

# HEALTHY, WEALTHY & WISE

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## What Causes Those Mysterious **DARK** Lines



You may have noticed it in your own home, or the home of a neighbor or friend – dark, dirty-looking lines in the carpet around the baseboards, under doors and on stairs. What is it? Can it be removed? Will it come back? These are some of the most frequently asked questions when our technicians go into a customer's home.

The dark greyish or black discolorations that occur around the perimeter of rooms and in the doorways of some houses can be a source of embarrassment and frustration. Our customers rely on us not only to clean their carpets, but also to educate them about how to maintain their carpet. Before we explain what these mysterious dark lines are, we'll talk about what they are not.

Contrary to what you may think, it has absolutely nothing to do with accumulated dust from poor housekeeping. It is not a defect in carpet. And, although some believe it to be mold, it is not! Even pest control companies have been wrongly accused of causing these unsightly lines with their treatments. So, what IS it? These black lines are called **filtration soiling**.

See "DARK Lines..." on next page



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### Understanding Filtration Soil

Although it can happen in any home, filtration soiling is most common in homes that have forced air HVAC (heating, ventilation and air conditioning) systems. At certain locations in the carpet, air is being forced through the fibers by pressure and temperature differentials. The carpet fibers act as a filter, trapping pollutants that are in the air.

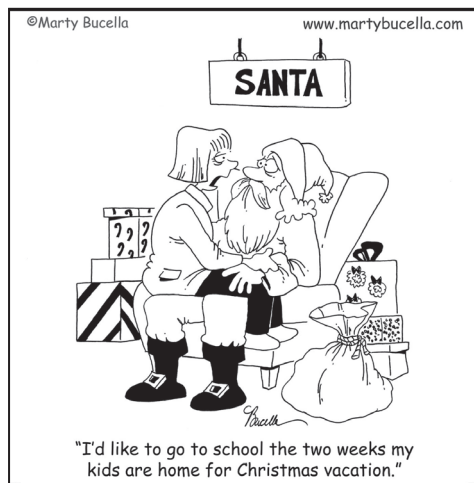
Some of these pollutants are the product of combustion and contain carbon. Common sources are automobile exhaust, industrial air pollution, tobacco smoke, and even natural gas or oil furnaces. This carbon, combined with oily residues from cooking and other sources, adheres to the carpet with very powerful electrostatic and chemical bonds.

The particles themselves are extremely small and very difficult to remove. The best course of action is **prevention**. Here are a few tips to prevent gray edges appearing on your carpet:

- Make sure that any means of combustion in your home including gas or oil heating systems, cooking appliances and water heaters are operating properly. Incomplete combustion caused by improperly functioning appliances contains higher levels of carbon. This can cause rapid soiling.
- Have heat exchangers, flues and chimneys checked by an HVAC professional for leaks or improper function.
- If you like to burn candles, limit how often you use the heavily scented ones. The oils used in these candles do not burn completely adding to the pollutants in the air, accelerating filtration soiling.
- Install high quality air filters in your heating and air system. This may require modifications to the system. Check with a qualified HVAC contractor.
- Consider using air purifiers, especially if smokers are present in the home. Tobacco smoke produces among the most difficult residues to remove.
- When using a fireplace or wood stove, ensure that there is adequate fresh air entry so as to create enough of an updraft for the fireplace. Otherwise some of the smoke may get into the air and contribute to soil filtration. You may need to open a window a little. Don't turn on ceiling fans in areas where you have a fireplace burning. Air currents may pull smoke into the living space.

**Chet's Cleaning** uses specialized cleaning agents and techniques to treat soil filtration lines. Although complete removal of the discoloration may not be possible, we can usually improve the appearance. Of course, prevention is always your best line of defense.

### The Good Life



### Good Clean Funnies

**Why are dogs terrible dancers?**  
Because they have two left feet.

**What do you sing at a snowman's birthday party?**  
"Freeze a Jolly Good Fellow!"

**What do you call one day below freezing and the next day at 70 degrees?** "It's snowing today, but water you doing tomorrow?"



## CHERRY Rum Balls

### Directions

Melt the chocolate chips and stir in the rum and corn syrup.

Stir together the vanilla wafer crumbs, pecans and 1/2 cup of the confectioners' sugar. Drizzle the chocolate mixture over the crumb mixture and stir until blended.

Shape mixture into 1 inch balls. Roll balls in the remaining confectioners' sugar. Place cherry half in center of each cookie, pressing down lightly. Store in an airtight container for several days to develop flavor.



Recipe courtesy allrecipes.com

### Ingredients

- 1 cup semisweet chocolate chips
- 1/2 cup rum
- 1/4 cup light corn syrup
- 3 cups vanilla wafer crumbs
- 1 1/2 cups chopped pecans
- 1 cup confectioners' sugar
- 24 red candied cherries, halved

**Servings:** 24  
**Yield:** 48 cookies



## Overwhelmed by MANAGING your Healthcare?

Here are 5 things to consider that can greatly improve your patient or caretaker experience and make managing healthcare much easier:

**Access.** It's essential that tools are in place for effective communication with the practice. A messaging function should be in place for you to ask questions at any time and convenient self-scheduling allows you to schedule appointments. Ideally, you'll also be able to join a virtual waitlist to secure preferred appointment times when they become available.

**Intake.** A good patient experience platform should streamline the check-in process, allowing you to request and schedule appointments, securely upload necessary information, and complete paperwork before you even step inside the practice.

**Visits.** Your patient portal should have the functionality to enable virtual visits with your

doctor or care team for many types of visits - ensuring that you receive the care you need without any barriers.

**Health management.** This includes access to electronic bill pay and digital patient education resources. Everything to manage your healthcare should be available at your fingertips from anywhere. Finally, your practice may even be able to offer remote patient monitoring to manage care for a variety of chronic conditions.

**Care coordination.** You'll want automated messaging, the ability to fill and refill medications easily, and a way to participate in patient surveys to make sure your feedback is heard.

The right technology can be a powerful tool for streamlining the healthcare experience and making it much more manageable. It gives you more control throughout life's many health journeys - leading to healthier futures for you and your loved ones.



Unfortunately, as a patient or caretaker for a loved one, you can't choose what technology your doctor uses. But don't be afraid to ask the practice what patient experience options they offer.

## Freshen up Your Kitchen Before the Holidays CHEAP & EASY



**Paint.** There is nothing easier, quicker or less expensive than a DIY paint job to brighten up your space. Even a new color on one wall makes a big difference.

**Faucets.** You'd be surprised how much a new faucet can change the entire vibe of your kitchen. Today, faucets are multi-functional works of art, statement pieces that catch the eye.

**Sinks.** Long known as the workhorse of the kitchen, your sink is a central focal point of all of your meal prep and cleanup. You can choose from under or top mounted, farmhouse, double or single bowl - whatever fits best with your kitchen decor. And deep color is all the rage.

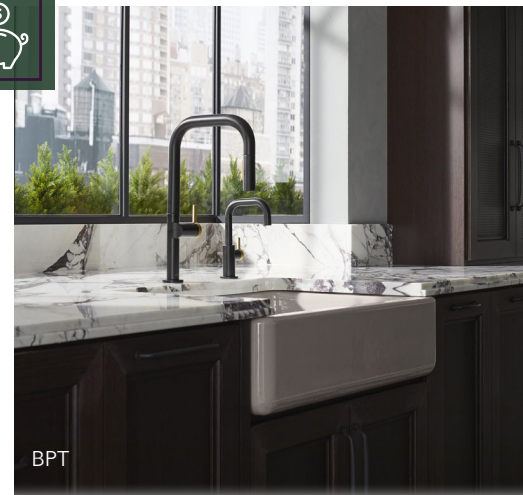
**Backsplash.** While you're choosing your new sink, consider a new backsplash that will really make the area pop. Think about subway tiles, a mosaic or a metallic look that can pull the various elements of your kitchen together.

**Cabinet refresh.** You don't need to invest in new cabinets to give your kitchen a new look. All you need is a coat of paint. Gone are the muted colors and whisper grays of past years. Today, it's all about deep, rich color. Trending colors include deep red, pastel blue and even rich black.

**Cabinet hardware.** Don't forget the cabinet pulls and knobs. Take an afternoon to browse at your local kitchen store or online - you'll be surprised by how many innovative, fun styles and colors of pulls and knobs you can find that will accent and highlight your kitchen's new look.

**Lighting.** Swapping out your old fixtures for a more dramatic look will instantly change the feel of your kitchen. Under-cabinet lighting provides a soft glow for those times when you don't need the room to be bright.

With a few changes, you can freshen up your kitchen easily, just in time for the holidays.



Thinking of updating your kitchen. You can spruce up your kitchen easily, in a weekend, with some small changes that will make a big impact.



## Stress-FREE Christmas Dinner Tips

**Gather Details** - Write down your guest list, date and time of dinner, and any themes you're working with. Make sure to note food allergies or sensitivities, and any glaring dislikes of your guests.

**Decide on Menu** - Keep it simple here - write down all the traditional things you usually have and then see if you need to add things in or edit things out.

**Figure out Cooking Times** - Schedule the time the appetizers should go out, when you want to sit down for dinner, when you should put out dessert, and finally how much prep time for each recipe (if you're not a pro cook, add an extra 10 mins to each one).

**Clear up Traffic Jams** - Remember everything can't fit in the oven at the same time! Figure out what can be made in the crockpot, on the stovetop, or ahead of time and warm it up

later. Ask friends for extra slow cookers, electric griddles, or turkey roasters that they might not be using.

**Enlist Help** - You don't have to do it all yourself. Look over your list. Is there anything you hate making, or isn't going to fit in the oven no matter how you finagle it? Have someone else bring it, and be specific about what you need.

**Take out the Stress** - Figure out which serving dish and utensil you'll need ahead of time. Put post-its on each with the name of the dish too, it'll be so much easier than scrambling last minute! Set the table the night before. Keep a tub for cold drinks instead of using up valuable space in the fridge.

**Designate jobs to your guests** - Napkin folder, drink re-filler, door opener... most people want to do something so they're not feeling awkward!



Making an entire holiday dinner yourself is stressful enough, then add in everything else you do this time of year, and you end up forgetting something.



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