

HEALTHY, WEALTHY & WISE

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DON'T MAKE THESE COMMON CARPET CARE MISTAKES



Keeping your carpets clean is not only important to the look and feel of your home, it's also a vital factor in maintaining good indoor air quality. And that's good for your health. Here are some common mistakes to avoid so that your carpet remains clean, beautiful and healthy for as long as possible.

Mistake #1 - ALLOWING SPOTS AND SPILLS TO SET

Accidents are going to happen, but permanent stains don't have to. While it's possible to clean and deodorize an old spot or stain, your chance of removing a fresh spill is much higher if you act fast. Spills continue to penetrate into the carpet and bond to carpet fibers the longer they sit.

Depending on what has spilled, the stain could begin to oxidize and become permanent. If the spill penetrates into the carpet pad, you may have a much bigger problem later. Old spills in padding have a tendency to wick back to the surface during future cleanings.

See "Mistakes" on next page



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"Mistakes" continued from page 1

Mistake #2 - NOT TESTING SPOT REMOVERS BEFORE USING

Do you have a sample of your carpeting or some extra pieces that weren't needed when the carpeting was installed? These are perfect to use for testing any type of cleaners, spotters and deodorizers. The last thing you want to see is a stain develop from one of the cleaning products you are using to remove a stain or odor. Instead, use an extra piece of carpeting, and if there is none available, pick out a spot in the rear of a closet to test.

Mistake #3 - IMPROPER SPOT & SPILL CLEANUP

Different spots require different cleaning agents, equipment and techniques. Applying a particular chemical to one stain may produce great results. Applying that same spotter to another type of spill could make the spot permanent.

Scrubbing the carpet with brushes and towels can cause permanent distortion to the yarns. Carpet should never be scrubbed. The preferred action is called tamping or blotting. After testing in an inconspicuous location, apply the appropriate cleaning agent to the spot, agitate gently, and blot the area with a clean white terry cloth towel.

If the directions call for rinsing the product out of the carpet, spray clean water from a trigger sprayer onto the area, agitate gently and blot up the excess moisture. Repeat the rinsing procedure, if necessary, to remove any soapy residue.

Mistake #4 - NOT HIRING A PROFESSIONAL CARPET CLEANER

Keeping your carpets clean and beautiful includes regular vacuuming, prompt attention to spots and spills and keeping soils outside with the right mats at entrances. It's even

better if you can refrain from wearing "street" shoes in the home.

Eventually, your carpets need a deep cleaning. And regardless of what manufacturers of do-it-yourself carpet cleaners tell you, you do need a trained professional to get your carpets thoroughly cleaned.

We use professional cleaning agents, equipment and techniques to get your carpets deep down clean. Carpets that are cleaned and protected regularly will last longer and help improve indoor air quality.

That's why major carpet manufacturers require professional cleaning every 12-24 months to maintain your carpet warranty and extend the use-life of your carpets.

Contact **Chet's Cleaning** today for more tips, help or to schedule an appointment.

The Good Life



Good Clean Funnies

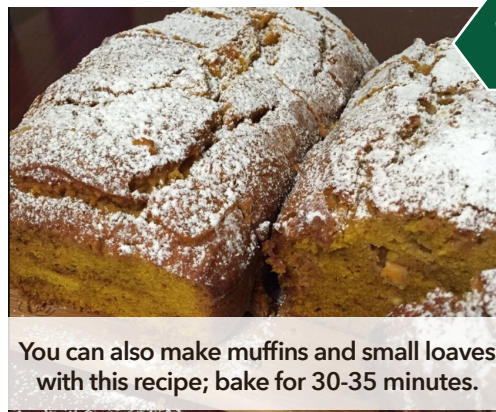
What do you get when you cross a vampire and a snowman?
Frost Bite.

Why did the student eat his homework?

Because the teacher told him it was a piece of cake!

What animal is always at a baseball game?

A bat.



Easy Pumpkin Bread

Directions

Preheat the oven to 350°F.
Grease and flour three 9x5 inch loaf pans.

In a large bowl, mix together the pumpkin, oil, sugar, and eggs. Combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves; stir into the pumpkin mixture until well blended. Divide the batter evenly between the prepared pans.

Bake in preheated oven for 45 minutes to 1 hour. The top of the loaf should spring back when lightly pressed.

Variations – Add raisins, mini chocolate chips (the best), pecans, or walnuts.

Recipe courtesy allrecipes.com

Ingredients

- 3 cups canned pumpkin puree
- 1 ½ cups vegetable oil
- 4 cups white sugar
- 6 large eggs
- 4 ¾ cups all-purpose flour
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons baking soda
- 1 ½ teaspoons salt
- 1 ½ teaspoons ground cinnamon
- 1 ½ teaspoons ground nutmeg
- 1 ½ teaspoons ground cloves



Your EYES are the Window to Your Health

The coronavirus pandemic has prompted many Americans to put off regular medical checkups.

It may seem less urgent to have an eye exam if you're not experiencing vision problems, but more than 270 serious conditions can be detected - which may affect the way you see and your overall health. Most are asymptomatic, so an annual eye exam by a doctor of optometry is recommended to keep you healthy.

For those working - or attending school - from home now, increased screen time can cause eye strain, which can lead to symptoms such as headaches and blurry vision.

Whether you're experiencing digital eye strain or dry eyes, or if you have health conditions such as hypertension or diabetes, comprehensive eye exams are

vital. Anyone with risk factors for glaucoma such as being over age 60, having a family history of glaucoma or physical injuries to the eye should have regular appointments for eye pressure. And being checked for cataracts from age 60 can help prevent loss of sight.

For kids, spending each day looking at their screens and less time outdoors could also increase their risk of myopia (nearsightedness).

Scheduling a family eye exam is a great way to start of every school year, so make sure to add it to your back-to-school health and safety checklist in 2020.

When to Consider REFINANCING



When is refinancing your home right for you? The following tips may be of some help:

Obtain a lower interest rate – As mortgage rates fluctuate, obtaining a lower rate can bring significant savings. Traditionally, lenders have suggested refinancing if interest drops 2% lower than your current rate.

Get better terms – Consider refinancing if you want to reduce or extend your loan. Consider a shorter term if you can keep your payments about the same or manageable for a quicker payoff. Extend your loan to reduce your monthly payments as long as the additional length works for you.

Tap equity – If you have built up enough equity in your home, refinancing your mortgage is a good way to access that money.

Save money – Refinancing for a lower rate or a shorter term (or both) can be a great way to save money by lowering your monthly payment or shortening the length of the loan.

Change from an Adjustable Rate Mortgage (ARM) to a Fixed Rate Mortgage (FRM) – If you are in an ARM

and your mortgage is about to reset to a higher interest rate, refinancing to an FRM can save money if you are able to receive a lower interest rate.



If you are considering refinancing your home, here are some good reasons to take action now.



Activities such as bobbing for apples started when the Celts honored Pamaona, the goddess of fruit trees.



The HISTORY and Tradition of Halloween

From the early beginnings of the Celtic festival of Samhain, tradition has been an integral part of the rich history of Halloween. The Celts believed that October marked the month during which the veil between the living and dead worlds was thinnest and that spirits could move through this world and wreak havoc on the living.

To scare away these evil spirits, the Celts would dress up in demonic-looking costumes, especially at night. They also carved scary images in turnips and placed them in the windows of their homes. They believed their costumes and the carved turnips would keep the evil spirits from entering.

Another tradition that spans many years is trick or treating, which began with All Souls' Day parades in early England. During this time, poor citizens of England would line up on the sides of streets and accept pastries known as soul cakes in exchange for praying for the dead family members of the wealthy.

Although most people think of October 31 as a fun day to dress up in costume for the evening, the history of Halloween dates back thousands of years and has much darker roots. While celebrating this time of year by consuming massive quantities of candy and sweets is an excellent way to enjoy All Hallows' Eve, knowing its rich history will help you appreciate it even more.





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OCTOBER SPECIAL

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Residential cleaning only. Expires 10/31/20.

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