

HEALTHY, WEALTHY & WISE

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Experience MATTERS...
Hire a **CARPET PRO** –
You will be THANKFUL!

Preparing for the Holidays? One of the first things that comes to mind to refresh your home is to have the carpets and floors cleaned. While carpet cleaning may seem like a simple task that requires little training, several factors come into play that can make a big difference! When you choose a company who understands your carpet, you will get better results. Here are a few tips to follow to make sure you are happy with your carpet after it is cleaned. ***You will be thankful you did!***

There are no Easy Answers

Some of the most common questions that people ask about carpet cleaning includes, "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 answer to these and other questions requires knowledge and experience.

Carpet can be made with a variety of fibers, each having its own cleaning characteristics. In addition, every fiber handles traffic and wear in its own unique way. Some soils that are easy to remove from one carpet may permanently stain another. Then there is the construction of the carpet. Loop pile, friezé, shag, saxony, velvet plush – all of these styles will respond to traffic

See **"EXPERIENCE Matters"** on next page



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traffic in different ways. The quality and density of the cushion is another factor. Even the unique way the pile yarns are twisted and how tightly packed they are in the carpet backing makes a difference in wearability and cleanability.

Questions an Experienced Cleaner will Ask

An experienced cleaner will assess the condition of your carpet, asking: What is the age of 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, how can we possibly know what to expect from a carpet cleaning? Unfortunately, it's not an exact science. BUT there are some things that experienced cleaners know about carpet, fibers, soil and stains that give them a clue as to what they can anticipate from the cleaning process. Perhaps the most important

consideration is the type of fiber. Just because they are all soft and fluffy does not mean they are all the same.

An experienced cleaner is trained to identify types of fibers and use their knowledge of that fiber's characteristics to anticipate potential challenges. Here are a few examples:

- If a carpet is wool you know that it has excellent resilience, so those crushed traffic areas and furniture indentations have a good chance of coming out. But 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 do not have the resiliency of wool, so high traffic areas tend to pack down and lose that fluffy texture over time. However, 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.

When **EXPERIENCE MATTERS**, call a Carpet PRO! Call **Chet's Cleaning** today for more tips, help or to schedule your next appointment. We are always to help!

The Good Life



Good Clean Funnies

Why did the soccer player take so long to eat dinner?

He thought he couldn't use his hands!

Sandy's mom has four kids; North, West, East, and?

Sandy of course!

How can you tell if an ant is a boy or a girl?

They're all girls, otherwise, they would be uncles!



Very good hot dish recipe from my late grandmother that can also be eaten as a meal with a salad.

Ingredients

- 1 pound ground beef
- 1 onion chopped
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 3/4 cup sour cream
- 1 (15 ounce) can green beans, drained and liquid reserved, divided
- 1 (8 ounce) package processed cheese (such as Velveeta®), sliced
- 1 pound frozen bite-sized potato nuggets (such as Tater Tots®)

GRANDMA'S Meat & Tater Hot Dish

Directions

Preheat the oven to 375°F.

Heat a large skillet over medium-high heat. Cook and stir ground beef in the hot skillet until browned and crumbly, 5 to 7 minutes. Drain grease. Add onion and cook until soft and translucent, about 5 minutes.

Meanwhile, combine condensed soup, sour cream, and green bean liquid in a small bowl. Set sauce aside.

Add green beans to the cooked beef and onions; mix to combine and transfer to a casserole dish. Top with sliced cheese and cover with frozen potato nuggets. Pour sauce over top.

Bake in the preheated oven potatoes are browned and sauce is bubbly, about 1 hour.

Prep Time: 15 mins

Cook Time: 1 hr 15 mins

Total Time: 1 hr 30 mins

Recipe courtesy allrecipes.com



How to Help Children Develop LANGUAGE Skills



When it comes to language development in young children, there is no substitute for genuine human interaction. Engaging in conversation from infancy through school age plays a vital role in a child's linguistic growth.

Conversational Approach - Talking to infants and young children as if engaging in a conversation has a profound impact on their language development. By allowing them time to respond, we encourage their participation. This not only helps children understand the rhythm and patterns of communication, but it instills confidence to express themselves.

Descriptive Language - Taking the time to describe the world around children can greatly enhance their vocabulary and understanding. By pointing out specific details and using descriptive language, we expand their knowledge and help them foster a deeper connection with their environment.

The Power of Reading - Regularly reading to children builds vocabulary and improves language skills. Engaging children in discussions about the story or asking open-ended questions will enhance their comprehension

and critical-thinking abilities. Making reading a cherished activity from an early age sets the stage for a lifelong love of books and learning.

Discouraging Baby Talk - As children progress into preschool age, it is crucial to discourage baby talk and encourage the use of their "big kid voice." By consistently modeling proper language usage and reinforcing your children's efforts to communicate effectively, we empower them to express themselves clearly and confidently.

Embracing Multilingualism - Exposing children to more than one language from birth to 3 years can provide numerous cognitive benefits. Young children have an incredible capacity to learn multiple languages simultaneously. By immersing them in a bilingual or multilingual environment, we enhance cognitive flexibility, problem-solving skills and linguistic competence.

Protect Your DECK to Keep it Lasting LONGER

Even if you're a novice **DIYer**, it's easy to protect your deck and keep it looking great in just a few simple steps, and doing the job yourself can save money and help you avoid more work on it in the future. Here a few tips.

1. Check your deck- Look for dirt, mildew, algae or old stain coating that's peeling - plus damaged, cracked or warped wood that may need to be replaced.

Try the "splash test" - splash a little water on the deck and watch how quickly the water is absorbed. If the water is rapidly absorbed into the wood, that means it's no longer protected from the elements and needs attention.

2. Clean it up- Don't use a power washer, it can damage wood. Choose a deck cleaner designed specifically to clean decks in preparation for staining and sealing.

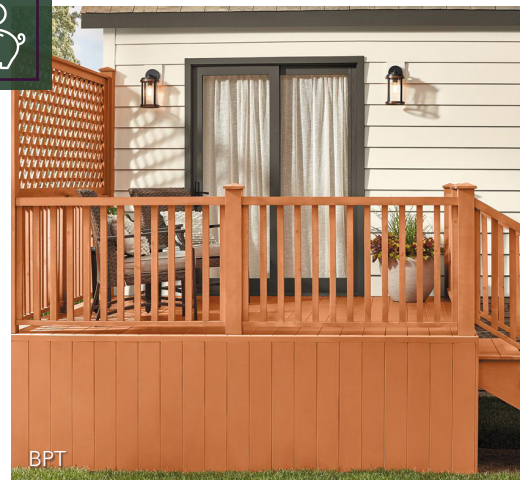
If you see dirt and stains but no coating peeling off, an exterior cleaner will work on any type of wood. If you see old peeling coating, a good stripper is the best option to help remove old stain.

Always follow the instructions. If your boards vary in color, a solid color stain would work best, transparent stains will show more wood grain, and semi-transparent stains add more color and protection while keeping some of the wood grain visible.

It's best to avoid windy and rainy days as well as high temps when your deck boards are very hot.

3. Maintain your beautiful new deck-

Always keep your deck free of leaves, dust, dirt and snow. Check your deck for trouble spots and do the "splash test" every year.



If you have a deck, it's probably one of your favorite - and most used - spaces. But time, usage and weather can all take their toll on your family hangout spot.



Enjoy Your Favorite Entertainment ANYWHERE



You can now take all your favorite shows, games, movies, music and more along with you, thanks to the latest technology in portable touch screens. Great for holiday traveling.

The ultimate tailgating technology- While you're grilling and chilling with your crew before the game, you can catch early games or pre-game shows on a portable screen. These wireless units offer a 27-inch touch screen (like the LG's StandbyME Go) for easy viewing wherever you want to watch it, and it can be easily tucked away into a durable case when you are done.

Life's a picnic- Share family videos or music with friends and family members during your picnics or cookouts. And beyond the great viewing capabilities, some can be

transformed into a digital record player so you can enjoy music at the beach, while camping or wherever you like to go.

Adorn your dorm room in style- Any college student would love being able to catch their must-see shows, movies and music with one of these portable units - and they can even use it for viewing online course content such as lectures.

Everywhere in the home or wherever you go - Whether you want to catch all the latest binge-worthy shows while you're folding the laundry, watch the game while you cook out on the grill or enjoy movies with friends wherever they happen to be hanging out. With this technology, it's easy to do all that and more.





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