



## Area Rugs Require Special Attention

Rugs deserve the same care as wall-to-wall carpet and, in some cases, require special attention.

**Washing rugs** — If your rug is small and the label says "machine washable," shake the rug outside first and then put it in the washing machine at the recommended temperature. Use recommended temperature setting and a mild detergent. Tumble your rug dry at the recommended temperature setting.

**Beating larger rugs** — If your larger rug is easy to pick up, shake it outside first; then put it over a clothesline and beat it. Next, take the rug inside and vacuum it. If the label says dry clean only, then roll it up and take it to a professional rug cleaner. Save time and aggravation by calling first to see if the cleaner does rug cleaning — many do not.

**Vacuuming area rugs** — Area rugs with fringe require special technique. Use gentle suction and start from the center of the carpet, vacuuming toward the fringe and being careful not to catch the strands in the beater bar. Lift the carpet edge to vacuum beneath the fringe.

**Caring for Oriental, Turkish or Persian rugs** — Clean imported rugs according to your carpet manufacturer's specifications or bring in a professional cleaning service. Be gentle with fringe. For heirloom-type rugs, you need professionals.

Plant Rug Cleaning is recommended for Oriental Rugs and loose woven rugs. They should not be cleaned on location like wall to wall carpet. Gerlach cares for the finest to the most basic rugs from around the world. We will pick your rug up and bring it to our special cleaning plant where it will receive our very thorough Nine Step Cleaning System to get maximum soil and spot removal. Or you can bring your rug to our plant to avoid pick up and delivery charges " visit [GerlachGuaranteesIt.com](http://GerlachGuaranteesIt.com) for additional info. Having your rug cleaned in our plant allows us to give it several treatments for a more thorough cleaning, controlled drying, and the use of various tools that are not available on location.

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## TAKE OUR SURVEY

for a chance to win a FREE TV



and get a  
**FREE room cleaning (up to 200 sq. ft.).**  
Visit [www.GerlachGuaranteesIt.com/survey](http://www.GerlachGuaranteesIt.com/survey)  
for details.

Offer expires 1.31.11

## Health Advice: Help for Headaches

Headaches are the most common type of ailment, and they are defined as pain occurring in the upper neck and head. They come in all shapes and sizes including tension headaches, migraines, cluster headaches, and pain due to structural problems (nerve damage, tumors, injury, or illness). Headache sufferers spend more than \$4 billion a year on over-the-counter pain relievers. But the best course of action (and the least expensive) is prevention. Here are five leading headache culprits to watch out for:

1. **Stress.** Frayed nerves are a frequent cause of tension headaches, and they may also trigger migraines. Stress can come from anywhere: problems at work, interpersonal relationships, or life-changing events such as marriage, a new baby, or the death of a loved one. Suggestions: Take 30 minutes each day to daydream, meditate, or relax while listening to music or reading a book. Daily exercise also helps ease stress and tension, so try to find time to hit the gym or just take a stroll around the neighborhood.
2. **Eye strain.** Focusing on one object for a long time (such as a computer screen, or a page with small type) can cause temporary head pain. Suggestions: Take occasional “eye breaks” by looking out a window or somewhere other than your computer screen. You can also try covering your eyes with your palms (don’t press against your eyes, just cover them) and watch the darkness for 30 seconds. Consider an eye exam to see if a vision problem may be a factor in your headaches.
3. **Diet.** Certain foods contain substances that can trigger headache pain. These foods include caffeine, red wine, processed meats, chocolate, cheese, citrus fruits, lentils, snow peas, and monosodium glutamate (MSG). Suggestions: Evaluate your diet and cut back or eliminate any of the foods mentioned above. Cut back on soda and coffee and opt for more water instead.
4. **Sitting.** Staying seated for long periods, especially if you’re on the phone or hunched over for extended periods, can tighten muscles and lead to tension headaches. Suggestions: shift positions; stretch once an hour; stand during phone conversations; take a lunchtime walk. You’d be amazed how much better your whole body, not just your head, will feel after a little bit of movement.
5. **Sleep.** It’s important that you get several hours of uninterrupted sleep each night. Too little or, surprisingly, even too much sleep can bring on headaches. Suggestions: Control your body’s internal “clock” by going to bed and getting up at the same times each day – even when you’re not working. Don’t eat or drink caffeinated beverages about two hours before bedtime, either.



## Kid Corner: Family Bonding at the Table

Eating together can build family bonds and encourage your child to eat more nutritiously. Use these ideas to spell better M-E-A-L-S for your family.

- **Make it a habit.** Having meals together as often as possible will get everyone in the routine. Try to set mealtimes that work for your family, which may mean late dinners after soccer practice or early breakfasts before work and school.
- **Enjoy a variety of foods.** Think of the week as a rainbow, and serve a different-colored vegetable each night: red tomatoes, orange carrots, yellow squash, green broccoli, blueberry pie, purple eggplants. Make a resolution to try one new food each week. How about star fruit, mangoes, purple potatoes, Brussels sprouts, etc.
- **Add fun.** Keep things playful with special-event meals. You might throw an indoor picnic (spread a blanket or sheet on the family room floor) or have a “silly hat dinner” (family members wear hats they made or decorated). Use the event to spark conversation. (“What a great hat. How did you think of it?”)
- **Let kids help.** Mealtime is easier when everyone has a job. Your youngster might set the table, make the salad, fill glasses with water, or plan a menu. If she participates, she’ll be more interested in sitting down to eat the meal.
- **Say please and thank you.** Practice good manners and keep mealtime pleasant by setting a few simple rules. For example: use indoor voices, ask others to pass food, no belching or other bodily noises, chew with your mouth closed, etc.) Good manners at home will carry over into the school cafeteria and the homes of friends and relatives.
- **Focus on family.** Keep the focus on your family at mealtime by turning off the TV and leaving cell phones and handheld video games in another room.
- **Ask open-ended questions.** Tired of one-word responses when you talk to your kids? Ask open-ended questions like, “What was your favorite part about today?” or “What was the funniest/coolest/most interesting thing that happened today?”

## Community Happenings

### • Preschoolers: Snow Tracks

1/4/11 10 a.m. and 1 p.m.  
Blendon Woods  
4265 E. Dublin-Granville Road  
Westerville, 43081  
508-8111  
<http://www.metroparks.net>

### • Columbus Build, Remodel, & Landscape Expo

1/14/11 – 1/16/11  
Battelle Hall  
400 N. High St.  
Columbus, 43215

### • Sneak Peek of the 2011 Decorator's Show House

1/28 - 1/30  
Decorator's Show House  
4125 Oxford Dr,  
Upper Arlington, 43221  
791-1826  
[columbusmuseum.org](http://columbusmuseum.org)

### • Columbus Log Home & Timber Frame Show

1/28/11 – 1/30/11  
Ohio Expo Center  
Columbus, 43211

### • Wendy's Chili Open

2/5/11 12 p.m. – 5 p.m.  
Columbus Zoo and Aquarium  
9990 Riverside Dr  
Powell, 43065

### • Flavors of the Vine Wine Tasting and Auction

2/11/11 6:30 p.m.  
Hilton Columbus at Easton Hotel  
740-548-7006  
Columbus, 43219

### • A Day of Arts for All

2/26/11  
Westerville Community Center  
350 N. Cleveland Ave,  
Westerville, 33081  
241-5325  
[vsarts.org](http://vsarts.org)

Have an event you'd like us to consider listing? **Call us at 486-6363.**

## Homestyle Recipes Just for You

### Roasted Pork Loin

Recipe provided by Allrecipes,  
the world's largest social networking site for food enthusiasts.

By: Kathleen Burton

Prep Time:

20 Min

Cook Time:

2 Hrs

Ready In:

2 Hrs 20 Min

### Ingredients

- 3 cloves garlic, minced
- 1 tablespoon dried rosemary
- salt and pepper to taste
- 2 pounds boneless pork loin roast
- 1/4 cup olive oil
- 1/2 cup white wine

### Directions

1.Preheat oven to 350 degrees F (175 degrees C).

2.Crush garlic with rosemary, salt and pepper, making a paste. Pierce meat with a sharp knife in several places and press the garlic paste into the openings. Rub the meat with the remaining garlic mixture and olive oil.

3.Place pork loin into oven, turning and basting with pan liquids. Cook until the pork is no longer pink in the center, about 2 hours. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C). Remove roast to a platter. Heat the wine in the pan and stir to loosen browned bits of food on the bottom. Serve with pan juices.

