

HEALTHY, WEALTHY & WISE

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The Remarkable History of NYLON

When you hear the word nylon you probably think of socks, stockings or sweaters. 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, toothbrushes, electrical cover plates and other everyday items, nylon is actually a tough, flexible, durable plastic.

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 backing 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

What gets wetter the more it dries?
A towel!

Why was the broom late?
It overswept!

How can you tell that a tree is a dogwood tree? By its bark!

What do you call a sleeping bull?
A bulldozer!



Ingredients

- cooking spray
- 1/2 cup butter, melted
- 1 1/2 cups brown sugar
- 24 maraschino cherries
- 1 (20 ounce) can crushed pineapple
- 1 (15.25 ounce) package pineapple cake mix
- 1 1/2 cups pineapple juice
- 1/2 cup vegetable oil
- 3 large eggs
- 1 tablespoon confectioners' sugar for dusting, or as needed

Pineapple Upside Down Cupcakes

Directions

Gather all ingredients. Preheat the oven to 350°F. Move an oven rack to the middle of the oven. Spray 24 muffin cups with cooking spray.

Spoon 1 teaspoon melted butter into the bottom of each sprayed muffin cup.

Spoon 1 tablespoon brown sugar into each muffin cup. Press a maraschino cherry into the center of the brown sugar in each muffin cup.

Spoon a heaping tablespoon of crushed pineapple on top and compact it with the back of a spoon into an even layer (or substitute with chunks or slices)

Mix cake mix, pineapple juice, vegetable oil, and eggs in a large bowl with an electric mixer on low speed until moistened, about 30 seconds. Increase speed to medium; mix for 2 minutes.

Pour batter into the muffin cups, filling them to the top; do not overfill.

Bake in the preheated oven until a toothpick inserted into the center of a cupcake comes out clean, about 20 minutes. Line a work surface with waxed paper. Allow cupcakes to cool at least 5 minutes before inverting muffin cups onto the waxed paper; serve with pineapple and cherry sides up.

Sprinkle cupcakes lightly with confectioners' sugar before serving.

Recipe courtesy allrecipes.com

5 EASY Ways to a Healthier Heart with OMEGA-3s!



Omega-3s help reduce inflammation in the body, lower the risk of chronic diseases, help to maintain healthy skin, and even help improve mood and reduce stress.

One of the easiest ways to support your heart health is by adding more Omega-3 fatty acids to your diet. Omega-3s are essential nutrients that support brain health, heart function and overall well-being.

Here are some simple and practical tips for including more Omega-3s in your daily routine.

1. Put Omega-3s on the menu - Omega-3s are found primarily in fatty fish like salmon, mackerel, anchovies, sardines, herring and tuna. Consider experimenting with fish heart-healthy recipes once or twice a week, like baked salmon bites or mackerel & avocado tacos. For a quicker option, add canned tuna or sardines to salads or pasta to boost your Omega-3 intake.

2. Harness the power of smarter snacking - Add a mid-day snack like hard-boiled eggs, walnuts, or edamame for a boost.

3. Do an oil change - Switch up your kitchen oils to add more Omega-3s to your meals. Replace your usual salad dressing with an easy vinaigrette made with lemon juice and flaxseed oil or walnut oil.

4. Sneak it in - Add Omega-3s to your favorite recipes easily. Ground flaxseed or chia seeds can be added to smoothies, pancake batter or baked goods without altering their taste or texture.

5. Make every morning count - Breakfast is the most important meal of the day, and the perfect time to start incorporating Omega-3s. Trying a new recipe with heart-friendly ingredients like chia seeds, nuts and eggs, is an easy way to kickstart your day with essential nutrients.

By implementing these tips into your day-to-day life, you can easily make heart health a priority and support your overall well-being.

WARM WEATHER Home Maintenance Checklist

Inspect gutters and prepare your roof for summer storms: Winter weather can leave gutters clogged with debris. Clear out your gutters and ensure downspouts are secure to prevent water damage. It's also a good time to check for visible roof damage and trim overhanging branches. These steps can help reduce water intrusion and better prepare your home for severe spring weather.

Check for exterior damage: Look for cracks in your foundation, siding or driveway that may have developed due to freezing and thawing cycles. Repairing them early can prevent further deterioration.

Service your HVAC system: Before warm weather arrives, schedule an HVAC tune-up to ensure your air conditioning system runs efficiently. Replace air filters and check vents for proper airflow.

Test smoke and carbon monoxide detectors: Spring is a great time to test alarms and replace batteries to keep your home safe.

Examine windows and doors: Check for drafts and reseal or replace weather stripping as needed. This helps improve energy efficiency and keeps allergens from entering your home.

Inspect outdoor plumbing: Freezing temperatures can cause pipes to crack. Turn on outdoor faucets and irrigation systems to check for leaks before regular use.

Clean and seal decks and patios: Winter moisture can lead to wood rot and mold. Power wash, reseal and inspect for damage to keep your outdoor spaces in great condition.

Prepare your landscaping: Trim overgrown branches, remove dead plants, and refresh garden beds with new mulch to encourage healthy spring growth.



The transition from cold to warmer weather is the perfect time for homeowners to inspect their property for any damage caused by cold weather



Charcoal or Pellets...What's BETTER?

Charcoal vs. pellet grilling?? Here is one of Masterbuilt's chef partners and star of the Netflix series "American BBQ Showdown," Rasheed Philips, to answer your questions.

What first drew you to charcoal grilling? The aromas. Cooking with coals just imparts such a deeper level of flavor than using something like propane or pellets, providing a much higher BTU output, making it perfect for grilling.

How does the flavor differ between wood pellet and charcoal grilling? Pellets are compressed sawdust particles. Though it is technically wood, it loses so much of the flavor and cooking attributes that are found in cooking with an actual piece of wood.

When it comes to temperature control, is charcoal or pellet preferred, and why? I prefer charcoal for several reasons, including the level of consistent burn and heat output. Charcoal also adds a true char and smoke flavor.

Besides flavor and temperature control, are there other benefits of one over the other? The answer is simple: Damp or wet coal can still be lit and cooked with, but if pellets get moist, they immediately turn to sawdust.

Many people think charcoal is more complicated. What do you think? Charcoal allows you to impart amazing flavors, while giving you a consistent and even cooking experience.

Tips for transitioning from pellets to charcoal:

1. You don't need nearly as much coal for a cook as you do pellets. Most cooks can be done with one-half to one full chimney of charcoal.
2. Experiment with flavors. Adding wood chunks also adds additional depth of flavor.
3. Safety first: Make sure to have proper heat/fire handling equipment.
4. Lastly, have fun. Cooking should be an enjoyable experience, not one that you stress over.



Changing from pellets to charcoal may seem much more complicated, but it's like riding a bike; once you do it you never forget it, and it's never as scary after the first time.



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