



HEALTHY, WEALTHY & WISE

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**KEEP
CALM**
AND DON'T
**CRY OVER
SPILT MILK**

Oh no! In seemingly slow motion, you've just watched your beloved family member drop a glass of red wine on the floor; right onto your beige, dining room rug at your holiday gathering! **KEEP CALM and DON'T CRY OVER SPILT MILK!**... or in this case, spilt wine. Take a deep breath and remember that the key to lifting a stain is addressing it when the spill is fresh, before the stain has had time to set in.

No family is perfect. Despite your best efforts at keeping spaghetti in the kitchen and dirt in the garden, no matter how careful you are, sooner or later it will happen. Someone will spill food or wine onto your rug or carpet. You may see it the second it happens, or you may not spot it until it has dried and set. Either way, you will panic! You will fear that your beautiful carpet is ruined forever.

What you need to know is that whether a simple spill comes out or becomes a permanent stain depends just as much on *what you don't do* as *what you do*. Here are a few **DO'S** and **DON'Ts** to help increase your chances of a successful stain treating outcome:

DO remove/scoop up solid materials if there are any.

See "KEEP CALM..." on next page



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DO NOT scrub! Blot! Gently press with a white cloth or paper towel to remove as much of the spilled liquid as possible. Remember, you are pulling it up not pushing it down. It is also important the cloth or paper towels are white so they don't unexpectedly transfer any dye to the rug.

DO apply a solution of (1:1) vinegar and water. Add a touch of baking soda or a mild detergent for tougher stains. This should be gently sprayed over the area until the spot is completely wet but not soaked. Do not use any bleach or detergent with bleach as this can weaken the fibers and possibly mess with the dyes.

DO let it sit for about 10 minutes to do its work.

DO blot the spot again with a white towel. At this point, you may gently scrub the rug but be careful not to damage the fibers with too much elbow grease.

DO repeat the steps above, if the stain is getting lighter.

DO NOT use cleaning agents from the grocery store. Most often, these products are low quality and ineffective. But even high-quality products still need to be used carefully. A cleaning product must be carefully chosen for the type of spot and the kind of fabric that your carpet is made from. If you try to use the wrong product, or use it incorrectly, you may make the spill more difficult or even impossible for even the most experienced professional to remove.

DO call a reputable professional cleaning company as soon as possible. Experienced carpet cleaners will have a specialty spotter for just about any type of spill. In addition, they will have the equipment to promptly remove the stain and flush it with fresh water. Prompt professional attention is your best chance to remove spills without damaging the color or texture of your carpet.

EXTRA EXPERT TIP... Why use vinegar first?

White Vinegar is a natural cleaning agent that can be used for almost

anything. It removes odors related to food, pet accidents, and age. Vinegars acidity means that it is antiseptic, anti bacterial, antimicrobial, and can even kill mold. It's also completely safe. We put it in a variety of foods and it is both pet and baby friendly. It does not damage plumbing or the ecosystem. It's all around one of the best cleaners to have on hand for any reason.

REMEMBER... While nobody can guarantee that every spot and stain will come out, by following these tips you will be more likely to have success removing the stain.

If you have any doubts about a spill or if it might be time for a professional cleaning, call the experts at **Chet's Cleaning**. Regular professional cleanings not only maintain the carpet's warranty, but prolong the life and appearance of your rugs and carpet. Your carpeting will look and feel clean and fresh, you are preventing allergens and bacteria buildup, which will make your home healthier for you and your family. Call us today. We are always happy to help!

The Good Life



Good Clean Funnies

How does Darth Vader like his toast? On the dark side!

Where do pencils come from? Pennsylvania!

What has more letters than the alphabet? The post office!

What do you call two bananas? A pair of slippers!



Puff pastry pinwheels are a great appetizer for any occasion. During the Christmas season, I arrange them to form a spinach Christmas tree.

Ingredients

- 1 teaspoon vegetable oil for frying
- 2 red onions, chopped
- 8 cups fresh spinach
- Salt and freshly ground black pepper
- 1 pinch 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



Spinach and 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 or up to 24 hours.

Preheat the oven to 400 degrees F (200 degrees C). 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.





6 EASY Tips to Support Your Immune System

Here are six simple, practical tips to keep your immune system strong this winter:

1. Add spices to your meals -

Spices like turmeric, garlic and ginger not only add flavor to your food but also provide natural anti-inflammatory and antimicrobial benefits. Adding these spices to your meals is a simple, tasty way to support your immune system.

2. Stay hydrated -

Staying hydrated helps your body flush out toxins and defend against seasonal bugs. Water is essential. Broths and herbal teas are also good options that provide extra warmth and comfort on the colder days.

3. Eat colorful fruits and vegetables -

The colors of produce reflect phytochemicals, natural compounds that offer unique health benefits. These phytochemicals can provide certain health benefits, including antioxidants that strengthen your immunity.

4. Prioritize sleep - Sleep is the time when your body repairs and recharges. Getting 7 to 9 hours of restful sleep at night helps your body recover from daily wear and tear, and prepares your immune system to handle seasonal changes.

5. Practice good hygiene - Good hygiene is one of the easiest ways to reduce your chances of getting sick. Washing your hands regularly, avoiding touching your face and keeping frequently used surfaces clean can help reduce the spread of germs.

6. Eat immune-supporting meals - The meals you choose can help strengthen your body during flu season. As you plan your meals for the week, add immune-supporting options to your list. Cooking meals with wholesome ingredients like chicken broth and veggies can help you stay nourished all season long.



As the coldest weather approaches, it's time to gear up for flu season. Even though germs are always around, you can take small, daily steps to give your body a better chance to stay healthy.

5 Ways to Simplify The Holidays and KEEP Your SANITY

Spend less. Many people go into debt in order to make the holidays "perfect", but Christmas doesn't have to be full of expensive gifts to be special. Set a budget that you can truly afford (without a payment plan), and stick to it. It's that simple!

Keep everyone's expectations realistic, and focus on making memories together instead of filling your home and your life with more stuff.

Plan ahead and set a deadline. Make a list and set a budget for each person, and try to purchase things as you find good sales. This way, you'll be able to spend the final days before Christmas enjoying family and traditions instead of rushing around trying to find last-minute items.

Shop online. You can find just about anything, from big box store discounted items to handmade gems from small businesses on Etsy.

Rather than spending countless hours searching for the gifts you want to buy in stores, simplify the process online. Do a little price comparison, check for promo codes, and then make a decision. Remember that your time is as valuable as your money.

Prioritize family and service. Don't let yourself fall into the trap of over-scheduling your family to the point that you're so busy you don't actually enjoy all the festivities you attend.

Make a list of what traditions and activities are most important to you. Recognize that some events are not going to fit into your family's calendar, and that's okay.

Schedule down time. While you're scheduling your holiday activities, also block out some time to just stay home and relax. Pencil in a family movie night once a week, or plan an evening of reading Christmas stories together.



<https://www.smarterparenting.com/5-ways-to-keep-from-going-insane-during-the-holidays/>

We don't need to do more or buy more to have a more meaningful Christmas season. This year, choose to simplify your holidays and make time to celebrate with those you love.



If you are thinking about a new puppy or if you've had the privilege to welcome a dog into your household recently, you will soon know how much they mean to your family.



Help Your Dog be HAPPY from a PUPPY to an ADULT

From the lively, tail-wagging days of puppyhood to the quieter years of your senior dog, these tips from experts can help you support your furry friend's well-being.

Boost your puppy's growth and development - Puppies of all breeds grow and change quickly over the first 18 months, until they're considered full grown. Research published by the American Veterinary Medical Association highlights the importance of puppy training classes to socialize your new family member and prevent unwanted behavior issues.

While you're socializing and training your new puppy, you'll also want to be certain you're giving them food that's high-quality and nourishing for healthy growth. It's recommended to avoid giving them table scraps, instead opting for food designed specifically for puppies. Ask your veterinarian for recommendations on

types and the correct amounts of food appropriate for your dog's age, size and breed.

Exercise and play help them release all that pure puppy energy and reduce stress while bonding with you - all of which boosts their physical and mental development.

Think proactive care for adult dogs - After your dog has matured into adulthood, don't forget that they still need regular activity and enrichment to help keep them healthy in mind and body. Some breeds require a lot more daily exercise than others, so learn about your dog's specific needs. And like humans, dogs benefit from regular checkups. Your veterinarian can help you keep on track with all necessary vaccinations, parasite prevention, dental exams and more - so any potential signs of health issues can be detected and treated before they become serious problems.





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