

"What you get by achieving your goals is not as important as what you become by achieving your goals."

- Henry David Thoreau

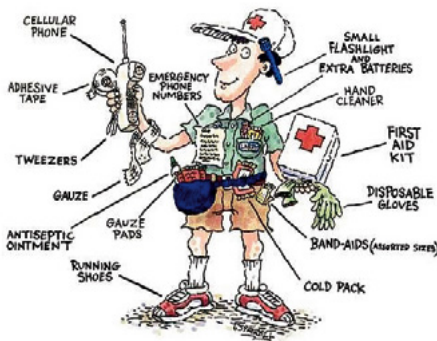
BLUEGREEN LIVING

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September is National Preparedness Month



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Consumers have become quite demanding. We expect that the things we buy and use will last a long time, work properly and outlive the warranty. Our high expectations extend straight down to our carpets. We expect them to resist staining and look new for many years. Fortunately, with modern stain-resistant applications, we can get years and years of life out of our carpets with proper care.

Understanding Stain-Resistant Fibers

True stain-resistant carpet is referred to as 5th generation nylon. Although these fibers are stain resistant, they are not stain-proof. In order to understand how carpet can be made stain-resistant, we have to define what a stain is.

A stain is something that has added color to the carpet fibers, and cannot be removed with regular cleaning. Some stains are fairly simple to remove. Others are difficult or even impossible to remove completely. One type of stain that gives owners of carpet nightmares is the red food coloring typically found in soft drinks. These products dye the fibers in much the same way that carpet is dyed at the factory.

5th generation nylon carpet fibers are factory-dyed using an acid-based dye system. This means that the dye registers on the acid side of the pH scale. Nylon fibers have microscopic

areas on the surface called dye sites. These dye sites are negatively charged. The acid-based dyes are positively charged, as are many staining agents like food coloring. Opposites attract, and the molecules of dye attach themselves to dye sites on the nylon fibers giving you the color you want. However, staining agents can do the same thing.

The Magic of "Invisible Dye"

When the carpet is dyed, not all of the dye sites are filled. This creates an open space for any acid-based, positively charged stain molecule to attach itself. To help prevent staining, fiber producers invented a process where they fill the open dye sites with what can be described as "colorless dye". These "colorless dyes" are called acid dye resisters (ADR's). ADR's make it very difficult for stains to permanently enter the dye sites, buying you precious time to blot and remove a spill before the spot becomes a permanent stain. If it weren't for ADR's, most food spills would instantly stain the carpet for good!

ADR's are not the same as carpet protectors like Scotchgard or Teflon, which are referred to as fluorochemical soil retardants. Fluorochemical soil-retardants help carpet resist common soils, spots and spills. It's the

See "Stain-Resistant" on next page ▶



Chicken and Mushroom Tetrazzini

In September, we celebrate both Eat Chicken Month and National Mushroom Month. Enjoy this recipe featuring both of these flavorful ingredients.

Ingredients:

- 8-ounce package angel hair pasta
- 2 tablespoons butter
- 4 ounces chopped prosciutto
- 8-ounce package white mushrooms, sliced
- 10-ounce jar Alfredo sauce
- 1 can cream of mushroom soup
- 1 cup frozen peas, thawed
- 1/2 cup chicken broth
- 3 cups chopped cooked chicken
- 1 cup shredded Parmesan cheese

Directions:

Prepare pasta according to package directions. In a large skillet, melt butter over medium heat.

Add prosciutto and mushrooms. Sauté about five minutes.

Add the remaining ingredients, retaining 1/2 cup of the cheese. Mix well.

Stir in pasta and spoon into a lightly greased 11x7 inch baking dish.

Sprinkle with remaining 1/2 cup cheese.

Bake at 350 degrees for about 35 minutes.

Serves six.

► "Stain-Resistant" from cover

combination of soil retardants and acid dye resistors that make modern carpet last much longer and clean up much more easily than carpets of a generation ago.

There are things that can damage the factory-applied acid dye resistors. Untrained, uneducated carpet cleaners using the wrong type of cleaning agents can void your carpet's stain-resist warranty. That's why Bluegreen

is always your safest choice when it comes to having your carpets professionally cleaned. We use the methods, cleaning agents and equipment most recommended by major carpet manufacturers. When we apply a quality fluorochemical protector, your carpets stay cleaner longer. The result is that your carpets look beautiful, resist stains and last longer, maintaining your valuable warranty.



Internet Tidbit: If a math problem has you stumped, head over to Mathway.com. This problem solving resource takes any math problem and gives you the answer. When you sign up for a free account, you can also see all the steps involved in solving the problem. The website solves problems ranging in difficulty from basic math all the way up to calculus. It is like having a tutor at your fingertips.

Helping Your Child Deal with Bullies

Bullying seems to be a universal problem faced by children growing up. Despite many efforts to combat this aggression in schools, your child may still face the unwanted prospect of dealing with a bully. How can you best help your child? These strategies can help keep your child safe and in control.

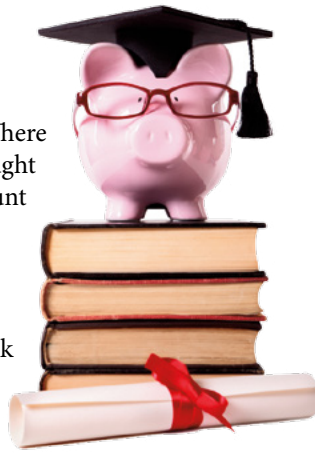
- Encourage your child to develop real and strong relationships with trusted adults and friends. He should feel comfortable around people who appreciate him for who he is and what he can accomplish.
- Encourage your child to share his thoughts with you and be available to listen if he is worried about something.
- If your child feels like he or she is being bullied, don't downplay the situation. Try to get more details to understand the situation. It is usually not helpful to just tell your child to ignore the aggression.
- Teach your children resilience skills. Encourage brave and courageous behavior and tell them to speak up when they see a wrong being done.
- Suggest sticking with friends. If the teasing or bullying feels like too much, encourage your child to talk with his or her teacher for help.
- Talk to your child's teachers and other parents about ways to reduce bullying in your school community.
- If the bullying goes beyond simple and temporary teasing, be sure to document the details. You can contact the authorities at your child's school for assistance in addressing the problem.
- If your child has been traumatized or injured by continued bullying, consider seeking help from a mental health provider.



Six Saving Tips for College Students

Saving money as a broke college student can be tough. There are some easy ways to save though, with just a little thought and effort. Start with these ideas to build a savings account the slow and steady way.

- 1** Instead of using a local bank, join a credit union. You will usually have access to services for free or at reduced rates. If you don't have a credit union nearby, ask for student discounts at your bank.
- 2** Track your spending to see where your money goes. While students often are very busy with school, work, and social activities, taking just a little time to monitor your spending can go a long way. Even just a simple notebook will work, but there are also many apps and programs available to make tracking your spending quick and easy.
- 3** Avoid non-academic debt if possible. It is best to develop a mindset that student loan money is to pay for school-related and living expenses only. Using student loans to buy an Xbox or a new skateboard will only hurt you in the future. If you have a credit card, try to pay it off each month so that you don't graduate with even more debt.
- 4** Cut your expenses where you can. Buying used textbooks is easy to do, but also consider buying other necessities used. Visit local thrift stores or check Craigslist to find used clothing, bikes, and other needs.
- 5** Take advantage of your student discount. Many retailers and entertainment venues offer discounts if you show your student ID. Even better, see what free activities are offered on campus. You'll often be able to fill up your social calendar with these events without spending a dime.
- 6** Consider who you are hanging with. Having lots of friends who are big spenders can be a drain on your wallet. These can be kids with wealthy parents, but may also be friends who are headed down the road to financial trouble themselves. Studies show that we are extremely influenced by the behavior of those around us. So if you cannot afford to spend like the rest of your social circle, be open to making new friends who can support you in your quest for financial freedom.



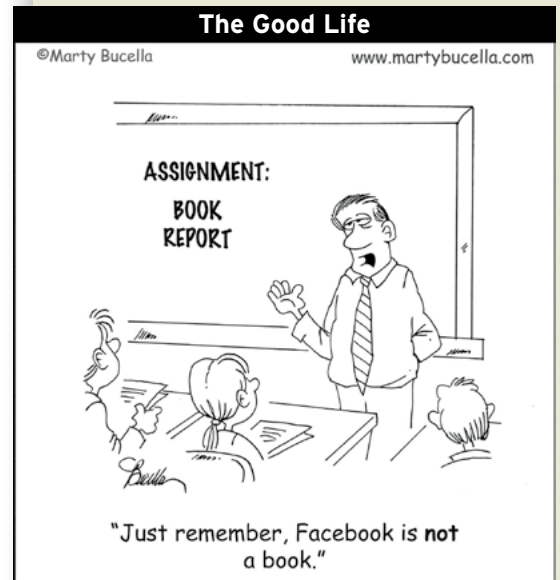
Bluegreen Client Testimonials

"Thank you for putting the final touches on our basement carpet! After many weeks of getting a handful of different issues resolved, it was great to end on such a positive note with your very friendly and knowledgeable staff. Thank you!"

- Nelle R.

"I was so impressed with everyone at Bluegreen! I was moving into a new house and disappointingly the carpets were a mess. I was in a panic, called Bluegreen and they came out that very same day!!!! Our move was saved! Thank you!"

- Jennifer K.



Don't Wash That Chicken

Bacteria on raw poultry can cause illness when that bacteria cross-contaminates other food or surfaces. Many people believe that washing chicken before cooking can reduce this risk. But experts are calling for an end to poultry washing.



Washing chicken or turkey can cause water droplets to splash off the raw meat. Tests show that even just a few of these droplets contain enough bacteria to infect a person. While most people practice good food safety by washing their hands and preparation surfaces after contact with poultry, few realize the danger from simply washing it.

There is no benefit to washing poultry, as the only way to eliminate the risk of bacterial contamination is to properly cook it. Poultry should be cooked to a minimum internal temperature of 165 degrees F (74 degrees C). Doing this, rather than washing before cooking, is the best strategy to safely prepare poultry for your family.

Quick Tips

Organizing Tip

At your hardware or auto supply store, you can purchase magnetic parts holders, shallow metal bowls that are magnetized to hold small metal parts. These are great for holding pins, paper clips, jewelry, hair clips, and bobby pins. To give them some style, simply paint them in your favorite colors.

Green Living Tip

Cranking up your oven to cook dinner uses more energy than most other appliances in your home. You can cut that energy usage by employing your smaller cooking appliances. Instead of the oven, use your toaster oven, slow cooker, or microwave.



Premium Carpet Cleaning / Upholstery Cleaning
 Fabric & Fiber Protection / Tile & Grout Cleaning
 Sealing & Color Sealing / Urine Damage Treatment
 Hardwood Cleaning / Oriental & Area Rug / Drapery Cleaning

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