

# HEALTHY, WEALTHY & WISE

MAY 2015

Published exclusively for clients of The Clean Force Company

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." - Thomas Edison

## In This Issue

The Truth About Spots and Stains

Money Tips for Summer

Window Safety

Trusting More as We Age

Recipe: Lemony Steamed Fish

Client Testimonials and Quick Tips



**864.271.3168**

[www.cleanforcecompany.com](http://www.cleanforcecompany.com)

**Residential Carpet Cleaning**

**Commercial Carpet Cleaning**

**Upholstery Steam Cleaning**

**Apartment Complex Service**

**Odor Control**

**Carpet Protection Application**

*Prefer to receive your newsletter via email?*

*Visit our website,*

*[www.cleanforcecompany.com](http://www.cleanforcecompany.com) to sign up.*

## 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 a 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.

*Continued on next page ►*



► Continued from cover

### 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.

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.

The Clean Force Company 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.

## Money Tips for Summer

Looking to save some cash? Summer is the perfect time to squeeze some extra savings out of your budget. Here are some ways to keep more of your hard-earned money in your pocket.

1

Vacation closer to home. One of the most expensive parts of a vacation is the cost to travel to and from your destination. Instead of traveling across the country, vacation in your own or in a neighboring state. You can cut the expense of air travel or a long road trip by traveling less than a day away.

2

Get outside and save some dough. Pack a brown bag lunch and eat outside at lunchtime instead of buying lunch at a restaurant. Instead of heading to a movie theater, catch a free outdoor movie night in your community. Rather than heading out for drinks with your friends, have them over to hang out on your patio. Let everyone bring their own drinks and food for the grill and you'll have a great time with little expense.

3

Save on grocery costs by planting a garden. You will have healthy, pesticide-free food that costs less than the grocery store. For every \$5 you spend on vegetable seeds, you can expect several hundred dollars in produce. Even if you don't have a large area to garden, you can still save money by planting in container gardens.



## Lemony Steamed Fish

### Ingredients:

- 6 (6 ounce) halibut fillets
- 1 tablespoon dried dill weed
- 1 tablespoon onion powder
- 2 teaspoons dried parsley
- 1/4 teaspoon paprika
- 1 pinch seasoned salt, or more to taste
- 1 pinch lemon pepper
- 1 pinch garlic powder
- 2 tablespoons lemon juice

### Directions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Cut 6 foil squares large enough for each fillet.
3. Center fillets on the foil squares and sprinkle each with dill weed, onion powder, parsley, paprika, seasoned salt, lemon pepper, and garlic powder. Sprinkle lemon juice over each fillet. Fold foil over fillets to make a pocket and fold the edges to seal. Place sealed packets on a baking sheet.
4. Bake in the preheated oven until fish flakes easily with a fork, about 30 minutes.

recipe courtesy allrecipes.com



## Window Safety

The windows in your home protect you from the elements, but you do need to take care when opening and closing them. Here are some basic precautions to take with the windows in your house.

- ▶ Do not push on the glass to open the window, as this can cause the glass to break and cut your hand and arm.
- ▶ If there are children under the age of ten, install window guards. These will keep a young child from falling out of an open window.
- ▶ Don't depend on window screens to keep a child safe. These screens can pop out easily and are not designed to withstand the weight of a person.
- ▶ Make sure that your windows can open and close easily. Because windows offer an escape route in an emergency, you should be able to open them with ease.



- ▶ Windows can be manufactured with laminated glass. This will not keep them from being broken when struck with a stray baseball or rock, but it will keep the glass pieces from falling into your home. The plastic interlayer is also puncture-resistant, which can offer some protection from home intruders.

## Trusting More as We Age

Researchers at Northwestern University have published the results of two studies that show that trust of other people increases as people age, which can be good for general well-being. The first study, conducted over 26 years, showed that older people had higher levels of trust of other people than younger people. Those study participants who had higher levels of interpersonal trust also reported higher levels of wellbeing. The second study was conducted to confirm these results. Participants were followed for four years and compared across age groups. This study also showed that interpersonal trust increased as we age.

There is a stereotype of the elderly becoming more cynical and suspicious, but these studies show otherwise. The researchers did not look to see why this might be, but they did speculate that it could be due to a number of factors. Older people tend to be more optimistic and forgiving of the small clashes of personalities they have with others. They also tend to be better judges of character, with this perhaps coming



from a lifetime of experiences with both trustworthy and deceitful people.

There can be a downside however, such as when a senior citizen gets duped by a fraudster trying to steal from them. But overall, an increase in interpersonal trust has significant benefits to overall health and feelings of wellbeing.

## Clean Force Client Testimonial

"You guys are the best. My carpet looks GREAT after you guys clean it. I am also thankful this company is Christ centered."

- Dawn H. Greenville, SC

### The Good Life

©Marty Bucella

www.martybucella.com



"If it only happens when you rub your tummy, it's not Restless Leg Syndrome."

## Quick Tips

### Organizing Tip

Dresser and desk drawers can quickly become a chaotic mess. Drawer organizers can help, but you first need to empty out your drawers. Then place several different sizes of drawer organizers in the drawer to corral your stuff. You can buy organizers or just use small boxes, clean plastic food containers, or even muffin tins or egg cartons. Then eliminate the items you don't need and neatly replace those you do with the organizers to guide you.

### Green Living Tip

It makes good environmental sense to reuse shipping boxes, but often the outside of the box is cluttered with old mailing labels, bar codes, and tape. There is a simple solution. Cut through the old tape to completely disassemble the box. You can then recreate the box inside out so that the outside is clean and label-free. Depending on how the box is constructed, you may need to tape an extra seam, but it makes for a nice new-looking box to reuse.



**864.271.3168**

[www.cleanforcecompany.com](http://www.cleanforcecompany.com)

**Residential Carpet Cleaning  
Commercial Carpet Cleaning  
Upholstery Steam Cleaning  
Apartment Complex Service  
Odor Control  
Carpet Protection Application**



**The Jordans**

*Treating your family like our own since 2001*

**MAY SPECIAL**

**3 Areas and Hallway  
for only \$105**

May not be combined with other offers, coupons or discounts.  
Offer expires 5/31/15.



*"A good name is rather to be chosen than  
great riches." - Proverbs 22:1a*

The Clean Force Company  
P.O. Box 31006  
Greenville SC 29608

## Win a \$10 Cracker Barrel Gift Card

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

### Successful carpet spot removal usually requires:

- a. aggressive scrubbing and agitation
- b. diluted bleach solution
- c. the 5 basic steps
- d. a single product sold by a yelling TV pitchman

Email your answer to [cleanforcecompany@gmail.com](mailto:cleanforcecompany@gmail.com) or call our office at 864-271-3168. We will draw from the correct answers and someone will win a \$10 Cracker Barrel Gift Card!

*Contest Expires 5/31/2015.*

**MARCH  
TRIVIA WINNER  
HOLLY S.  
GREER, SC**



## INTRODUCING OUR NEW CUSTOMER REFERRAL REWARD PROGRAM

Refer any new customer to The Clean Force Company and receive a \$10 Referral Reward Certificate. These certificates can be applied towards your next carpet cleaning or redeemed for cash. There is no limit to the number of referral certificates you can earn!