

# HEALTHY, WEALTHY & WISE

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## FOR THE LOVE OF COTTON

**Y**ou may not know this, but cotton is the most popular fiber in the world. Why? Because it's durable, easily dyed, absorbent, soft and comfortable to touch. These characteristics make it the fabric of choice for clothing, towels, bedding and more.

We're not the first people to recognize the virtues of this versatile fiber. Cotton has been cultivated globally for thousands of years. From underwear to overcoats, clothing continues to be the most common use for cotton.

The same features that make cotton ideal for clothing make it perfect for upholstery. Like your clothing,

all upholstery –including cotton– must be cleaned periodically for appearance and health. Furniture manufacturers recommend cleaning every 12-24 months. Failure to do so can result in an unwanted appearance change called soil staining. Soil staining occurs when soils, oils and pollutants adhere to the fibers and oxidize. This can result in permanent dulling of colors and changes to fabric texture.

*See "LOVE of COTTON" on next page*

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*LOVE of COTTON continued from page 1*

Aside from a certain amount of normal shrinkage and potential wrinkles, most cotton clothing can be washed without any major problems. The fabrics used in upholstery differ in a number of ways from clothing, including how we clean them.

When used in upholstery, cotton may be blended with other fibers that have different characteristics and dye systems. Often the fabric is made up of multiple layers and can be quite thick. This creates challenges when cleaning. Ripples and distortion to the fabric texture are not uncommon.

Second, while most cotton clothing is designed to be washed in the laundry with lots of water, detergents and agitation, upholstery fabric is not. Lighter colored cotton upholstery may turn brown or

yellow as the cellulose material in the cotton breaks down. Dyes may bleed or run. With some cleaning agents, cotton fabrics can actually degrade and become weak or even split.

There is also the potential that the fabric will shrink. This leads to cushion covers not fitting properly, skirts and dust ruffles curling or wrinkling and other appearance problems. That's why you should never remove cushion covers to launder them

You can hang your clothing on a line or put it in a dryer to dry. Not so with upholstery. The multiple layers of fabric, batting and cushion can cause slow drying, which could cause browning and dye bleed. We prevent such damage by using high velocity air movers to encourage rapid drying and carefully

controlling the amount of moisture while cleaning.

Most fabrics can be cleaned safely with the right equipment, cleaning agents and proper training. One of the most important steps is to test the fabric for dye stability, browning and potential shrinkage, as well as inspect for other possible issues.

Taking all of this into account, some fabrics will require low moisture, controlled pH, and the gentle hand of an experienced upholstery cleaner to avoid damage. A fabric protector application should follow every cleaning. Your fabric will stay cleaner longer and resist permanent staining.

Contact **A-Town/Hi-Tech** today for more tips, help or to schedule your next appointment.

**The Good Life**



**Good Clean Funnies**

**How do you make a lemon drop?**  
Just let it fall.

**How do you stop an astronaut's baby from crying?**  
You rocket!

**How do we know that the ocean is friendly?**  
It waves!



**OLD-WORLD Cabbage Soup**

**Directions**

Place chopped cabbage into an 8-quart soup pot.

Microwave diced carrot in 2 tablespoons water for 6 minutes on high.

Microwave diced celery in 2 tablespoons water for 4 minutes on high.

Add the microwaved vegetables to the pot. Add minced sweet onion, celery, and ketchup. Add juice cocktail, vegetable broth, chicken broth, and tomatoes. Fill each can with water, and add the water to the mixture. Cover, and bring to a boil. Continue boiling for 30 minutes.

Reduce heat to simmer and cook for 2 to 3 hours.

Serve with slices of a French baguette. Have salt, black pepper, and Tabasco available to season to taste at the table

**A hearty soup, great for a cold, blustery March day--or any day! Best if cooked one day ahead, refrigerated overnight, and heated just before serving**

**Ingredients**

- 1/2 medium head cabbage, chopped
- 4 large carrots, cubed
- 1 sweet onion, minced
- 4 stalks celery, cubed
- 3/4 cup ketchup
- 1 1/2 cups tomato-vegetable juice cocktail
- 3 cups vegetable broth
- 1 (14.5 ounce) can chicken broth
- 1 (14.5 ounce) can peeled and diced tomatoes





## 3 Ways to Help SHORTEN a Cold

If you're feeling sniffly or have a tickle in your throat, it's time to put a quick plan into motion. Here's the recipe for relief:

### 1. Make a date with your pillow:

Sleep lets your body rest and heal. Not getting seven to eight hours of shut-eye every night makes you more susceptible to catching a virus. When you feel a bug coming on, try an earlier bedtime to make sure you're getting the extra rest you need. And if you feel sleepy and run-down during the day, give yourself permission for a quick nap, if your schedule allows.

**2. Drink plenty of water:** During a cold, your body will need more fluids; in fact, being sick puts you at risk of dehydration. To make sure you're getting enough, download an app that lets you track how many ounces you're drinking a day. Think about keeping

your favorite teas on hand too, as the hot liquid loosens congestion.

**3. Get your dose of zinc:** To shorten the duration of your cold, take a zinc supplement. Its clinically proven homeopathic formula taps into the power of your body's natural defenses to shorten colds. If you want to get better faster, take it at the first sign of a cold.

**BONUS TIP ...** Watch a funny movie: As you've probably heard, there's a link between stress and depressed immune function. On the flip side, laughing triggers increased production of antibodies and T-cells that help fight off infection, according to the latest research. Streaming a comedy is the perfect pairing with a quiet, restful evening at home to get you back on the road to recovery.

Colds can make you feel run down and miserable. The last thing you want is the coughs, the sneezes and a run-down, foggy head feeling to hang on for weeks on end.

## 4 Things to Consider When Buying a CAR

In addition to cost, performance, safety and reliability – here are four things to consider in 2021 if you are thinking about buying a new vehicle.

**It should be about comfort:** We're spending more time in our cars - waiting in parking lots for groceries, lining up at drive-thrus, or even taking conference calls when home gets too noisy! So, a vehicle's interior should be attractive and comfortable. Bluetooth connectivity, in-dash navigation, remote-keyless start, and self-healing tire tech are also important factors when choosing new vehicles.

**Is it finally time to plug in?** With increased range, lower prices and expansions in charging infrastructure, More Americans are considering an electric vehicle (EV). Consider a few important factors: range - your average mileage

between charges, access to charging stations at home and frequented destinations, and the financial benefit - consider rebates, credits and no more gas!

**Take time to kick the tires.** Choose the tires best for you. All-weather tires manage rain and snow while also delivering year-round performance, while all-season tires prioritize comfort and fuel economy over ice and snow traction.

**Looking ahead, post-pandemic:** With hopes of restrictions easing in 2021, it's important to ask if your vehicle needs now will be the same in six months. If a new vehicle only serves your needs now, wait a few more months before you buy.

If it is time for a new set of wheels, these tips will help you choose the car you need and the driving experience you want now and for the years ahead.



The pandemic changed our travel habits considerably. Most Americans still don't feel comfortable taking public transportation, leading more people to get behind the wheel.



## Be a Label Reader – It's GOOD for Everyone

More than half of U.S. consumers agree eco-labels raise their trust in a brand. They also believe retailers' and brands' claims about sustainability and the environment need to be clearly labeled by an independent organization like **GlobeScan**. Here are three trustworthy labels to look for during your next grocery trip.

**The blue fish:** Products labeled with the Marine Stewardship Council (MSC) blue fish label are independently certified sustainable, wild-caught seafood. MSC certified products are traceable back to a sustainable source in order to fight fraud and mislabeling.

**The butterfly:** Processed foods, dairy, meat, eggs, fruit, vegetables, snack foods, vitamins and supplements, vegetable oils, body care products and more can display the Non-GMO Project's butterfly label. In buying

Non-GMO labeled products, shoppers will know they're truly avoiding consuming genetically modified organisms (GMOs).

**The blue and green farmer:** Farming is the single largest employer in the world! Purchasing goods with the Fairtrade America logo is a way to make a difference in the lives of people who grow our food, enabling them to earn a decent wage to support their families. By buying products with the Fairtrade logo on them, you are also helping to combat climate change, support gender equality, end child labor and protect workers' rights.

No matter the grocery aisle, making sure to purchase products that are **MSC, Fairtrade** and **Non-GMO Project** certified ensures you're doing what's good for your family, good for producers and good for the planet.

Over the past decade, the purchase of and trust in food labels has increased, showing an upward trend in shoppers voting with their dollars for what they care about most.





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