

HEALTHY, WEALTHY & WISE

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Scary Black SHADOWS on your Carpet?

You may have noticed it in your own home, or the home of a neighbor or friend— dark, dirty-looking lines in the carpet around the baseboards, under doors and on stairs.

What is it? Can it be removed? Will it come back?

The dark greyish or black discolorations that occur around the perimeter of rooms and in the doorways of some houses can sometimes be a source of embarrassment and frustration. Our customers rely on us not only to clean their carpets, but also to educate them about how to maintain their carpet. Before we explain what these mysterious dark lines are, we'll talk about what they are not.

Contrary to what you may think, it has absolutely nothing to do with accumulated dust from poor house-keeping. It is not a defect in carpet. And although some believe it to be mold, it is not. Even pest control companies have been wrongly accused of causing these unsightly lines with their treatments. So, what IS it? It's called filtration soiling.

See "SHADOWS" on next page



248.584.1819

www.chetscleaning.com

OUR MISSION

To provide our clients with the most extraordinary experience, while making their homes & businesses a healthy & clean environment. We will effectively communicate so we can dramatically exceed our customer's expectations consistently.

Although it can happen in any home, filtration soiling is most common in homes that have forced air HVAC (heating, ventilation and air conditioning) systems. At certain locations in the carpet, air is being forced through the fibers by pressure and temperature differentials. The carpet fibers act as a filter, trapping pollutants that are in the air.

Some of these pollutants are the product of combustion and contain carbon. Common sources are automobile exhaust, industrial air pollution, tobacco smoke, and even natural gas or oil furnaces. This carbon, combined with oily residues from cooking and other sources, adheres to the carpet with very powerful electrostatic and chemical bonds.

The particles themselves are extremely small and very difficult to remove. The best course of action is prevention. Here are a few tips to prevent gray edges appearing:

Make sure that any means of combustion in your home including gas or oil heating systems, cooking appliances and water heaters are operating properly. Incomplete combustion caused by improperly functioning appliances contains higher levels of carbon. This can cause rapid soiling.

Have heat exchangers, flues and chimneys checked by an HVAC professional for leaks or improper function.

If you like to burn candles, limit how often you use the heavily scented ones. The oils used in these candles do not burn completely adding to the pollutants in the air, accelerating filtration soiling.

Install high quality air filters in your heating and air system. This may require modifications to the system. Check with a qualified contractor.

Consider using air purifiers, especially if smokers are present in the

home. Tobacco smoke produces one of the most difficult residues to remove.

When using a fireplace or wood stove, ensure that there is adequate fresh air entry so as to create enough of an updraft for the fireplace. Otherwise some of the smoke may get into the air and contribute to soil filtration. You may need to open a window a little. Don't turn on ceiling fans in areas where you have a fireplace burning. Air currents may pull smoke into the living space.

Chet's Cleaning uses specialized cleaning agents and techniques to treat soil filtration lines. Although complete removal of the discoloration may not be possible, we can usually improve the appearance. Of course, prevention is always your best line of defense.

The Good Life



Good Clean Funnies

How do you fix a broken pumpkin? With a pumpkin patch.

What do you call wood when it's scared? Petrified!

Did you hear the one about the mummy with no friends? He was too wrapped up in himself.



The bright orange color makes this a great dish for fall parties and gatherings.

Ingredients

- 1 (15 ounce) can garbanzo beans, drained
- 1 (4 ounce) jar roasted red peppers
- 3 tablespoons lemon juice
- 1 1/2 tablespoons tahini
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh parsley

Recipe courtesy allrecipes.com



Red Pepper Hummus

Directions

In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt.

Process, using long pulses, until the mixture is fairly smooth, and slightly fluffy.

Make sure to scrape the mixture off the sides of the food processor or blender in between pulses.

Transfer to a serving bowl and refrigerate for at least 1 hour. (The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving.)

Sprinkle the hummus with the chopped parsley before serving.





Health Benefits of GOLF



Golf can boost self-esteem and confidence while nurturing hand-eye coordination and keeping the brain active in logical functions.

As a sport of leisure and no physical contact, golf ranks among the world's healthiest endeavors.

According to legendary fitness trainer and the Health Fitness Revolution founder, Samir Becic, studies have shown that playing golf outdoors on open green areas for four or five hours relaxes the body, reducing stress and anxiety.

Exposure to sunlight also increases vitamin D, decreasing depression, the threat of heart disease, and certain cancers.

Meanwhile, swinging at that little white ball, carrying clubs, and walking a course can add up to 3-4 miles for a golfer—burning up to 1000 calories, accelerating the heartbeat, and increasing blood flow which decreases the risk of heart disease and levels of bad cholesterol.

The increased heart rate also promotes the flow of blood to the brain, which can improve nerve cell connections and delay such mental illnesses as dementia.

Avoid HIDDEN Fees



Adding a new phone only costs \$40 per month. Surprise, that wasn't the whole story because the phone itself costs \$500.

Hidden fees. Unexplained charges. These add up to billions in costs to consumers every year.

According to a Consumer Reports survey, about 59 percent of people have been charged hidden fees.

Luckily, for consumers who did complain of hidden fees, two-thirds got a refund.

Here are the top offenders in hidden fees and the percentage of people surveyed who reported them, according to Consumer Reports:

- Telecommunication providers (69 percent)
- Live entertainment and sporting events (44 percent)
- Credit cards (36 percent)
- Car purchases (34 percent)
- Hotel (34 percent)
- Air travel (31 percent)
- Car rental (31 percent)



Avoid continuing extra fees for modems and routers by purchasing the equipment for yourself.



WATCH OUT for Robocalls



Many of robocalls are now automated so you don't have to feel bad for hanging up.

Heaven help you if your car's warranty is running out or you have a student loan. Or even if you do not. Those robocalls may start to be oppressive. According to robocall blocking app Hiya, there were more than 26 million such calls in 2018. They are annoying but sometimes people get calls because they have given out their phone number.

Ordinary activities online can put you onto a robocall list, as companies sometimes sell lists.

You might have managed to get on a list because you donated to a charity, signed up for a contest, or filled out an online meme. The worst cases are when you fill out an online form for interest rate information, student loan refinancing or event travel.

You can try robocall blocking apps. Often calls are made through randomly generated calling software located in another country. Those calls are almost impossible to stop.





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

Filtration soiling is caused by:

- a. mold
- b. pollution
- c. dust
- d. bad feng shui

When you think you've found the correct answer, email it to chet@chetscleaning.com or call our office at (248) 584-1819. One winner will be chosen from a random draw of correctly answered entries.

Contest Expires 10/31/2019



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