

HEALTHY, WEALTHY & WISE

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CLEAN Carpet Means *HAPPIER Holidays*

This is the time of the year when you may wonder if it makes sense to get your carpets cleaned. Great question! But first, let's think about this logically... Does it make sense to clean your wood or tile floors in the winter? Does it make sense to clean your bed linens winter? Of course. But for some reason, many people treat their carpet differently.

With the winter comes cold and rain causing people to more spend their time indoors more than any other season. It's as if the carpet was somehow magically immune to soiling because the weather is cool. Of course, this is not true.

It's what you can't see that is the problem.

It's true that today's carpets do a great job of hiding soil. This may lead you to think you only need

to clean your carpets once a year or when they "look" dirty. But according to the EPA, most households should clean carpets at least twice a year, maybe more depending on lifestyle and other factors.

This may surprise you until you think about all of the soils, allergens, oils, pollutants and contaminants that carpet traps.

See "CLEAN Carpet..." on next page



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In most homes, carpet is the largest filter, trapping soils, pollutants and pet and human dander (dead skin cells, which we shed by the millions every day and dust mites live for). So the fact is that, yes, winter is a great time of year to get your carpets cleaned for several reasons.

You're worth it.

One of the best reasons for cleaning in the winter is that you want your home to look great for visiting friends and relatives during the Holidays. Nothing makes your home feel clean and inviting quite like freshly cleaned carpets. And even if you don't expect guests, you will be spending more time at home and inside in the winter, so you want it to look nice for you, too.

Of course, there are far more important reasons to clean your carpet than appearance. In fact, if you wait until your carpets look

dirty before you clean them, you have waited too long. Soil damages carpet, dramatically reducing its usable life. Can you imagine waiting until your clothes look dirty before laundering them? Of course not. That would be unhealthy and they would probably begin to smell before they looked dirty. Carpet is no different.

Remember, we spend more time inside during the winter.

During the spring and summer months many homeowners open up their windows allowing fresh air to circulate their home. By doing so, dust, pollen and other airborne pollutants settle into their carpet unnoticed. In the fall, mold spores are more prevalent, again, becoming trapped in your carpet fibers. All of this just in time for you to close things up for the winter and spend more time inside... Not a pretty picture, is it?

With clean carpet now, you and your family can breathe cleaner,

healthier air all winter long. It's bad enough that winter is the time when people suffer from cold and flu without adding poor indoor air quality to aggravate conditions such as asthma and allergies.

And some good news: Carpets tend to dry faster in the winter because the humidity is lower and most of us are using our furnaces. Warm, dry air is great for drying carpets!

Clean the winter blues away.

Remember that in winter, days are shorter. Darkness comes earlier and lasts longer. A clean, fresh, healthy carpet is a great way to help fight off the winter doldrums. A clean, neat home just makes you feel better. **Chet's Cleaning** is usually busiest during the Holidays; everyone wants a clean house for family and guests. Call now to book your cleaning before the big rush!

The Good Life



Good Clean Funnies

What do you call a cold dog?
A chili dog.

What do cakes and baseball have in common?
They both need a batter.

What do you call an old snowman?
Water.

What gets wetter the more it dries?
A towel.



Puff pastry pinwheels are a great appetizer especially during the Christmas season, you can arrange them to form a Christmas tree.

Spinach & Ricotta Puff Pastry CHRISTMAS TREE

Directions

Heat oil in a large pan over medium heat and saute onions until soft and translucent. Add spinach, salt, and pepper and briefly saute while stirring constantly, 2 to 3 minutes. Cover and cook until spinach is wilted, 5 to 7 minutes. Remove lid after 5 minutes and allow cooking liquid to evaporate. Remove from stove and cool completely.

Chop spinach mixture and combine with ricotta and Parmesan cheese in a bowl. Season with salt, pepper, and nutmeg.

Roll out puff pastry sheet and evenly cover with spinach and cheese mixture to within 1/2 inch of the edges. Tightly roll up sheet lengthwise and press edges tightly together. Wrap in plastic wrap and chill in the refrigerator for at least 1 hour.

Preheat the oven to 400°F. Cover a baking sheet with parchment paper.

Slice pastry log into 3/4-inch slices so you have 16 to 22 pinwheels. Lay puff pastry pinwheels in the shape of a Christmas tree. The lowest row should consist of 6 pinwheels the second row 5 pinwheels, etc. If you end up with 16 pinwheels, start with 5 pinwheels in the lowest row. Place the last wheel on the bottom to make the trunk. Brush with egg.

Bake in the preheated oven until wheels are lightly browned and puffed up, 20 to 25 minutes. Decorate with cherry tomatoes for Christmas tree ornaments.

Ingredients

- 1 teaspoon of vegetable oil for frying
- 2 red onions, chopped
- 8 cups of fresh spinach
- Salt and freshly ground black pepper
- 1 pinch of ground nutmeg
- 9 ounces fresh ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1 sheet frozen puff pastry, thawed
- 1 egg, beaten
- 4 multi-colored cherry tomatoes, halved, or more to taste

Recipe courtesy allrecipes.com



5 Tips for Tackling STINKY Workout Clothes



You've smelled it: Clothes from yesterday's workout, your kids' ball games, your spouse's gym bag. Few things are tougher to tackle than stinky, sweaty clothes.

When bacteria that naturally occurs on your skin mixes with sweat, it can cause unpleasant odors. Your feet have over 250,000 sweat glands, which is why socks are among the worst smell offenders.

That odor-causing bacteria grows in damp, warm conditions - so the longer the clothes sit inside a hamper or a duffel bag, the bacteria continues to grow and the smell gets worse.

Here are 5 tips to get the stinkiest loads smelling fresh.

1. Wash the stinkiest clothes as soon as you can. The longer that odor-causing bacteria sits in the clothing, the more time it will have to grow - and smell even worse.

2. Give them some air. If you can't wash workout clothes or athletic gear immediately, air them out in your laundry room instead of leaving them in a gym bag, basket or hamper.

3. Consider a pre-soak. If you can't wash smelly clothes right away, soak them in a solution of white vinegar and cold water (1 part vinegar to 4 parts water), or in a sink with one-half cup of baking soda mixed with cold water.

4. Use a laundry sanitizer. A quick, easy and effective way to get clothes smelling fresh is to add a laundry sanitizer to your laundry load. Liquid laundry additives are specially formulated to kill as much as 99.9% of odor-causing bacteria when added to your laundry routine (be sure to read the label and use as directed).

5. Give smelly clothes the cold shoulder. Hot temps in your washer - and dryer - can help the bad smells set into your clothes, so be sure to wash the stinkiest items in cold water, and use the lowest dryer setting rather than drying with high heat.

What You DON'T Do CAN Cost You

Here are some top maintenance tasks you should be aware of to help protect the largest investment you have - your home.

1. Check your smoke detectors - Studies have estimated that if every home had working smoke alarms, deaths from U.S. residential fires could drop 36%. Primarily smoke detectors fail because of missing or dead batteries. Smoke detector batteries need to be replaced at least annually, not just when they chirp!

2. Trim your trees - You are responsible for the damage if a tree on your property falls on a neighbor's house. For peace of mind, trim the trees or have them trimmed by an arborist on your property every fall or early winter.

3. Check washing machine hoses - A washing machine hose holds 70 lbs of pressure and can spray 650 gallons of water per hour into your home (or a 20-foot by 40-foot in-ground pool's

worth of water). Inspect the hot and cold washing machine supply lines monthly, looking for blisters, worn tubing, cracks or loose connections. They should be replaced every 3-5 years.

4. Conduct a generator safety check - Always unplug and turn off all power to the generator. Clear debris away from the AC wiring and alternator. Inspect the air intake system and replace the air filter. Generator oil needs to be changed every 25 hours of running, or one year unused. Generators exhaust can cause serious injury or death if used indoors, in a garage (including with open doors) or even on a porch.

5. Maintain your HVAC - Regular maintenance helps keep the system in working order, extending the life of the system and saving on energy costs. Change air filters monthly and schedule regular maintenance checks (spring/fall) from your local HVAC professional.



While home maintenance may seem pricey, being proactive can save you more money by preventing expensive repair or replacement costs, as well as damage to your home.



Did You Know Cars Actually DRIVE on 3 TIRES?

It's vital to understand all 3 tire varieties, so you can choose the right fit for your weather and lifestyles. With that in mind, here's an overview of all three: all-season, winter and a hybrid of the two - all-weather tires.

The tires everyone knows - All-season tires are the most common tire produced and driven in North America, and usually come on your car from the dealership. They are produced for durability with harder rubber compounds so they last longer. These compounds become harder once temps drop below 45°F. Drivers in the Sun Belt can often get away with using them year-round. But in many areas of North America, all-season tires are more like three-season tires.

A four-season solution - All-weather tires are certified for use in winter weather. They are intended to be a true four-season option with good performance in rain and heat, but they still

don't replace winter tires in strong winter conditions. Those who live in southern locales may use them as protection against the half-dozen snowy or slushy days each year.

True north demands a true winter tire - While all-weather tires are a clear upgrade over all-seasons, **winter tires** are the only tires designed to deal with severe snow and ice. Drivers who see regular winter conditions should remove their all-season tires when temperatures fall in the mid 40s.

Winter tires have much softer compounds that retain grip in frigid temps, as well as tread patterns that are geared toward maintaining traction on slick surfaces. These tires are only meant for winter, their soft compounds deteriorate in sustained heat.

It may be surprising that there are 3 types of tires, but it's valuable knowledge for staying safe on the road.

It's about a major misconception that takes place where the rubber meets the road. Most drivers have no idea that there are 3 kinds of tires - and what they don't know might be hurting them.





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