

HEALTHY, WEALTHY & WISE

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SPILLS... *The Do's and Don'ts*

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 week-end. 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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www.chetscleaning.com

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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 do you call a flower that runs on electricity?
A power plant!

Why can't a cheetah play hide and seek?
Because he's always spotted!

Why is dark spelled with a K and not a C?
Because you can't see in the dark.



Repurpose Thanksgiving leftovers into a great football snack!

Ingredients

- 2 tablespoons butter
- 1/2 cup sliced shallots
- 10 slices jarred jalapeno peppers, chopped - or more to taste
- 1/2 cup cranberry jelly
- 2 cups shredded cooked turkey
- 1/2 cup shredded white Cheddar cheese
- 48 scoop-style tortilla chips (such as Tostitos® Scoops®)

Recipe courtesy allrecipes.com



Leftover TURKEY Thanksgiving Nachos

Directions

Preheat oven to 400° F. Line a baking sheet with aluminum foil.

Melt butter in a skillet over medium heat; cook and stir shallots in the hot butter until softened, about 2 minutes. Stir jalapeno peppers into shallots and cook until fragrant, about 2 more minutes. Stir cranberry jelly into the shallots and peppers until melted.

Mix shredded turkey with jalapeno-cranberry jelly mixture in a bowl until thoroughly combined. Arrange tortilla chips on the prepared baking sheet and fill each chip with 1 tablespoon turkey mix. Top each chip with 1/2 teaspoon of white Cheddar cheese.

Bake in the preheated oven until the cheese topping is melted and the chips are golden, about 10 minutes.

Serves 12-16.





BPT

Hair is an important part of your personal style and when a special event is approaching, such as a wedding or big birthday, it can help you look and feel your best.

Feeling Down About Thin or Shedding HAIR?

If you're experiencing thinning hair or hair loss, it's important to know you're not alone.

It's normal to shed between 50 and 100 hairs a day. You may temporarily shed more than this due to stressors such as giving birth, losing a significant amount of weight, or recovering from an illness or operation. As your body readjusts, shedding should go back to normal levels.

Hair loss occurs when the hair stops growing - this can be caused by treatments like chemotherapy or hereditary hair loss.

Nourish from the inside: Look at your diet. Protein is important, so stock up on lean meats, Greek yogurt, beans, nut butters, avocado, peas, quinoa and chia seeds.

Boost vitamin intake: Supplements can make a big difference for hair health.

Wash every other day: A dirty scalp can be itchy, leaving hair dry and brittle. Washing every other day is the ideal frequency to promote hair health.

Mind wet hair: Remember, wet hair is weaker, so detangle before you shower rather than after.

Cut heat: When possible, cut down on using heat styling tools or turn the heat down to the lowest effective setting. Explore alternatives that don't use heat, such as rollers.

Go loose: That slick ponytail or braid can damage your hair if worn on a regular basis. These styles pull at the roots and cause breakage mid-strand.

Deep condition: On wash days, leave conditioner on your hair for 3-5 minutes before rinsing. Use this time to relax, meditate and destress.

4 TIPS To PROTECT your KIDS Online

1. Discuss the dangers of identity theft -

In 2021 more than 1.25 million children in the U.S. were victims of identity theft and fraud and over half involved children ages 9 and younger. Most won't know they are victims until they're adults and apply for a loan or credit card.

To reduce this risk, for younger children, emphasize the importance of keeping their full name, birthday, address and phone numbers private. Teenagers should never share their Social Security numbers or driver's license information.

2. Be mindful of what you and your family post on social media - Make your profiles private and restrict who can see your posts. Limit comment access to close friends and message requests to approved followers only. Never reveal your address or date of birth. Finally, disable location sharing on certain apps.

3. Review password security best practices

- Never use a password that contains personal information - like your birthday or a pet's name - or reuse passwords. Teach your children the importance of password protection and best practices for password security.

Use a password manager. This feature stores and manages your family's online accounts in one place and, more importantly, automatically chooses long, random and complex passwords that are difficult to crack. Never recycle passwords again!

4. Check parental controls - Parental controls are a powerful tool to give you peace of mind that your kids' online activity and behavior are in accordance with your family's preferences. Not only do they allow you to monitor your child's screen time and online activity, but you can also use parental controls to block and filter harmful sites.



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With new digital learning devices and platforms your kids are experiencing in school now, comes the need for additional online safety tools and the ability to educate kids on safe online habits.



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With the school year in full swing, it is challenging for families to find time in their busy schedules to spend quality time together. One easy way to create quality time is family meals at home.



Benefits of COMMITTING to FAMILY Mealtime

Studies have shown time the lifelong benefits of family meals, like higher self-esteem in kids, better grades and even an increased consumption of healthier foods such as fruits and veggies. Family meals also give everyone an opportunity to share about their day.

Check out the tips below on how to maximize mealtime with your family:

1. Ease into it - Start by taking baby steps. If you set a goal to start eating one or two more meals together a week, even if it's just for 30 minutes, you will be more inclined to stick to it, and incorporate even more mealtime from there.

2. Get the family involved in meal prep - Make mealtime fun by getting the whole family to plan what recipe to make, go grocery shopping together and gather in

the kitchen to prepare the food. Kids will not only enjoy being involved in the process, but it will also help to increase the frequency of eating meals together and foster healthier eating habits.

3. Don't limit family time to dinner - While families tend to gather more often for dinnertime, it doesn't mean parents and kids can't join for breakfast, lunch or even a snack. Start the morning off right with a nutritious meal and keep them energized throughout the school day.

4. Switch up your meals - Tired of the same boring lunches or snacks, get the family excited by testing out new dishes every week. Get creative with your meals and switch them up by having breakfast for dinner. Or try whipping up a snack board dinner which would be perfect during a family movie night!



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