

HEALTHY, WEALTHY & WISE

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Dealing with Pet **ACCIDENTS** and **DAMAGE**

Whether it's chewing, begging, or jumping, our pets' actions are a part of their unique personalities, for better or worse. However, there is one undesirable habit that most pet owners would agree causes the most embarrassment: urine. To animals, urine is an important social tool, used as a calling card, mate attractant or a territorial warning. To us, it is odor and stain.

What should you do if your pet urinates on your carpet?

If you are lucky enough to catch the animal in the act, you can pour salt liberally onto the deposit while it is still wet. Use enough salt to completely cover the spot. The salt will absorb the urine. Let it dry and simply vacuum it away. But most animals are secretive about peeing on the carpet; most of the time it is dry

by the time you discover it. Single, light urine deposits may be treated by applying a neutral carpet cleaning agent, gentle agitation and a thorough rinse. Also, add Pet Stain Remover to the area after applying the cleaning agent. Finish the job by placing a folded white towel on the area. Set a weight on it and leave overnight; the remaining moisture and residue will wick into the towel.

See "Pet ACCIDENTS" on next page



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Once urine has reached the point that it has penetrated the carpet and the cushion, removal of the odor becomes more difficult. Most cleaning and deodorizing methods are designed to treat the carpet face fibers, not the carpet backing and cushion. If you don't get out all of the urine, changes in humidity and temperature will result in reactivation and the odor will eventually return. Due to the chemistry of urine, old, heavy deposits are much more difficult to treat and you will need the help of a professional.

Why? Because urine undergoes a dramatic chemical change as it ages.

The water in the urine evaporates leaving behind organic compounds that become more concentrated. Bacteria begin to consume the urine, breaking down the proteins, sugars and other organic compounds. Once the contamination has reached this point, it also becomes a potential health threat to

humans. During the process of bacterial digestion the bacteria secrete ammonia and a strong, pungent odor develops. The urine turns from a mild acid to a strong alkali.

This strong alkaline deposit attacks the dyes in some carpets. Over time, the dyes can be weakened causing permanent color loss and yellowing. The adhesives used in the carpet backing can be dissolved, and the carpet can literally fall apart. Permanent damage to wood subfloors will also result from deep penetration of concentrated urine deposits, requiring additional repairs.

Acidic cleaning agents neutralize alkaline residues and make the urine deposits easier to remove during normal cleaning. One urine contamination treatment available contains an enzyme called urease which is effective at breaking down the organic components of urine.

Pairing agents are specialized deodorizers that bond to odor-causing molecules and create a new odorless or pleasant-smelling molecule. Oxidizers use the power of oxygen to eliminate urine odor and help remove staining. Oxidizers have the additional benefit of killing bacteria and often help in removing the yellow stain. But care is required when using oxidizers since these cleaning agents are not compatible with all types of carpet.

The decision of which method to use will depend on several factors. The amount of contamination present, the depth of penetration, the construction of the carpet, the fiber content, the installation method, the sub-floor type and the size of the affected area must all be considered.

For more information, questions or to schedule your next cleaning service, call **Chet's Cleaning**. We are always happy to help!

The Good Life



Good Clean Funnies

Why was the broom late?
It overswept.

What do you call a flower that runs on electricity?
A power plant!

What do you call a sleeping bull?
A bulldozer!



Easy to make fried cabbage makes a great side dish or throw some smoked sausage in there and make it a complete meal.

Easy FRIED Cabbage

Directions

Heat grape seed oil in a large cast iron skillet over medium heat. Add onions and cook until softened, about 3 minutes. Add garlic, stir, and cook until fragrant, 1 to 2 minutes. Season with 1 teaspoon Cajun seasoning and stir to combine.

Mix in red and green bell peppers; cook for 1 to 2 minutes. Add cabbage, remaining 1 teaspoon Cajun seasoning, and stir to combine. Add butter and stir until melted. Simmer cabbage until it reaches desired softness, about 15 minutes. Season with salt and pepper.

Ingredients

- 2 tablespoons grape seed oil
- 1 medium yellow onion, chopped
- 3 cloves garlic, chopped
- 2 teaspoons Cajun seasoning, or to taste, divided
- 1/2 red bell pepper, sliced
- 1/2 medium green bell pepper, sliced
- 1 tablespoon butter, or more to taste (Optional)

Salt and ground black pepper to taste

Recipe courtesy allrecipes.com



How to SAFELY Dispose of Old Medications



What can you do to dispose of medications properly and help prevent these potent chemicals from polluting the environment?

Here are practical do's and don'ts to follow when discarding old medications or other household drugs:

DO: Make it a habit to regularly inventory your medications and remove expired, unwanted and unneeded ones for disposal.

DON'T: Keep prescriptions you are no longer advised to take by your doctor. This can be unsafe and increases risks for accidental ingestion or potential substance misuse.

DO: Use one of these safe disposal methods for discarding unused medications in your home:

✓ Use the Detera Drug Deactivation and Disposal System, a safe medication disposal

pouch that can be used at home. Easily available on Amazon, and in their online store, Detera's proprietary activated carbon renders drugs inert and harmless, and its plant-based packaging and non-toxic ingredients prevent harmful chemicals from entering landfills and water supplies.

✓ Find a drug take-back program in your community. Be sure to ask what types of medications the program will accept, as some will not take liquids.

DON'T: Flush medications down the toilet, down the drain or throw them in the trash. While some say flushing pills or mixing meds with coffee grounds or kitty litter to make them unappealing to potential poachers, these methods don't render active chemicals inert and allow harmful ingredients to seep into the water and soil after being discarded.

Wastewater treatment plants are neither designed nor equipped to fully remove pharmaceuticals, which is how these substances end up in ground and surface water.

4 Ways to Protect Yourself from Phone SCAMS



Have you received a call from a number you think you should know or recognize? Always remember, phone scams are only successful if a potential target answers the call so the scammer can initiate a conversation.

Scammers have gotten more aggressive since the pandemic. Every week, on average, there are 425 million scam calls attempted.

Here are four ways you can protect yourself from potential scam calls.

1. Do not answer unless you recognize the caller

The easiest way to protect yourself from scammers is to not answer or respond.

If it's really important, maybe a call from your bank, they'll usually leave a message with a call-back number. Confirm the number on a company's website before calling back.

2. Never confirm or share information

Scammers are after your personal information, so if you do pick up a call or read a text from an unfamiliar number, do not confirm or share any sensitive, personal information over the phone. Even something as simple as confirming your name can leave you vulnerable to scammers.

3. Add your phone to the Do Not Call list

The National Do Not Call Registry is a database that stops unwanted calls. While it won't stop all calls from real companies, it does let telemarketers know that your number is off-limits and makes scammers easier to spot.

4. Use scam call-protection services

There are several apps and services that can help cut down the number of unwanted calls and texts you receive. Several phone carriers now offer call-blocking services to their customers to help protect them from scams.



While everyone can be susceptible to phone scams, Latinos and other people of color have become one of the largest targets for internet, phone and text scams.



Your Weekend, Your TIME: Shake the Sunday BLUES

Do you sometimes find yourself feeling anxious as your weekend draws to a close each Sunday?

Recent stats indicate 81% of workers have experienced the "Sunday scaries" in anticipation of the work week. Still, it's important to fend off those encroaching feelings and preserve your Sunday, since weekends are intended to help people relax, rejuvenate and enjoy time with family and friends.

In that spirit, here are **FIVE** suggestions to help energize your Sunday.

Be intentional about weekend plans.

Plan ahead so you spend your weekend doing what you really need or want to do - whether that involves resting, having adventures, spending quality time with family or completing projects - instead of simply waiting for things to unfold.

Incorporate activities you love. Spend part of your weekend doing something you enjoy, instead of things you feel you have to do - social obligations, errands, chores, volunteer commitments, etc. - that you never have time for the things that give you pleasure.

Maintain a cheerful environment. Instead of winding down your weekend in a space that's cluttered, dark and stuffy, make sure your physical living area is neat, clean, well-lit and boosts your energy.

Disconnect from your phone and computer. Keep thoughts of work from encroaching on your weekend psyche by unplugging from your screens until Monday morning.

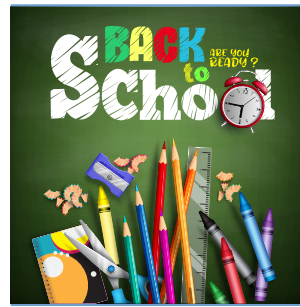
Prioritize sleep and eating habits. Following healthy habits can enhance your general sense of well-being and set you up well for the start of your work week.

Sundays are a key part of every weekend, don't waste them thinking about Mondays. Strive for a healthy work-life balance by claiming each Sunday for your own self-care.





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