

HEALTHY, WEALTHY & WISE

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"Tis better to have loved and lost than never to have loved at all." – Alfred Lord Tennyson

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How do Carpet and Fabric Protectors Work?

You see it on television and internet commercials all the time, a glass of wine or fruit punch being spilled on a beautiful, new carpet. The guests are mortified, but the smiling hostess blots up the spill with a towel, leaving the carpet clean and spot-free. Disaster averted, the party continues.

But is this really the way it works? Well, yes and no.

Modern Fabric Protectors

Virtually all carpets manufactured today feature some type of protector application, with the exception of wool and other natural fibers. These specialized fluoropolymers have names like Permashield®, R2X®, Repel®, and of course, DuPont Teflon® and 3M Scotchgard®. In addition, almost all nylon carpets are treated with special stain blockers called acid dye resisters to help prevent permanent staining by common food and beverage spills.

When a carpet is new, the factory-applied protectors perform extremely well. Liquid spills bead up on the surface of the carpet yarns. But as a carpet ages with traffic, vacuuming and even professional cleaning, the protection wears off and is reduced

significantly, requiring reapplication from time to time.

How Protectors Keep Your Carpets Looking Good

You may wonder how these miracle polymers work. Well, they work partially through surface energy, which is similar to surface tension. You may have heard of surface tension. In fact, you have likely seen a demonstration of this phenomenon in action when a glass is filled with water so that the water rises slightly above the rim of the glass without spilling over. If you are careful, you can actually float a metal paper clip on the surface of the water, too. This is due to surface tension.

Surface tension is used to describe what happens at the surface of liquids. But solid materials like carpet fibers have a property called surface energy. Surface energy is not easily explained or demonstrated, so let's just say that surface energy determines how well liquid can penetrate a solid. If a liquid is spilled onto a fiber that has high surface energy, it will penetrate easily. If a liquid is spilled on a fiber with low surface energy it will tend not to penetrate. Fluoropolymers work by reducing the surface energy of a material.

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Maple Salmon

Ingredients:

- 1/4 cup maple syrup
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- 1/4 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 1 pound salmon

Directions:

1. In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.
2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
3. Preheat oven to 400 degrees F [200 degrees C].
4. Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

Footnotes:

The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cooking method, etc., the actual amount of the marinade consumed will vary.

Tip

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

recipe courtesy allrecipes.com

► *Continued from cover*

Protectors not only shield your carpet from water-based spills, but also from oils, grease and dry particles. This means that you have more time to blot-up spills or tracked-in soils. Vacuuming becomes more efficient because dry soils are repelled. Oily and sticky soils are also repelled so they don't attract dry soils. That is important because it is the dry, gritty particles that do the most damage to your carpets by scratching and dulling the fibers just like sandpaper. All of this means that carpets which are regularly cleaned and protected last longer and look cleaner, brighter and newer.

Re-Protecting Your Carpet

Like any topical coating, carpet protectors wear away with age and use. Laboratory testing reveals that protection is reduced

by 30% or more each year. Even professional cleaning, important as it is, removes a little bit of the remaining protector.

The fact is that your carpets are only new once. When the fibers have been scratched and dulled, they will never look as colorful and pretty as they did when new. Protectors help to prevent this damage and keep carpets looking newer longer. That's why major carpet manufacturers recommend annual cleaning and protector application on most residential carpets. Keep that in mind the next time you invite Chet's Cleaning to clean your carpets. We can also apply advanced stain and soil protection to untreated natural fibers like wool and give them many of the stain fighting characteristics of the treated synthetic carpets.

Decorating Your Home for Valentine's Day

Valentine's Day for many means cards and dinner out, chocolates and flowers. Even if you are spending Valentine's Day out, don't forget to decorate your home for this lovely holiday. Placing reminders of how much you love your family around your home is a great way to bring an atmosphere of love and caring into your living space. Here are some simple ideas to make this holiday more festive.

1. Paper hearts are an inexpensive way to decorate. You can cut them out of red, pink, purple and white paper or simply buy inexpensive paper hearts. You can string them in a garland over a fireplace, tape them to your windows, or use them as little love notes placed around your home.
2. Candles are a romantic addition to any home. Use red or pink candles in clear candle holders. In larger glass candle holders, you can partially fill them with Valentine's jelly beans and then set your candles on top of the candy.
3. Decorate further with candy by using some fancy apothecary jars to store your holiday treats. You can place wrapped chocolates, jelly beans, or conversation hearts in these jars. They look festive and make the treats available for all your friends and family.
4. Flowers are fleeting, but silk flowers don't fade. Use silk rose petals as an accent to your table setting and place some Valentine-themed flowers around your house.



Prevent Cancer with a Better Lifestyle, Not Better Luck

A new study published in the journal, *Nature*, suggests that up to 90 percent of cancer cases are linked to lifestyle choices that are usually avoidable. This study refutes a previous assertion that many cases of cancer are simply due to “bad luck,” those circumstances that are out of our control.

What are those lifestyle choices that can result in a higher risk for developing cancer? They include a poor diet, lack of exercise, stress and pollution. You should also avoid smoking and excessive ultraviolet radiation to help lower your risk.

Researchers are interested in these findings to help doctors find more effective preventative treatments for their patients. If a patient believes that improving their lifestyle choices will have little effect on their health because it is mostly up to luck, they will have little incentive to work on those choices. But if doctors can show that cancer is due to many factors within their control,



there is a better chance that improvements will be made.

There have also been countless scientific studies that have linked contaminated indoor air with many health concerns including cancer, birth defects, neurological disorders and numerous other diseases. Indoor air is mostly affected by how clean the carpet and other soft furnishings are in a home or business.

Protect Your Home from Burglaries

Most home break-ins are not through a busted down door or broken window. The most common way for a burglar to enter your home is through an unlocked door or window. Your best protection from home theft is to simply deter burglars from entering your home. These tips will help keep you and your family safe:

- Lock all doors and windows, including your garage door. You should get in the habit of locking everything whenever you leave your home and when you retire for the night.
- All doors leading to the outside should have a dead-bolt lock.
- Install peepholes in your doors leading to the outside.
- Keep trees and bushes around your doors and windows trimmed.



- Make sure you have good lighting on the outside of your home. Replace burned out bulbs promptly.
- Get to know your neighbors. Start a neighborhood watch group to increase security in your neighborhood.

Good Clean Funnies

Fruit Stand

A man pulled up to a roadside fruit stand. He noticed that the young woman behind the counter was getting ready to paint over the large sign that hung above the stand.

“Why the new sign?” he asked.

“Well, my boyfriend said he didn’t approve of the old one,” she replied.

The man then noticed that the sign said, “Local Honey Dates Nuts.”



Quick Tips

Home Tip

If you are putting your house up for sale, you may be looking for ways to update it to get a better selling price. But surprisingly, the number one thing you can do to increase the value of your home is simply clean it. Prospective buyers notice a dingy house and can be turned off by that. Decluttering and cleaning makes your home feel clean and welcoming, which can help sell it quickly and for the best price possible.

Organizing Tip

Plastic containers used to store your leftovers can get unruly in a drawer or cabinet. To keep these items neater, place a wire CD rack in the bottom of your drawer with the slots facing up. The lids to your plasticware can be placed in the slots with the containers stacked neatly in the large open part of the drawer.



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Win a \$50 VISA Gift Card

Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

How do carpet and fabric protectors work?

- a. By creating lower surface energy on fibers
- b. By sealing the pores on the fibers
- c. By lowering surface tension of liquids
- d. No one really knows. It's auto-magical!

When you think you've found the correct answer, email it to chet@chetscleaning.com or call our office at (248) 584-1819. We will draw from the correct answers and someone will win a \$50 VISA Gift Card.

Contest Expires 2/29/2016.

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