

# HEALTHY, WEALTHY & WISE

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## SPILLS...

### *The Do's and Do Not's*

**You** vacuum twice a week, like clockwork. You ask everyone to take their shoes off at the door, leave your muddy shoes on the garage stoop, and toss your throw rugs in the washer every weekend. You do your level best to keep dirt outside where it belongs and pollutants inside your home to a minimum.

#### **But 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 drink onto your 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.

#### **And you will wonder what to do.**

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.

*See "SPILLS..." on next page*



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## SPILLS... continued from page 1

Here are a few recommendations to help increase your chances of a successful stain treating outcome:

**DO NOT** rub or scrub the carpet with a towel or brush. This will distort the face yarns and cause permanent damage to the surface, which will only amplify the look of any stain.

**DO** pick up any chunks and then remove the excess liquid by gently blotting or scraping up as much of the spill as you can. If it is a liquid, such as coffee, wine or soda, use a white towel and blot up as much of the spill as possible. Keep blotting until your towel stops absorbing liquid.

**DO NOT** spread the spot. When scraping up thick spills, such as spaghetti sauce, work gently from

the outside edges of the spot toward the middle. Scrape up as much as possible before using any spot cleaners.

**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.

**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.

While nobody can guarantee that every spot and stain will come out, by following these tips you will make cleaning up spots and spills much easier. You will be more likely to remove the stain completely, leaving your carpet looking good and helping your carpet to look good for years to come.

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 nails do carpenters hate hammering?** Fingernails!

**What has hands but can't clap?** A clock!

**Why can't Cinderella play soccer?** Because she's always running away from the ball.

**How do you keep a bull from charging?** Take away its credit card!



I serve this Thanksgiving spinach salad every year. The flavor of the apples and cinnamon make it great for the season.

### Ingredients

- $\frac{3}{4}$  cup sweetened dried cranberries, chopped
- 1 McIntosh apple - peeled, cored, and diced
- $\frac{1}{2}$  small red onion, finely chopped
- 2 tablespoons lemon juice
- 2 teaspoons honey
- 1 teaspoon chili powder
- $\frac{1}{2}$  teaspoon ground cinnamon
- 1 (6 ounce) bag baby spinach, torn into bite-sized pieces

## THANKSGIVING Spinach Salad

### Directions

Mix cranberries, apple, onion, lemon juice, honey, chili powder, and cinnamon together in a large bowl. Let rest for the flavors to blend, about 20 minutes.

Add spinach and toss to coat.

It's very quick and easy to prepare, too!

**Prep Time:** 10 mins  
**Additional Time:** 20 mins  
**Total Time:** 30 mins  
**Servings:** 4



Recipe courtesy allrecipes.com



## 5 Ways to Nourish Your BRAIN

**Eat right.** There are many reasons to eat a balanced diet of fruits, veggies, whole grains and lean meats, and brain health is high on that list. Eating foods packed with antioxidants and other nutrients is great for your brain. Omega-3 fatty acids also play a crucial role, and can be found in fatty fish, nuts and seeds.

**Get your Cognizin Citicoline on.** Citicoline is a naturally occurring brain chemical that has neuroprotective properties and helps protect and repair brain cells while supporting focus and memory. Cognizin® Citicoline is one of the most comprehensive brain ingredients on the market. This brain health nutrient has demonstrated through multiple clinical trials that it provides essential brain health benefits to people of all ages.

**Exercise.** When you exercise, you're not just burning calories. You're increasing blood

flow to the brain, which can improve cognitive function. Thirty minutes of moderate exercise on most days is a good guideline.

**Focus on sleep.** After a bad night's sleep, we actually have trouble processing anything we learned the next day and have trouble remembering it in the future. Can't remember what you had for lunch yesterday? A bad night's sleep could be the culprit.

**Challenge your brain daily.** Love Wordle? How about a crossword puzzle or other type of brain teaser? Doing them is like a workout for your brain, and helps keep you sharp.

It's easy to check off a good diet, sleep, exercise and puzzles each day. What about Cognizin? There are actually currently 200+ products out there right now that contain Cognizin. A few easy lifestyle changes can show the love to your brain every day. It'll love you back!

Whether you're a young professional looking to optimize your cognitive performance, an older adult focused on maintaining mental clarity and memory, or a kid just trying to get through exams, it's wise to boost your brain.

## Are HEAT PUMPS worth it? Debunking 6 Misconceptions

Here are six common heat pump misconceptions.

**Myth 1: Heat pumps won't work in cold climates.** Today's more advanced heat pumps leverage variable-speed compressor technology to make incremental adjustments that keep pace with changing temperature more efficiently and more accurately. In addition, many heat pumps are rated for cold-climate use now.

**Myth 2: Heat pumps don't really save money.** Today's heat pump offerings are wide-ranging and can meet the unique needs of almost any home, comfort level, or budget. Innovations in energy efficiency mean less electricity is used to cut costs in most homes.

**Myth 3: Heat pumps are noisy.** Premium heat pumps combine insulated cabinets and low-sound fan designs to deliver whisper-quiet performance in both heating and AC modes

**Myth 4: Temperatures will be inconsistent.** The newer heat pumps seamlessly move between heating and cooling for consistent comfort while helping to maximize energy efficiency.

**Myth 5: Heat pumps require a lot of space.** Innovative, new heat pump designs offer top-tier efficiency and variable-speed performance in a compact size. The side-discharge design allows them to be stacked, placed under raised decks, or installed in zero-lot-line neighborhoods.

**Myth 6: Installing a new heat pump is expensive.** Through a combination of immediate discounts, tax rebates, and utility and manufacturers' offers, qualifying homeowners can offset 100% of the cost of installing a heat pump. Additionally, some manufacturers offer simplified financing options with fixed monthly payments to make the investment more manageable.



Heating and cooling often make up the bulk of utility bills - and recently, heat pumps have become a trending topic for their ability to provide sustainable home comfort while simultaneously lowering utility bills. But can they really do both?



## Improve your Kids' SOCIAL Media Experiences

How can you help your kids enjoy the positive benefits of social media - without all the negative content? Algorithms affect what users see on social media by predicting content they're likely to connect with based on past engagement. Here are some ideas to help your kids enjoy what's good about social media.

**1. Model good behavior:** Be aware of how much you're scrolling, and what you say about it. Share positive, upbeat content with your kids instead of the negative. If you do see something negative, consider how you communicate the feelings it brought up for you and why you chose not to interact with it.

**2. Open the conversation:** By talking about what you see on social media and how it makes you feel, you're opening a conversation with your kids - and letting them know you're there to listen when they have feelings about what they

see, especially when they encounter something that makes them uncomfortable or sad.

**3. Find workable limits:** Your home's Wi-Fi router has features allowing you to control when your kids have access to the internet and the ability to ban sites. Try to make sure they're interacting with social media in common areas rather than alone. Keeping their phones and other devices out of bedrooms, will limit their exposure and promote a better night's sleep.

**4. Improve their feeds:** A simple way to invite more uplifting content that you and your kids can feel good about would be to check out LG Electronics new "Optimism Your Feed" playlist. The playlist is designed to help pull more positive content into your feed.

As social media has become an integral part of our lives, by being conscious to bring more optimism to your lives this school year.

If heading back-to-school wasn't already an emotional experience for kids, a new global survey found social media can be a source of anxiety and sadness to them.







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