HEALTHY LIFE NEWS

APRIL 2026 Published exclusively for clients of Daystar Cleaning & Restoration

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, rub and blot!

If only it were that easy!

The truth is that advertisers are not being completely honest with you; they are leaving out a few important details. The spots they are removing are usually on new carpet that is most likely olefin or polyester - two fibers that are difficult to stain. The stains are fresh and have not penetrated into the fibers. They choose spots that are easily removed by the specific chemistry of their spotter. If they used the same technique with a dried mustard spot in a traffic area on a three year old nylon carpet (the most common carpet fiber in use today), the results would be very different indeed.

With carpets, the ease or difficulty of spot and stain removal will vary depending on fiber type, age and condition of the carpet, age of the spot, exposure to

See "Truth about SPOTS" on next page

DAYSTAR Cleaning & Restoration

850.769.0606

daystarcleaning.com

Inside This Issue

The Truth about SPOTS and STAINS

Do Your Feet SWELL? Go Get Checked!

What Does the Renewed TRADE Schools Mean?

7 Fun Facts You May NOT Know About Easter

EASY Lemon Pie

Good CLEAN Funnies

Truth about SPOTS continued from page 1

heat and sunlight, 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 to tell us what kind of professional spot remover to use.

There are four categories of spot removers:

Category 1-Water-soluble

Water-soluble spots respond to water-based solutions. There are several spotting agents that fit into this category. Each works in a different way. Acid spotters work best on alkaline soils. Alkaline spotters work on common acid-based soils. Enzymes break down protein spots from things 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. Using water-based spotters on some of these spots can actually spread them or make it more difficult to remove.

Category 3-Insoluble spots

Insoluble spots include substances that cannot be dissolved with water- or solvent-based spotters. Some examples are graphite, carbon, fireplace ash and powdered copier toner. Removal of these sources is challenging, and requires patience, experience and a combination of techniques.

Category 4-Specialty treatments

Specialty treatments usually involve strong acids, oxidizers, reducing agents and other specialized chemical reactions. Rust, food dyes, urine stains, mustard and other difficult spots fall into this category. Most of the spots in this category will leave a permanent stain, and are very difficult to remove completely.

First Things First

Before applying any spotting agent you must determine the fiber type you are dealing with. It is important to be sure that the spotting agents and cleaning method will not harm the fiber. This is especially true on upholstery, which often contains a blend of different types of fibers. Even some carpet fibers can be damaged by using improper spotting agents.

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

1. *Remove excess material*
2. *Apply the appropriate spotter.*
3. *Agitate gently.*
4. *Rinse (where appropriate).*
5. *Blot with a clean white towel.*

Any remaining discoloration after the spot removal is a stain, and will require more expertise and specialized methods.

Contact **Daystar Cleaning & Restoration** today for more tips, help or to schedule your next appointment.

The Good Life

Good Clean Funnies

Why is a snake difficult to fool?
You can't pull its leg!

What kind of socks do grizzlies wear? None, they have bear feet!

Why couldn't the sesame seed climb up the hill? Because it was on a roll!

Why are spiders so smart?
They can find everything on the web!

This simple recipe can be served as is in a graham crust or you can dress it up with a strawberry or peach glaze. A little Cool Whip or whipped cream on top is good.

EASY Lemon Pie

Ingredients

- **1** (8 ounce) package cream cheese, room temperature
- **1** (14 ounce) can sweetened condensed milk
- **½** cup lemon juice
- **1** (9 inch) prepared graham cracker crust
- **½** cup whipped cream for serving

Directions

Mix together the cream cheese, milk and lemon juice. Mix well and spread in graham crust. Chill until set, at least 2 hours, and top as desired

Prep Time: 10 mins

Additional Time: 2 hrs

Total Time: 2 hrs 10 mins

Servings: 8

Yield: 1 9-inch pie

Recipe courtesy allrecipes.com

Do Your Feet SWELL? Go Get Checked!

BPT

The puffiness and tight skin that come with swelling is considered normal if it occurs occasionally. But if it happens more often, it might be a red flag.

If you've ever experienced swollen feet and ankles, you know just how uncomfortable they can be. While it's common, especially if you've been standing, walking, or sitting all day, they can also signal something may be off with your body.

If you can hardly get your swollen feet into your shoes after a long airplane flight, but can put them on easily within 24 hours, you're probably OK.

Edema (the medical term for swelling) can occur in any part of the body or in the entire body, but it's usually noticed in the legs and feet. There are many causes, both benign and serious.

Sitting still or standing for a long period of time can cause temporary swelling. Swelling even could be caused by eating a very salty dinner. But, if your feet and ankles are still swollen days later, it's time to see your doctor.

The cause could be one of these more serious conditions.

A blood clot. This is suspected if swelling occurs only in one leg.

Heart failure. The right side of the heart becomes weaken, losing its ability to effectively pump blood, which leads to swelling.

Liver damage (cirrhosis). Swelling caused by cirrhosis occurs in the abdomen.

Kidney problems. Damaged kidneys may not properly remove water and sodium from your blood. The result could be swelling throughout the body.

Common swelling can be treated by limiting salt, diuretic drugs, exercise and elevating the limb. Whatever the cause, it is worth getting it checked out.

What Does the Renewed TRADE Schools Mean?

According to recent studies, U.S. undergraduate enrollment declined 15% from 2010 and 2021. On the other hand, trade schools are experiencing significant growth, with enrollment growing by 4.9% from 2020 to 2023 and an even sharper 16% increase at vocational-focused community colleges in 2022-2023. And, enrollment is expected to grow even faster from 2024 to 2030 at a projected rate of 6.6%.

But why are younger generations joining the trades? Perhaps one of the most compelling reasons is that young people are rethinking what makes a good job. Driven by Gen Z ("the tool belt generation") seeking to avoid student debt, interest has nearly doubled since 2017. Debt-laden, desk-bound jobs without a clear impact or purpose are less appealing to younger generations. A recent report found that roughly nine in 10 Gen Zers (89%) and millennials (92%) consider a sense of purpose to be important to their job satisfaction and well-being.

Key Reasons for the Surge –

Lower Costs & Faster Income: Trade programs are often much cheaper than four-year degrees and offer a faster, direct path to high-paying, in-demand careers.

High Demand for Skills: With over a million unfilled jobs in skilled trades (e.g., welders, masonry, electricians, plumbers, HVAC), these roles provide strong job security, particularly as AI threatens to automate many office jobs

Shifting Perceptions: There is a growing cultural shift moving away from the "four-year degree is the only path" mentality.

ROI Focus: Students are increasingly prioritizing, investment value over traditional university experiences.

BPT

Gen Z is increasingly taking up trade jobs in an attempt to gain stability and avoid debt that may come with a college pursuit.

7 Fun Facts You May NOT Know About Easter

goodhousekeeping.com/holidays/easter-ideas/

Between the adorable bunny rabbits, spring-forward decorations and copious amounts of chocolate, Easter has evolved over the years with a whole host of customs both new and old.

1. **Easter baskets have special symbolism.** The woven treat containers represent birds' nests and new life, especially when filled to the brim with eggs.

2. **There's a reason many Americans eat ham for Easter dinner.** It is because of the timing of the holiday. Years ago, hams cured over the winter months would have been ready to serve in the early spring.

3. **Easter lilies originated in Japan and arrived in England in the late 18th century.** They came to the US after World War I. The transition from dormant bulbs to delicate flowers brings to mind hope and rebirth, two important themes of the Easter celebration.

4. **Easter eggs date back way before Easter.** There's evidence showing that Easter eggs originated from Medieval Europe and Christians may not have actually been the ones to start the tradition of giving eggs. They're a symbol of fertility and rebirth in many cultures around the world.

5. **The holiday was named after the Anglo-Saxon goddess Eostre.** Scholars believe that Easter was named after a festival celebrating Eostre and the coming of spring. Her sacred symbols are thought to have been the hare and the egg, which is why they are so significant in Easter symbolism as well.

6. **Eggs are dyed to represent the blood of Jesus Christ, stemming from early Christians in Mesopotamia.** There isn't a concrete reason behind the tradition, but that's one of the theories. They also look pretty – and kids might be more likely to eat the dyed ones!

7. **Americans consume over 16 million jelly beans during Easter.** That's enough jelly beans to circle the globe three times. First introduced as an Easter treat in the 1930s, we can't imagine this day without them.

DAYSTAR
Cleaning & Restoration

Moms Everyday Northwest Florida

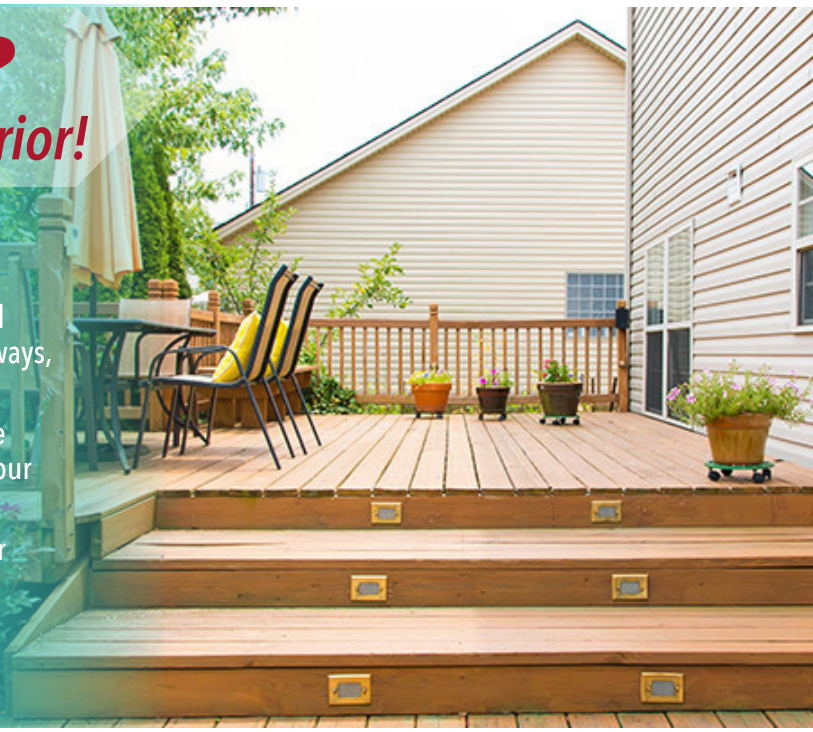
850.769.0606
daystarcleaning.com

Water Damage, Sewage Damage, Mold Removal,
Fire & Smoke Damage, Oriental Rug Washing,
Carpet Cleaning, Upholstery, Drapery & Mattress Cleaning,
Pet Odor Removal, Tile & Grout Cleaning & Sealing,
Natural Stone Floor Cleaning & Sealing, Housecleaning,
Window Cleaning, Pressure Washing, Janitorial Services,
Hard Floor Care, Construction Cleanup,
Commercial Window Cleaning and Pressure Washing,
Commercial Carpet Cleaning

Local & Family Owned
Since 1986

Daystar Cleaning & Restoration
1814 Beck Ave
Panama City, FL 32405

SPRING CLEANING?
Be sure to include your home's exterior!



Give your home a "face lift" with our professional window cleaning and pressure washing services.

- Daystar technicians are trained to safely pressure wash nearly all surfaces including siding, awnings, gutters, decks, fences, walkways, driveways, patios, and swimming pools.
- We utilize state-of-the-art equipment that allows us to adjust the pressure to the right level required to safely clean and restore your surfaces.
- Our friendly technicians can clean the inside and outside of your windows, as well as the frames and sills, storm windows, sliding doors and tracks, screens, and blinds.
- We take extra care maneuvering about your home so we do not damage shrubs and exterior fixtures.
-

Steve & Judy Ransom
Owners

APRIL SPECIAL
SAVE $50
$25 OFF Residential Pressure Cleaning
***Plus* $25 OFF Residential Window Cleaning**
Call 850-769-0606 to schedule!
Expires 4/30/26. Minimums apply. Not valid with other discounts.