remover to use.

There are four categories of spot removers:

Category 1-Water-soluble

Water-soluble spots respond to water-based solutions. There are several spotting agents that fit into this category. Each works in a different way. Acid spotters work best on alkaline soils. Alkaline spotters work on common acid-based soils. Enzymes break down protein spots from things like blood, milk, eggs and grass.

Category 2-Solvent-soluble

Solvent-soluble spots are best treated with solvent-based spotters. This category includes tar, petroleum grease,

lipstick, ink, dried paint, gum and adhesives. Using water-based spotters on some of these spots can actually spread them or make it more difficult to remove.

Category 3-Insoluble spots

Insoluble spots include substances that cannot be dissolved with water- or solvent-based spotters. Some examples are graphite, carbon, fireplace ash and powdered copier toner. Removal of these sources is challenging, and requires patience, experience and a combination of techniques.

Category 4-Specialty treatments

Specialty treatments usually involve strong acids, oxidizers, reducing agents and other specialized chemical reactions. Rust, food dyes, urine stains, mustard and other difficult spots fall into this category. Most of the spots in this category will leave a permanent stain, and are very difficult to remove completely.

First Things First

Before applying any spotting agent you must determine the fiber type you

are dealing with. It is important to be sure that the spotting agents and cleaning method will not harm the fiber. This is especially true on upholstery, which often contains a blend of different types of fibers. Even some carpet fibers can be damaged by using improper spotting agents.

Once you have selected the correct spotter and qualified the fiber content, spot removal should follow 5 basic steps:

1. Remove excess material
2. Apply the appropriate spotter.
3. Agitate gently.
4. Rinse (where appropriate).
5. Blot with a clean white towel.

Any remaining discoloration after the spot removal is a stain, and will require more expertise and specialized methods.

Contact **Chet's Cleaning** today for more tips, help or to schedule your next appointment.

The Good Life



Good Clean Funnies

What do you think of that new diner on the moon?

Food was good, but there really wasn't much atmosphere.

How does a scientist freshen her breath?

With experi-mints.

How do you talk to a giant?

Use big words.



SPRING Salad with Blueberry Balsamic Dressing

Directions

Toss spring greens, strawberries, 1 cup blueberries, blue cheese, and walnuts together in a bowl.

Blend remaining blueberries, balsamic vinegar, olive oil, honey, and mustard together in a blender until dressing is smooth. Season with salt and black pepper. Pour dressing over salad and toss to coat.

You can substitute goat cheese for the blue cheese, if desired. You can substitute pecans or almonds for the walnuts, if desired. You can substitute maple syrup for the honey, if desired.

SERVES 4.

SALAD

- 2 cups mixed spring greens
- 1 cup sliced strawberries
- 1 cup blueberries
- 1/2 cup crumbled blue cheese
- 1/2 cup toasted walnuts (or pecans)

DRESSING

- 2 1/4 cups fresh blueberries
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1 1/2 teaspoons honey
- 1 1/2 teaspoons Dijon mustard
- Salt and ground black pepper to taste

Recipe courtesy allrecipes.com



248.584.1819



chet@chetscleaning.com



5 Reasons to Keep BABY'S Wellness Visits

If you have a little one, remember your regular in-person wellness visits and vaccinations will ensure your baby stays healthy, even in these uncertain times. In fact, **eight** well-child visits are recommended between birth and 15 months.

Here are the main reasons for keeping up with your baby's regular wellness visits

1. Your pediatrician can identify concerns

- Seeing your baby in person helps a pediatrician identify signs of illness or developmental concerns, and give prompt treatment to keep them healthy.

2. Your infant needs immunizations -

The CDC recommends early vaccinations to help protect babies when they are most vulnerable against many dangerous diseases. Schools and daycares require all children to be immunized.

Keeping your family's immunizations up-to-date creates a circle of protection especially around babies.

3. Remember to ask questions - Some common questions you might ask your pediatrician are below:

- Should my baby sleep on their back?
- Should I use formula while I am still breastfeeding?
- Is my baby behind in development?

4. Pediatricians can provide resources - such as help finding childcare, getting a car seat or food assistance, baby-proofing your house or with any other concerns.

5. Well-child visits are usually covered by insurance - Call your health insurance provider to ask about your family's coverage.

Prepare for your visit - ask about your healthcare provider's safety guidelines, also bring anything your baby might need (like diapers, wipes, a bottle).

Achieve GARAGE Greatness on a BUDGET



Here are five easy upgrades to turn your garage into a productive, fun-filled place.

1. Clean and organize - Do a deep clean. Take stock of your tools and consider new ways to store and organize them. Getting your equipment up off the floor will leave you space for projects and family fun.

2. Heat it up - To create a year-round garage, the walls and ceilings must be insulated correctly. Also, a workshop heater will warm up a two- or three-car garage, allowing you to work and play comfortably in your space no matter the outside temperature.

3. Let in the light - Most garages have one or two light bulbs hanging from the ceiling. Adding an industrial-style light fixture or customizable, track lighting is an

inexpensive way to make it easier to work on projects and much more inviting for casual hang-outs.

4. Bring on the entertainment - To reach real **GARAGE GREATNESS**, it is all about entertainment. The garage is a great place for football Sundays and video games. Adding a flat screen and extra speakers can provide a complete experience. If you plan on game nights, poker or ping-pong tables can be added and folded up when not in use.

5. Get comfortable - Comfortable, durable, versatile seating is important. Whether its recliners, a sofa, stools or a combination, look for furniture that fits your space. A side bar with a refrigerator to keep cool drinks and snacks on hand is another great addition to a really **great garage**.



Now is the perfect time to create more living space in your home. Whether you need a place to destress, get some work done or host friends and family, look no further than your own garage!



3 FIRE Safety Tips That Could Save Your LIFE



It is particularly concerning that people think they will have time to gather important items, ignoring the likelihood that the toxic smoke will have reduced visibility and can cause harm quickly.

Many people underestimate the danger of a home fire. Once a house fire starts, you have approximately **three minutes** or less to escape before the space becomes completely unlivable.

Here are three simple, potentially life-saving fire safety behaviors people can adopt to give them more time to respond and escape in the event of a fire:

1. Check Your Smoke Alarms - Have working smoke alarms on every floor of your home, including inside and outside every sleeping area. Check your smoke alarms monthly and replace them every 10 years. Smoke alarms give you and your loved ones the earliest possible warning that there is a fire.

2. Create an Escape Plan - Have an escape plan and practice it; know two ways to get out if there is a fire. If smoke blocks a door or your first way out, use your second choice. Also, if your first way out is blocked, get a closed door between you and the fire to buy time to use your second way out, especially if that requires escaping out a window.

3. Close Before You Doze - A closed door can be an effective barrier against deadly levels of carbon monoxide, smoke and flames, and may give you more time to respond to the smoke alarm. In fact, there can be a 900-degree Fahrenheit difference in room temperature between a room with an open door and one with a closed door, with the open-door room reaching temperatures of 1,000 degrees Fahrenheit or more.





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