

HEALTHY, WEALTHY & WISE

May 2019

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Keep
Dirt
OUTSIDE

All through the year we track various soils into our homes. Not only that, pollutants from car exhaust, pollens, pet and human dander, and just plain old dirt can damage surfaces in your home including carpet, tile, wood, upholstery and fabrics. Soil control is an important part of keeping your home clean and healthy.

You can control soil by limiting the entrance and buildup of contaminants inside your home. The best way to control soil inside your home is to prevent its entry.

They say that an ounce of prevention is worth a pound of cure; it takes 12 times more effort, time

and money to remove soil as it does to prevent it from ever entering inside a structure. Remember that whatever is outside tends to come in, so consider the following:

Keep walkways, steps and porches clean and free of dirt, mold, moss and algae.

See "OUTSIDE" on next page

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Maintain garage floors in order to prevent oil, road grime and other contaminants from being tracked indoors.

Place doormats both outside and inside all of the entrances to your home.

Outdoor mats should be a water resistant, synthetic, non-absorbent fiber such as olefin or polypropylene and be textured to scrape heavy soils off your shoes. Avoid natural fibers which tend to mold and rot creating a new soil source for your home.

Inside doormats should be absorbent like nylon, cotton or wool. Vacuum and wash it periodically to remove built-up soils.

Remove shoes when you come indoors, but don't make the mistake of going barefoot all the

time. The skin of our feet contains oils that attach to carpet and attract soil. Instead of going barefoot, wear clean house shoes, socks or slippers indoors.

Normal daily activities generate a variety of dust and residues that settle on just about every surface inside your home.

Vacuuming is the most effective way to maintain your carpets. 74-79% of soil in carpet is dry, particulate soil that can be removed by vacuuming. You should also vacuum your upholstered furniture, drapery and blinds for the same reasons.

When you dust your furniture, do so gently, preferably with a duster attachment on your vacuum cleaner. If you use a duster, go slow and allow dust to settle

for an hour or so and vacuum the floor last. Your carpet can last a long time if properly cared for.

Annual professional cleaning is recommended in most homes. Busy homes with children and pets require cleaning twice a year or more.

Don't wait until your carpets, rugs and upholstery look dirty to have them cleaned by a professional; by the time fibers have reached a visibly soiled state they are already damaged.

Call
ServiceMaster by A-Town
Hi-Tech to learn more or
schedule your next cleaning.

The Good Life



Good Clean Funnies

**Why did the Jedi cross the road?
To get to the Dark Side.**

**Have you heard the joke about
the tortilla?
It was corny.**

**Mom, what's it like to have the
best kid in the world?
I don't know. Go ask your
grandparents.**



Great for everything from a Mother's Day Brunch to Memorial Day BBQ.



Fruit Salsa & Cinnamon Chips

Directions

In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.

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

Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.

Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

Ingredients

- 2 kiwis, peeled and diced
- 2 Golden Delicious apples - peeled, cored and diced
- 8 ounces raspberries
- 1 pound strawberries
- 2 tablespoons white sugar
- 1 tablespoon brown sugar
- 3 tablespoons fruit preserves, any flavor
- 10 (10 inch) flour tortillas
- butter flavored cooking spray
- 2 tablespoons cinnamon sugar

Recipe courtesy allrecipes.com



Get CREATIVE with Water



Freeze some fruit and add it to your water to give it a nice flavor.

We all know we're supposed to keep hydrated, but the problem for a lot of people is that they simply have trouble drinking plain old water.

How can you drink more water when you don't like it? Here are some tips to have fun and get a little more creative with it:

Invest in a water filter. You might not be totally picky, your water may just taste a little funny and a filter could be all you need.

Try vegetables or herbs for a different flavor altogether; celery or cucumbers, basil or mint are all good choices.

Play with different types of water, like coconut water, maple water or carbonated water.

Get a high-tech water bottle that tracks your water intake and can even customize how much you should drink. Or download an app onto your phone to track your consumption and set reminders.

Invest in a VACATION Home



These days, more people than ever can afford a second vacation home.

Homeowners have successfully covered their mortgages and leases by renting out as little as one room thanks to sites like AirBnB and VRBO.

According to John Banczak, executive chairman of Turn-Key Vacation Rentals, for every \$100,000 you spend to purchase a vacation home, you should

expect yearly rental income of \$12,000 to \$14,000.

In 2017, about 12 percent of home buyers purchased vacation homes. According to Economist Outlook, buyers wanted a second home for vacations (42 percent), for future retirement (18 percent), or because real estate prices offered good deals (12 percent). The median household income in 2016 for vacation home buyers was \$89,900.



If you're considering a vacation property, make sure to find a trusted local real estate agent to help you navigate the purchase.



Memorial Day REMEMBRANCE



The POW-MIA flag is also flown half-staffed at federal and military installations on Memorial day.

The Memorial Day parades, which once reigned across America, are slowly slipping away, but salutes to the honored dead of the present and past still exist.

Since the late 1950s, on the Thursday before Memorial Day, 1,200 soldiers of the 3rd U.S. Infantry place small American flags at each of the more than 260,000 gravestones at Arlington National Cemetery, according to USMemorialDay.org. They then

patrol 24 hours a day during the weekend to ensure that each flag remains standing.

Every Memorial Day, all ships and Naval stations worldwide fire a salute of 21 guns and display their ensign at half mast.

Traditionally, on military bases, the flag of the United States is raised quickly to the top of the staff, then lowered solemnly to half staff. It remains there until noon in remembrance.



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MAY SPECIAL

Save \$50 off every \$250 increment
until May 31st!!!

Details and Restrictions: There is no limit! Minimum order is \$250.00. Residential orders only. Not valid with any other offer except referral certificates. If commercial, please ask about commercial rates. Expires Friday, May 31, 2019. Based on schedule availability.

ServiceMaster by A-Town/Hi-Tech
4402 S Danville Dr.
Abilene TX 79605

Upcoming Community Events Around Abilene

Mother Son Dance 05/03/19 7:00 p.m

Rose Park Senior Activity Center 2625 S. 7th St., Abilene 325-734-5302, Alyssa Hartley, \$8-Person
Dancing, games, food and refreshments and memorable photos. Dress formal or casual. Only 200 tickets available.

Big Day Downtown! 05/04/19 10:00 a.m.

Downtown Abilene Cypress St., Abilene, Free

A day of fun, food, music, sidewalk sales and an after-dark pub crawl. Live music, craft vendors on Cypress St., food trucks on N. 2nd St., special deals and sidewalk sales at area businesses, storybook characters, and fun events at several museums!

Western Heritage Classic 05/09/19 - 05/12/19 5:00 p.m.

Taylor County Expo Center 1700 Hwy 36, Abilene 325-677-4376, Expo Center, Admission Varies

To preserve the heritage of the ranch cowboy, this event features a parade, world's largest bit and spur show, western art, chuckwagon cook-off, ranch rodeo, nightly dances, invitational ranch horse sale, Ranch Horse Association of America (RHAA) Working Ranch Horse Competition, children's rodeo events and lots of family fun!

Running Free Warrior Oorahrun 5K 05/18/19 7:30 a.m.

Nelson Park 2070 Zoo Ln., Abilene 325-660-6266, SFFW, \$30-Person; \$100-Teams of 4

Celebrate Armed Forces Day by participating in this 5K Warrior Oorahrun, family fun run and rucking for vets. In partnership with Military Order of the Purple Heart Chapter 1937.

Texas Gun & Knife Show 05/18/19 - 05/19/19 Sat., 9:00 a.m. to 5:00 p.m.; Sun., 10:00 a.m. to 4:00 p.m.

Abilene Convention Center 1100 N. 6th St., Abilene 830-285-0575, TGKS, Call for admission.

Providing a safe environment for the public to come shop for guns, knives and ammo.

Family Fun Saturdays 05/25/19 1:00 to 4:00 p.m

The National Center for Children's Illustrated Literature 102 Cedar St., Abilene 325-673-4586, NCCIL, Free

A come-and-go family program offered by our art educators who will help you and your little ones create a work of art using the style and medium of the featured artist in the gallery. Emphasis is on having fun while picking up valuable knowledge.