

HEALTHY, WEALTHY & WISE

DECEMBER 2023

Published exclusively for clients of Chet's Cleaning



The Remarkable History of Nylon

When you hear the word nylon you probably think of socks, activewear, swimwear or sweat-ers. Nylon is used in many clothing applications for durability, elasticity and comfort. It is also used to make carpet. But nylon is not always a soft fluffy material. Used in hair combs, tooth-brushes, electrical cover plates and other everyday items, nylon is actually a tough, flexible, durable plastic. It is actually the most popular fiber type in the residential carpet industry today.

So how do we get soft materials from nylon?

Through a process called extrusion, nylon pellets are melted and forced through minute holes called spinnerets. As the molten nylon cools, it forms tiny strands called filaments. Hundreds of such filaments, each finer than a human hair, are twisted together to form yarns. These yarns are stitched through a back-ing material to make carpet and other soft items.

The 1st Generation of Nylon

Today, nylon is by far the most popular fiber used in making carpet. So it may be surprising to find that nylon's history as a carpet fiber got off to a rough start. In fact, this popular fiber had to go through several changes or "generations" to get where it is today. Original, or first generation, nylon fibers used

See "History of NYLON" on next page



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in carpet had a round cross-section. This had the effect of magnifying particles of dirt that adhered to the fiber. So not only did early nylon carpets show soil, they made what soil was there look worse than it actually was.

The 2nd Generation of Nylon

Around 1960, the first major change, or 2nd generation, altered the shape of the individual filaments, making nylon carpet better at hiding soil. This was a major improvement, but nylon still had some issues. If you are at least 40 years old, you can probably remember the days when walking on carpet and touching another person could be a shocking experience.

The 3rd Generation of Nylon

In the 1970's fiber producers added antistatic properties to the fibers to dissipate static electricity build-up. This 3rd generation was

a meaningful improvement, but the carpets still soiled easily and were somewhat difficult to clean.

The 4th Generation of Nylon

4th generation nylon had the added feature of soil retardants such as 3M ScotchGard and DuPont Teflon. This revolutionary advancement made vacuuming more efficient and helped repel most common household soils. Now carpets were easier to clean and they actually stayed cleaner longer. But even with all of these improvements, there was still one major problem that had to be overcome. Nylon carpets were still susceptible to staining by natural and artificial colors used in foods and soft drinks. Most of the carpets sold were in darker colors in order to hide such stains.

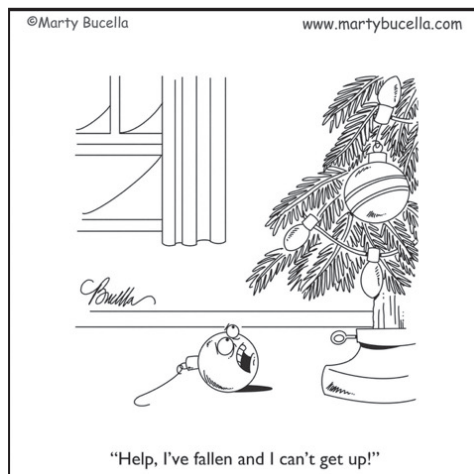
Modern Nylon Carpet

Introduced in the 1980's, 5th generation Nylon has the prop-

erty of stain resistance with the addition of acid-dye resistors. This made the fibers resistant to acid-based dyes like red wine and food coloring that could otherwise cause permanent stains. For the first time, manufacturers were able to offer a stain-resist warranty on carpets. However, even with all of the advancements in nylon, these carpets are not stain-proof. Proper care must be taken to assure they retain their ability to resist soiling and staining. Of course, regular vacuuming is an important first line of defense, as is quick response to spills and spots. Periodic professional cleaning is also important, and is required every 18 to 24 months to maintain most carpet warranties.

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

Where do animals go when their tails fall off?

To the retail store!

What kind of bagel can fly?

A plain bagel!

Did you hear about the kidnapping in the park?

Don't worry, he woke up!



Ingredients

- 1 cup of brown sugar
- 1/2 cup butter
- 2 tablespoons light corn syrup
- 1 loaf French bread, cut into 1-inch slices
- 8 eggs
- 2 cups prepared eggnog

Prep Time: 10 mins

Cook Time: 40 mins

Total Time: 50 mins

Servings: 6

OVERNIGHT Eggnog French Toast

Directions

Gather all ingredients and lightly grease a 9x13-inch baking dish.

Heat the brown sugar, butter, and corn syrup in a small saucepan over medium heat. Cook and stir until the mixture begins to boil; remove the mixture from heat, and pour into the prepared baking dish.

Place the bread slices atop the brown sugar mixture.

Whisk the eggs and eggnog together in a large bowl; pour over the bread slices. Cover the baking dish with aluminum foil, and refrigerate 8 hours to overnight.

Preheat an oven to 325°F. Remove the baking dish from the refrigerator.

Bake in the preheated oven for 35 minutes. Increase heat to 375°F, remove the aluminum foil, and continue baking until the top begins to brown, 5 to 7 minutes more.

Recipe courtesy allrecipes.com

HEALTHY Holidays for Your Pets



Chocolate can make your pets very sick and sugar is never a good supplement to a pet's diet.

The holidays are full of overindulgence, even for our pets. It may take a little effort on your part to ensure your pet has a healthy and safe holiday season.

Make sure any treats you give your pet are just that—pet treats, not human treats. If you decide to get goodies for your animal, be sure to dole out the treats slowly over time. Take these extras into account at meal times and reduce meal quantities accordingly.

Exercise is always good for you and your pet, so make time for a daily walk, too.

Festivities and decorations can also pose a health threat to your dog or cat. All cords should be well shielded and your tree should be anchored to prevent it from tipping over. All edible decorations should be placed out of reach. By taking these simple precautions, you can ensure that both you and your furry friend will enjoy this holiday season.

Protect Yourself from Gift Card FRAUD this Holiday Season



First, gift cards can only be used at the company on the card. If you ever get asked to send money or pay for another service with a gift card, **STOP** and contact law enforcement, even if the fraudster tells you not to talk to anyone or a loved one is in trouble. *No real government agency or business will ever reach out and ask you to pay them with gift cards - and you can't pay taxes or bail money with gift cards.*

Here are a few other top gift card safety tips for you this Holiday Season:

- Check gift card packaging at the store and make sure the gift card hasn't been tampered with. Look for things like ripped or torn packaging or missing scratch-off material over the top of the PIN number. If something

doesn't look right, pick another card and show the questionable card to a store associate.

- When you buy a gift card, keep your activation receipt as proof of your purchase. This will help make sure that, even if a criminal does get ahold of your card or card information, you can get your money back.
- Only buy gift cards from trusted sources. If you're offered a deal that's too good to be true, like a big discount on a gift card, it's likely a scam or you're getting a fraudulent card.
- Store your gift cards securely and don't share gift card numbers or PINs with people you don't know.



People love gift cards, which have been the top gift in the U.S. for nearly two decades. Gift cards will be a go-to for millions of people, but remember criminals love them too!



Love to Travel? Sleep Tips to HELP You Enjoy Your Next Trip

Here are a few tips to help your body cope with travel, so you can start enjoying your trip sooner and get the most from your travel buck.

1. Plan ahead - In the weeks before your trip, move your bedtime and waking times in the direction of the time at your destination by 15-minute increments every day. Once on the plane, set your smartphone or wristwatch to the time at your destination, then start eating, drinking and behaving as you would at that new schedule and avoid taking red-eye flights. They start you out on the wrong foot.

2. Take these steps upon arrival - When you reach your destination, get outside and walk or exercise in the fresh air and sunlight as much as possible. This will help your body make the transition to the new time. However, if you're feeling sluggish after you arrive, try taking a 20-minute to 90-minute nap to recover.

3. Eat thoughtfully - Choose a hearty breakfast and lunch, followed by a lighter and, when possible, early dinner. Eating lighter later in the day will help reduce the risk of sleep disruptions, particularly when you're adjusting to a new time zone with unfamiliar foods that may be difficult for you to digest.

4. Exercise outside at your new destination - Exercise is an essential way to keep your digestion and other processes on track and is great for beating jet lag. Exercise outdoors provides access to sunlight, which is the strongest input to our circadian rhythm, and can accelerate our ability to adjust to a new time zone.

5. Make bedtime seem like home - Whatever strategies help you unwind at home - a warm shower, reading a book, meditating - will help you relax anywhere. You're more likely to sleep well if you follow the same patterns your body expects at bedtime.



Do you love to travel but hate how tired it makes you? Traveling across time zones throws your circadian rhythm out of sync. It takes days to adjust, leaving you sluggish or groggy.



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