

HEALTHY, WEALTHY & WISE

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FEBRUARY IS National Bird Feeding Month



ROBERTS Carpet Care

Promoting Healthy Indoor Living

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The Truth About Spots and Stains

You may have seen some of the commercials on television that show a bottle of spot remover that can quickly and easily remove stains from carpet and upholstery like magic. Red wine, ketchup, coffee, fruit punch, spaghetti sauce, grass stains and more are removed in seconds with no rubbing or scrubbing. Just spray and blot!

If only it were that easy!

The truth is that advertisers are not being completely honest with you. The spots are usually on new carpet that is most likely olefin or polyester—two fibers that are difficult to stain. They choose spots that are easily removed by the chemistry of their spotter. The same cleaner on dried mustard on a three-year-old nylon carpet would produce less than stellar results.

In reality, the ease or difficulty of spot removal will vary depending on fiber type, age and condition of the carpet, age of the spot, the type of stain, and even the cleaning agents and methods previously used on the carpet.

The first step is to identify the spot. Sometimes you can't be sure what it is, so with unknown spots, we play "detective." Using clues like the color, location, texture, odor and

shape we figure out what it might be.

The next step is to categorize the spot. There are four categories of spots:

Category 1: Water-soluble

Water-soluble spots respond to water-based solutions. There are several spotting agents that fit into this category. Acid spotters work best on alkaline soils. Alkaline spotters work on common acid-based soils. Enzyme spotters break down protein spots like blood, milk, eggs and grass.

Category 2: Solvent-soluble

Solvent-soluble spots are best treated with solvent-based spotters. This category includes tar, petroleum grease, lipstick, ink, dried paint, gum and adhesives.

Category 3: Insoluble spots

Insoluble spots include substances that cannot be dissolved with water or solvent spotters. Some examples are graphite, carbon, fireplace ash and powdered copier toner.

Category 4: Specialty treatments

Specialty treatments include strong acids, oxidizers, reducing agents and specialized chemical reactions. Rust, food dyes, urine stains and mustard fall into this category.

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Strawberry Pretzel Salad

Ingredients:

- 2 cups crushed pretzels
- 3/4 cup butter, melted
- 3 tablespoons white sugar
- 1 (8 ounce) package cream cheese, softened
- 1 cup white sugar
- 1 (8 ounce) container frozen whipped topping, thawed
- 2 (3 ounce) packages strawberry flavored Jell-O®
- 2 cups boiling water
- 2 (10 ounce) packages frozen strawberries

Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Stir together crushed pretzels, melted butter and 3 tablespoons sugar; mix well and press mixture into the bottom of a 9x13 inch baking dish.
3. Bake 8 to 10 minutes, until set. Set aside to cool.
4. In a large mixing bowl cream together cream cheese and 1 cup sugar. Fold in whipped topping. Spread mixture onto cooled crust.
5. Dissolve gelatin in boiling water. Stir in still frozen strawberries and allow to set briefly. When mixture is about the consistency of egg whites, pour and spread over cream cheese layer. Refrigerate until set.

recipe courtesy allrecipes.com

The Truth About Spots and Stains *(continued from cover)*

First things first. Before applying any spotting agent we determine the fiber type. It is important to be sure that the spotting agents and cleaning method will not harm the fiber.

Once we have selected the correct spotter and qualified the fiber content, spot removal will follow 5 basic steps:

1. Remove excess material with scraping or blotting.
2. Apply the appropriate spotter to the spot. Do not oversaturate the carpet.
3. Agitate gently. Never scrub or rub the carpet.

4. Rinse.

5. Blot with a clean white towel.

These are the basic steps. Our techniques, tools and processes will vary depending on your unique situation. Any remaining discoloration after the spot removal is a stain, and will require more expertise and specialized methods.

Roberts Carpet Care technicians are experts at identifying, categorizing and treating the spots and stains that other companies can't. Call us today if you have questions or need help removing spots, odors and stains from your carpet.

The Power of a Campfire

Consider the power of fire to early humans: It provided heat for food and warmth and protection against predators.

What is less obvious is that the fire provided a setting where people could talk and socialize.

A study from the Proceedings of the National Academy of Sciences suggests that it is the less-often-cited social activities that may be responsible for humanity's dramatic evolution we see today. The study, quoted in The Wall Street Journal, shows that campfires allowed humans to extend the day past sunset for the first time and gave people an opportunity to perform singing, dancing, religious ceremonies, and storytelling.

All of these activities played a significant role in how humans learned to consider broader social networks, cooperation, big picture thinking and allowed social behavior, in general, to act as a life-extending activity. Campfires brought people together and created a nexus for cultural development.

Fast-forward to the present day, and people have lost that sense of community and social behavior.



Spending time outdoors around a fire is a good opportunity for family bonding.

According to Fortune, the amount of people describing themselves as lonely has doubled over the past several decades. Many factors such as cell phones, the internet, no longer living in the same area for extended periods of time, and more demanding work hours all contribute to more isolation between people despite living in a world that is more technologically connected than ever.

According to the Huffington Post, unplugging from gadgets and going camping can help improve sleep, mood, and inspire creativity. It can create connections.

It sounds like the early human ancestors had it right all along.

How to Take Care of Yourself After a Heart Attack

The American Heart Association recommends these five steps to give yourself the best chance at recovery from a heart attack.

Take any prescribed medication.

Follow the instructions of your doctor and take all medication as directed. Depending on the severity of heart damage and the underlying causes, you may be prescribed a range of medication. It is important to know what you are taking, what it does, how and when to take it, and any possible side effects.

Continue to see your doctor

Attend any follow-up appointments scheduled with your doctor so they can monitor your progress. Your doctor will continue to assess the effectiveness of your treatment.

Complete cardiac rehabilitation

Cardiac rehabilitation is a medically supervised program aimed at making your recovery successful.

Commuting: You Don't Control Traffic

How traffic moves is beyond your control. It doesn't matter if you are in a hurry, uptight, or anticipating something at the end of your commute.

So why not relax and go with the flow? The laid-back approach will keep your blood pressure in check and your temper down. Here are some ways to do it:



Traffic can be a hassle, but it's always best to keep your cool.



Follow-up appointments after a heart attack are an important part of the recovery process.

Get support

Getting support from loved ones, health professionals and support groups can help reduce the emotional burden.

Change your lifestyle

High blood pressure, high cholesterol, and diabetes are major risk factors of having a heart attack. Quit smoking. Eat a healthy diet. Stay active.

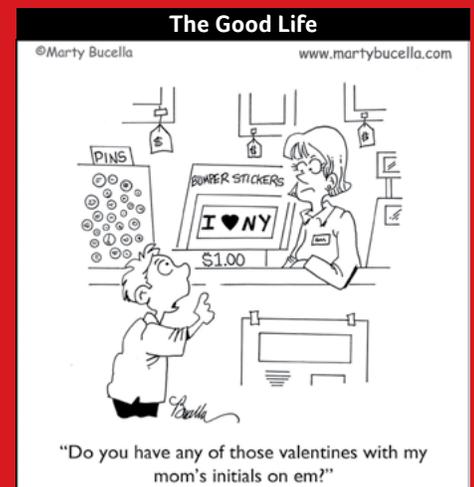
- Forget paybacks. Reckless drivers you encounter will get theirs. You've seen it happen. The speeder gets a ticket. The cutoff champ gets wrapped around a tree. They will reap the rewards of their actions.
- See real people. Stay alert by seeing individuals around you rather than just seeing cars. What kind of people are they? What do they do, and where are they going?
- Be considerate. Good drivers are polite on the road. It calms the occasional driver who may be hostile or violent.
- Perk up your commute. Even a small change in routine, like taking a different road part of the time, will make the trip a little more interesting.

Roberts' Client Testimonials

"It was a pleasure doing business with you. You provided excellent service, and I would recommend you without reservation. I have already told my friends about your quality care. Thank you!"
– *Mary Dickson, Pittsfield, MA*

"I was very pleased with your cooperation and with the results."
– *Paul Nesbit, Pittsfield, MA*

"We had an excellent experience. I was given an estimate the same day I called!"
– *Michele Weiser, Different Drummer's Kitchen, Pittsfield, MA*



Moneywise Buying Flowers

According to Aboutflower.com Valentine's Day accounts for 25 percent of the total dollars spent on flowers for the year in the U.S. But surprisingly, only 20 percent of mothers surveyed by Offers.com list flowers as one of their top gift picks.

If flowers are a must, purchasing a few days early through a local florist will often yield the best results and value.

Health

Food Cravings

Dieters who are serious about losing weight should do one thing first: Clean out the fridge.

Writing in the journal Obesity, researchers from Louisiana State University reported that food cravings derail diets. However, studies say it doesn't work to try eating less of craved foods. Abstain completely.

ROBERTS Carpet Care

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For each new client you refer to Roberts Carpet Care, we will send you a 10% referral certificate which you can use for FREE CLEANING or FREE CASH! The certificate will be mailed to you when your referral pays the invoice. The referral certificate is issued on the new customer's first job only. Remember that we offer a 100% money back guarantee, so you can be sure that we will take the absolute best care of your valuable referrals!

