

HEALTHY, WEALTHY & WISE

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"Keep your eyes open to your mercies. The man who forgets to be thankful has fallen asleep in life." – Robert Louis Stevenson

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303.403.1900 main
303.548.5946 emergency
www.pcssystem.com

Why do Spots Come Back?

Naturally you expect your carpets to look better after cleaning than before. So it may come as a surprise when some of the spots return. There are two reasons that this can happen: re-soiling from various residues and soil-wicking.

Re-soiling

Re-soiling is the result of new soil that is attracted to an oily or sticky residue on the carpet. One of the most common residues is left behind by common spot removers. Some of the products sold at grocery and home improvement stores can leave behind sticky, soil-attracting residues, especially when they are over-applied or not thoroughly rinsed.

Other residues that cause rapid re-soiling are: food grease, animal body oils, adhesive-tape residue, petroleum-based oils, moisturizing lotion, hair-spray, tanning oil, and sugar from spilled drinks. Once the visible soil is cleaned away from these areas, the carpet will look clean. However, the invisible residue acts like a soil magnet, leading to rapid re-soiling. This can take days or even a few weeks to occur.

Soil-wicking

Soil-wicking is another common reason that spots reappear after cleaning. Soil-wicking is a result of how carpet is made and how it dries. Carpet is made up of multiple layers. Each of these layers plays a role in soil wicking. The yarns that you see in the face of the carpet are stitched into a thin, woven fabric called the *primary backing*. This primary backing can be seen by parting the fibers of the carpet and looking down between the rows of yarns.

During "normal" carpet cleaning, the intent is to clean the face yarns only.



But sometimes spots, spills and pet urine penetrate the primary backing. If you look at the back of the carpet, you will see the *secondary backing*, a coarser, stiffer woven material designed to give the carpet more strength and stability. The secondary backing creates a capillary action that can spread a spill out to a much larger area than you see on the surface. Just a 2-4 ounce spill can create a 12 inch diameter spot on the back of the carpet.

Between the primary and secondary backings, there is a layer of latex adhesive holding it all together. Some spills can penetrate into this layer and dry. These deposits can be "reactivated" by normal cleaning and wick to the surface of the carpet fibers during the normal drying process. These returning spots can be as much of a surprise to your carpet cleaning professional as they are to you.

The reason the spots return has to do with the mechanics of capillary action. As carpet dries, water evaporates from the tips of the carpet yarns, drawing some of the remaining moisture behind

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Stuffed Portobello Mushrooms

Ingredients:

- 1 [9.6 ounce] package Jimmy Dean® Original Hearty Pork Sausage Crumbles
- 2 cups shredded Italian cheese blend, divided
- 1/2 cup ricotta cheese
- 2 green onions, thinly sliced
- 3 tablespoons finely chopped sun-dried tomatoes, rehydrated
- 12 medium portobello mushroom caps 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar [optional]

Directions:

1. Preheat oven to 350 degrees F. Combine sausage, 1 cup shredded cheese, ricotta cheese, onions and tomatoes in large bowl.
2. Brush tops of mushroom caps with oil; place, top-sides down, in shallow baking pan.
3. Top with sausage mixture. Drizzle with vinegar, if desired. Sprinkle with remaining shredded cheese.
4. Bake 10-12 minutes or until mushrooms are tender.

recipe courtesy allrecipes.com

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it. If there is any kind of soil or spill at the base of the yarns or in the backing, it too can be drawn up to the yarn tips. Unfortunately, while water readily evaporates, soils do not. So the spots that were hidden in the backing system are now at the top of the carpet where they can create a visibly noticeable spot. Correcting recurring spots may simply require a thorough rinse. Other times, specialized cleaning agents and more

intensive cleaning techniques are needed.

While we do our best to prevent recurring spots, it does happen sometimes. If you ever see a spot come back after Professional Carpet Systems cleans your carpet, please call us as soon as possible so we can return and properly address the situation. Once we find the cause, we'll use special techniques to correct it and leave your carpet spotless again.

Inviting Guestrooms

Inviting Guestrooms

With the holidays just around the corner, you are probably planning for some guests in your home. If you are able to offer your guests a room of their own during their visit, here are some ways to make the space comfortable, hospitable, and inviting.

Comfort

Along with clean bed linens, consider adding a featherbed mattress topper, extra pillows, and extra blankets for your guests. If there is space available, have a small upholstered chair in a corner. Offer some bottled water and some light snacks. The room should have adequate lighting, including a reading light by the bed.

Space

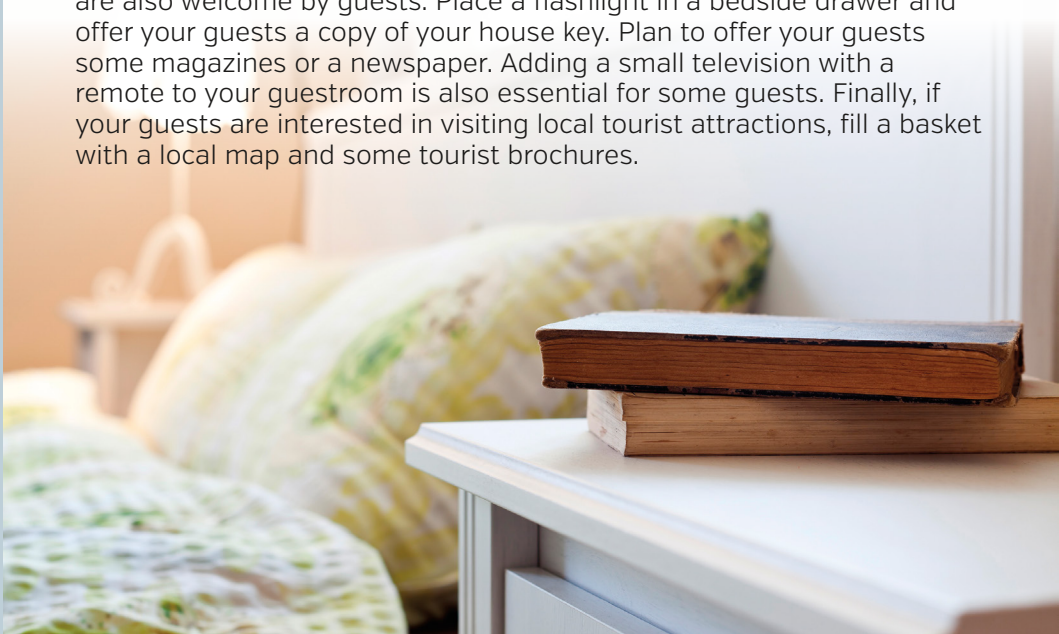
Keep knick-knacks in your guest room to a minimum, so that your guests do not feel crowded. Provide a place for your guests to place their purse, keys, and other small items. Consider placing a luggage rack or small table in the room. Clear a space in the closet and include some empty hangers. One or two empty drawers are also helpful.

Privacy

Window coverings in your guest room should give good light control and privacy. Make sure the door to your guestroom has a functioning lock.

The Extras

A simple alarm clock is a necessity. Keep a pad of paper and some pens on the nightstand. Tissues, an ironing board and iron, and a hair dryer are also welcome by guests. Place a flashlight in a bedside drawer and offer your guests a copy of your house key. Plan to offer your guests some magazines or a newspaper. Adding a small television with a remote to your guestroom is also essential for some guests. Finally, if your guests are interested in visiting local tourist attractions, fill a basket with a local map and some tourist brochures.



Airbag Safety

Driver and passenger airbags in vehicles have been required by the federal government since 1999 for all cars, light trucks, and vans. Airbags have been proven to save lives—more than 147,000 people are alive today because of airbags in their vehicles. But airbags also have injured people in accidents, sometimes causing serious injury or death.

Who is at the greatest risk for injury? Unbelted occupants, especially passengers, are at risk because they are likely to move forward if there is hard braking or other violent maneuvers before a crash, causing them to be seated too close for safe airbag deployment. When riding in a vehicle, you should always buckle your safety belt and keep about ten inches between your chest and the cover of the airbag module.



Children and infants can also be at risk, due to their smaller size and the improper use of car seats. A rear facing infant seat should never be placed in a seat that is equipped with an airbag. Children under the age of twelve should be seated in the back seat of the vehicle and should always be properly restrained. The back seat is always the safest place for a child.

Questions to Ask Your Doctor

Next time you have to make a visit to your health care provider, don't forget to bring along some questions. To ensure your health and safety, you need to both inform your doctor and become informed yourself. Here are some questions you may want to ask.

- ▶ Does this medication have any side effects?
- ▶ Will it interact with any of my current medications? (Bring a list of what you are currently taking.)
- ▶ Should I watch for any unusual symptoms or signs during this course of treatment?
- ▶ What food, drugs, or activities should I avoid while receiving this treatment?
- ▶ What should I do if I miss a dose of my medication?
- ▶ When can I stop taking this medication?
- ▶ What can I do to best assist my treatment or recovery?
- ▶ While I'm here, is there any other thing I need a check-up for?



- ▶ How can I best contact you if I need to?

Don't try to remember everything said during your visit. Plan on taking notes or bring along a relative or friend to take notes for you. You can record your visit to help you remember all the facts. Your doctor can also write down instructions for you or give you printed material explaining your treatment.

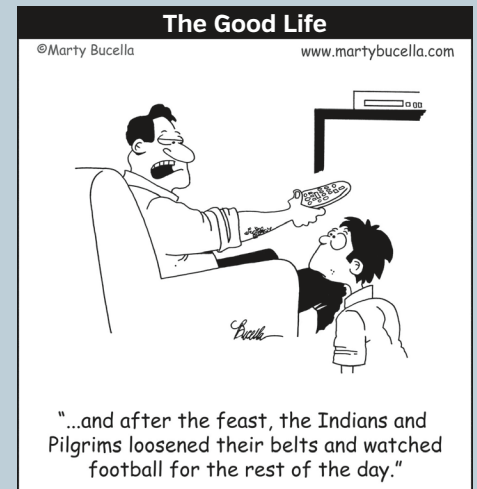
Good Clean Funnies

Stuffing the Turkey

Tommy was sitting in his grandmother's kitchen, watching her prepare the Thanksgiving meal. "What are you doing?" Tommy asked.

"Oh, I'm just stuffing the turkey," his grandmother replied.

"That's cool!" Tommy said. "Are you going to hang it next to the deer?"



Quick Tips

Organizing Tip

If you store your pots and their lids in a drawer, you are probably wishing they would not rattle around. You can place a small tension rod into the drawer to act as a divider. Stack the pots in the larger divided section of the drawer. The lids can be stored upright between the side of the drawer and the tension rod. Not only will it keep the pots and lids from moving around, they will also be easier to see and find.

Healthy Living Tip

Want an easy way to improve your nutrition? Simply make your meals more colorful. Vibrantly colored fruits and vegetables are packed with flavonoids and carotenoids. These compounds work as antioxidants, helping to lower inflammation in your body. So add some blueberries, broccoli, carrots, and mangos to your daily meals and snacks and you'll be on the right track.

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Water Damage Restoration
Wood Floor Cleaning and Rejuvenation

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Need help with your wood floors and not sure where to turn? Professional Carpet Systems has your answer!

We are now fully trained and ready to offer residential wood floor deep cleaning and a rejuvenation recoat service. Minimal cure times and long lasting results. Bring back that clean floor shine that your home has been missing.

Win a \$25 Restaurant Gift Card

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

The four components of most carpet include face yarns and:

- a. a primary backing, latex adhesive and vinyl vapor barrier
- b. a primary backing, acrylic bonding agent and jute
- c. a primary backing, latex adhesive and woven secondary backing
- d. a proprietary formula of spots, soils and stains

Once you've found the correct answer, email it to anna@pcssuperior.com. The first 3 people to email with the correct answer wins!

Contest Expires 11/30/2015.