

# HEALTHY, WEALTHY & WISE

FEBRUARY 2022

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Love  
Your  
CARPET

On the surface, carpet cleaning seems pretty simple. Rent a machine. Fill the tank. Pour in some detergent. Flip a switch and start cleaning. Before long, your carpet is clean and fresh. However, as anyone who has actually cleaned carpet knows, there's more to it than that. Here are some interesting facts about carpet that affect cleaning results.

Some of the most common questions asked about carpet cleaning are, "Will the spots come back?", "Will the dents from the furniture come out?", "Will the traffic areas look better after it's done?", and "Will these stains come out?"

The answers depend on several factors that we consider when we clean your carpet.

Carpet can be made with a variety of fibers, each having its own cleaning characteristics. Every fiber responds to traffic differently. Spills that are easy to remove from one fiber may permanently stain another.

Various styles such as loop pile, friezé, shag, Saxony and velvet plush all respond to traffic

*See "Carpet LOVE" on next page*



248.584.1819

[www.chetscleaning.com](http://www.chetscleaning.com)

## WE ARE HIRING!

### Service technicians & office staff.

Who better to find us a new employee than our clientele that hires us! Please email [christine@chetscleaning.com](mailto:christine@chetscleaning.com) about opportunities & ask about our referral reward!

And we have a **REWARD PROGRAM!** 

We will pay you **\$2000.00\*** for finding us the right person and we have a **\$2000.00\*** hiring bonus for them as well.

*\*\$500.00 after 6 months and \$1500.00 balance after 1 year employment.*

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<https://chetscleaning.com/about-us/join-our-team/>

## CARPET Love continued from page 1

in different ways. The quality and density of the cushion is another factor that determines how well a carpet performs in traffic areas.

Even the way the pile yarns are twisted and how tightly packed they are in the carpet backing makes a difference in durability and cleanability.

An experienced cleaner will assess the condition of your carpet, asking questions such as, "How old is the carpet?", "How was it cleaned in the past, and how often?", "Was protector applied during the last cleaning?", "How old are the spots, spills and stains, and have you tried anything to clean them?"

With all of these variables, it's not an exact science. **BUT** there are some things we know about carpet, fibers, soil and

stains that give us a clue as to what we can anticipate from the cleaning process. The most important consideration is the type of fiber.

Wool carpet has excellent resilience, so those crushed traffic areas and furniture indentations have a good chance of coming out. Wool is more easily stained by proteins than other fibers, so some foods, pet urine and other protein sources like blood will be difficult to remove.

Olefin carpets don't have the resiliency of wool, so high traffic areas tend to pack down and lose that fluffy texture over time. Olefin has excellent stain-resistance and color-fastness.

Stain-resist nylon has excellent resilience and good stain and soil repellency, so carpets

made with nylon tend to be the best overall performers. However, depending on how the fiber was dyed, Nylon may be bleached by some household chemicals or sunlight.

Polyester fibers have an affinity for oily soils, so food or petroleum grease spots will be more difficult to remove. But Polyester, like Olefin, is very resistant to stains and bleaching.

The bottom line is that how the carpet looks after cleaning will depend on some factors that are out of our control. But with an experienced cleaner you can be assured of the best results possible for your carpet.

Call **Chet's Cleaning** to learn more or schedule your next cleaning.

## The Good Life



### Good Clean Funnies

**Why did the computer go to the dentist?**

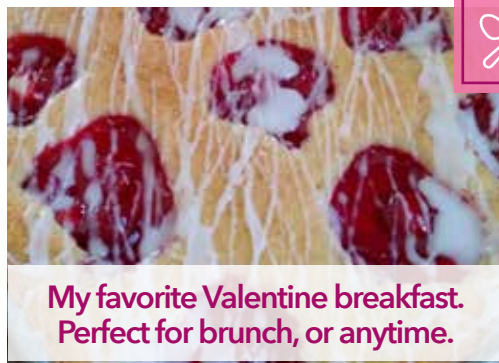
It had a blue tooth.

**What did one wall say to the other wall?**

I'll meet you at the corner!

**What did one eye say to the other?**

Between you and me something smells.



## Cherry Glazed SPONGE Cake

### Directions

Preheat oven to 350°F. Grease and flour a 10x15 inch jellyroll pan.

In a large bowl, cream together the margarine and sugar until light and fluffy. Beat in eggs, one at a time, then stir in almond extract. Fold in flour until just blended. Spread batter into prepared pan. With the tip of a knife, mark squares in the batter. Spoon equal portions of pie filling in the center of each square.

Bake in preheated oven for 35 to 40 minutes, or until golden brown, and a toothpick inserted into the center comes out clean. Allow to cool, then dust with confectioners' sugar.

### Ingredients

- 1 cup margarine
- 1 1/2 cups white sugar
- 4 eggs
- 1 teaspoon almond extract
- 2 cups all-purpose flour
- 1 (21 ounce) can cherry pie filling
- 2 tablespoons confectioners' sugar for dusting

Recipe courtesy [allrecipes.com](http://allrecipes.com)





## Top 2022 Food Trends Everyone's BUZZING About



As people continue to put renewed focus on wellness, they are seeking out foods and beverages that are wholesome, directly influencing the top food trends for 2022.

**Spice is nice** - People's love of spice is soaring, and they are searching for new recipes bring on the heat from India, Jamaica, and Thailand and making them at home. Adding spice for flavor is a healthier alternative to salt and butter, plus hot foods may also stimulate your metabolism.

**Powdered nut butters** - Nut butter lovers rejoice - you can enjoy your favorite flavors without the fat and unnecessary ingredients. PB2 Foods, the creator of powdered peanut butter, now offers a variety of plant-based products that are gluten-free, kosher, vegan, Pre+Probiotic, and non-GMO project verified. From flavoring a smoothie to baking and cooking, powdered nut butters have many healthy uses in your kitchen.

**Super premium beer** - When it's time to enjoy a cold one, more people are thinking about what's in their glass. Island Brands USA is an example of a company that's churning out better brews, using only all-natural ingredients, no GMOs, and zero fillers or artificial flavors to create their beers. Their Island Active brand has just 88 calories and 4.2% alcohol by volume. Cheers to the good life!

**Reducitarian diets** - Many people want to eat less meat and animal products but don't want to go fully vegetarian or vegan. This is called reducitarianism. When reducitarianism do purchase or consume meat or animal products, they opt for organic dairy and grass-fed meats. Try new recipes that feature mushrooms, beans, or eggplant instead of meat.

## Get Rid of Those RECURRING Charges and SAVE

That \$3.99 charge pops up every month and we say: "As soon as I get a chance, I'm going to cancel that."

But life keeps you busy and pretty soon it is next month and that gym membership starts to be annoying. As if paying for it will make you use it.

Fact is, people spend more money than they realize for subscriptions. Think about the categories: Online news, Netflix, music streaming, premium television services, delivery, dating apps, advice services -- the list goes on and on.

A recent survey was done of 2,500 consumers. People were given 10 seconds to guess how much they spend on subscriptions every month. The average guess was **\$79.74** per month. Then they were asked

to go through a category checklist and find out exactly how much they spent for subscriptions. The true cost was an average of **\$237.33** or about **\$1,900 per year**.

A good tip is to set aside an hour to do an audit. Go through your checking account and total monthly subscriptions plus annual ones, like Amazon Prime.

Consider: phone, wi-fi, tv-movie services, streaming services, subscription boxes, cloud storage, news apps, diet and fitness, security apps, web hosting, and gaming.

After you make your list, consider which services give you actual value.

Are the subscriptions adding clutter to your home? Can you find a cheaper service? How much do you use it? How much will you miss it?



Do you have something else you really want to use the subscription money for (retirement, a college fund, emergency fund, vacation)?



## Probiotic Products Can Help Clean Your HOME

When you think of probiotics, gut health likely first comes to mind. Whether it's fermented foods like yogurt, kombucha and sauerkraut, or vitamin supplements and skin care, probiotics are widely accepted as microscopic powerhouses. What may surprise you is that probiotics are beneficial in your home as well, thanks to their long-lasting cleaning power.

Probiotics are naturally occurring friendly bacteria present all around us and inside us. The good bacteria in probiotics have inherent cleaning properties that can be used to efficiently clean interior spaces.

Digestible and supplement probiotics are good for the gut, eliminating and balancing out unhealthy bacteria. But probiotics can also be used in products to help clean your home and are becoming popular because of their long-lasting cleaning benefits and as a greener way to clean your home.

One effective, long-lasting daily probiotic cleaner is CLR® Active Clear, a USDA Certified Biobased Product. This multi-purpose cleaner is safe to use on 30+ surfaces, including ceramic, granite, stainless steel and more.

Probiotic cleaners can tackle dirt and grime to help clean a home more efficiently and safely. When you use a biobased cleaner you are not putting toxic chemicals into your home or into Mother Nature, unlike more traditional bacteria-tackling household cleaners that use harsh ingredients and are sometimes considered pesticides.

And to top it off, probiotics don't stop cleaning when you do. CLR Active Clear's 3-in-1 action cleans dirt and grime, fights odors and continues working for up to three days after applied.



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## FEBRUARY SPECIAL

### FREE Quart Bottle of Spotter

With Purchase Over \$500

Residential cleaning only. Expires 2/28/22

Chet's Cleaning Inc.  
26051 Dequindre Rd.  
Madison Heights MI 48071



## FEBRUARY SPECIALS

\$30 Off Rug Cleaning - Each Rug  
20% Off New Pad

If you want your rug to have a long life,  
it's best to have it cleaned every 1 to 3 years!  
Some limitations apply. Not valid with any other discounts.  
Offer expires 2/28/22.



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