



Safety FIRST During a Disaster

If your home or business is affected by fire, flood, storm or biological contamination, your first instinct may be to minimize the damage. This is understandable, since so much of your life is tied up in the places you live and work. However, this natural reaction could prove costly or even deadly.

As difficult as it may be in the heat of the moment, we must remember safety first. Some common hazards in a water or fire damage situation are slip and fall, compromised or unstable structure, electrical hazards, gas leaks and biological contamination. If your home or business should ever suffer a disaster, use the following suggestions to avoid injury, illness or worse.

Slipping and falling is the most common cause of injuries. When water enters a building from a storm, plumbing failure or fighting a fire, it presents a hazard to people walking in and around the affected areas. Walking from wet carpet onto hard surface flooring is a common example. Just a small amount of residual water on your shoes can make a hard surface floor

See "Safety" on next page



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slippery and dangerous. It is best to stay out of the affected areas if possible. If that is not an option, soak up any small puddles that you can. Walk slowly and carefully from carpet to hard floors. Post warning signs. Use absorbent mats where possible.

Electricity and water are a dangerous combination. If water enters an electrical panel, switch or outlet, electrical current can "leak" out to the surface and present a serious shock hazard. Pools of standing water are always especially dangerous.

Appliances sitting in pooled water can leak electrical current into the water. Standing in that water and touching any conductive material could result in a serious shock. Stay away from deep standing water and let the professionals deal with turning off the power.

Drywall loses its strength when

it becomes wet. Saturated drywall ceilings present a major safety hazard. The ceiling may look fine and then suddenly fall without warning. If the ceiling is sagging, assume that a collapse is imminent and stay out of the area. Leave it up to the professionals to drain and remove the ceiling safely.

Water from unsanitary sources can carry biological contamination, creating a serious health risk. This is obvious with a sewage backflow, but it can also be a factor in other water sources. Water that runs over the ground, has been standing for over 48 hours or from other sources like aquariums contain a significant degree of contamination and have the potential to cause sickness or discomfort through physical contact or accidental ingestion.

Simply touching your eyes, nose or mouth could invite bacteria and some viruses to cause

illness. Avoid contact with all unsanitary water. If you do contact contaminated water, wash all skin exposed to the water. If it is splashed into your eyes, repeatedly flush with water for 15 minutes and seek medical attention.

Other hazards such as gas leaks, carbon monoxide, chemicals, toxic materials such as asbestos and lead, weakened structural materials and possible exposure to mold or other pollutants could harm occupants and workers.

Your home or business is important, but not as important as your health and safety.

ServiceMaster by A-Town Hi-Tech invests not only in technical training, but safety training as well. When you call us, you can be assured that we will handle your disaster restoration in a safe and healthy manner.

The Good Life



Good Clean Funnies

There's a big difference between bad jokes and dad jokes. And that difference is the first letter.

I wouldn't buy anything with velcro, it's a total rip-off.

Our wedding was so beautiful, even the cake was in tiers.



Ingredients

- 2 cups cooked corn kernels
- 1/2 cup diced red onion
- 1/2 cup diced red bell pepper
- 1 cup fresh cilantro leaves, chopped
- 1 lime, juiced and zested
- 2 tablespoons cayenne pepper
- 1 tablespoon ground black pepper
- 2 tablespoons salt, or to taste
- 6 (4 ounce) tilapia fillets
- 2 tablespoons olive oil
- 12 corn tortillas, warmed
- 2 tablespoons sour cream, or to taste



Fiery Fish Tacos

Directions

Preheat grill for high heat.

In a medium bowl, mix together corn, red onion, red bell pepper, and cilantro. Stir in lime juice and zest.

In a small bowl, combine cayenne pepper, ground black pepper, and salt.

Brush each fillet with olive oil, and sprinkle with spices to taste.

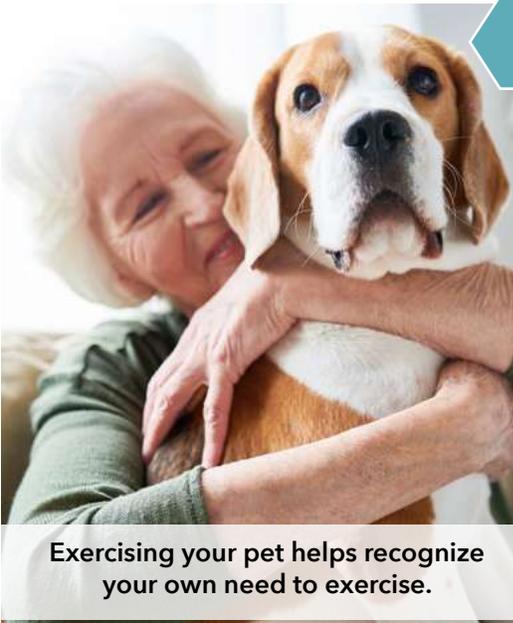
Arrange fillets on grill grate, and cook for 3 minutes per side.

For each fiery fish taco, top two corn tortillas with fish, sour cream, and corn salsa.

Recipe courtesy allrecipes.com



Pets ENHANCE Life



Exercising your pet helps recognize your own need to exercise.

Your pet loves you and you love your pet back. That single emotional exchange is one of the reasons that pets can encourage a healthy emotional mindset, says psychologist Therese J. Borchard.

Borchard says the presence of a pet gives structure and responsibility to a human life. Pets must be fed and tended to, preferably on a schedule,

If we wish to collapse disgruntled in a chair at the end of the day, there is that friendly wet dog

nose, urging us for a pet and to go for a walk.

Just petting your animal reduces stress-related responses in the brain, according to a study by the University of Virginia. This distraction can be an effective therapy that stops a person from obsessively ruminating on problems or issues.

And finally, just the feeling of love given and returned with our pet, is enough to make life a little more meaningful.

Publish YOUR Life Story

Write your life story, then publish it in a beautiful hardcover book to give as gifts. Today, the process is inexpensive and fun with many online websites designed to help you.

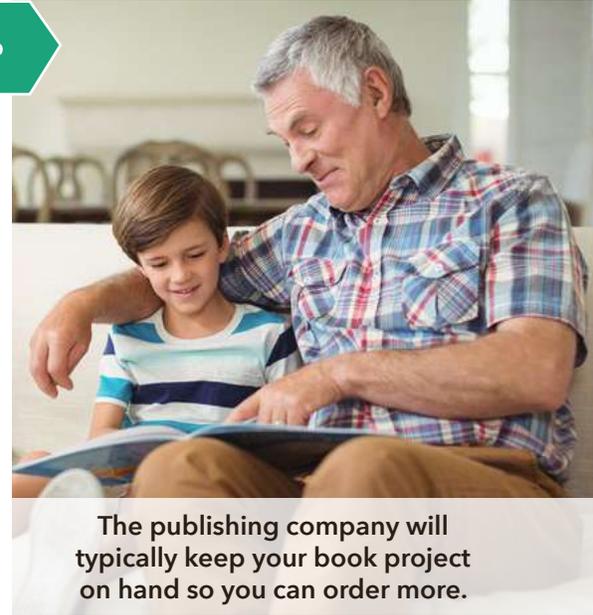
Photo books are great family mementos and, when you add names and stories, they can tell a lot about your family's history.

If you don't want to scan photos yourself, try one of the many scanning services such as Memories Renewed, Scan Digi-

tal, or Dig My Pics. They will turn snapshots and slides into high quality scans.

Once you have your photos ready, the next step is to get your story ready and match photos to text. Then, select a book-making company. There are many online: ubuildabook.com, My Canvas, Blurb, Mixbook and Shutterfly.

Once finished, the company will mail a beautiful full-color book on high quality paper.



The publishing company will typically keep your book project on hand so you can order more.



ROAD TRIP Checklist



Use a penny to check tire treads. Stick a penny in the tread so that Lincoln's head is upside down and facing you. If you can see his whole head, it's time to replace the tire.

If vacation-time means a road trip, a few simple preparations can keep you safe and out of trouble.

Check all fluids, including oil, coolant, brake fluid and windshield washer fluid. Check the air filter and battery.

Make sure tires are properly inflated. That goes for the spare, too. Inspect the tires to make sure there is enough tread.

Besides the obvious safety issues, proper lights and signals are just one more reason why you

won't get a ticket.

At an absolute minimum, make sure you have the tools to change a tire. But also consider carrying a battery-powered cell phone charger, drinking water, a gas can, and a working flashlight.

Do you have a spare key accessible from outside the car? What about jumper cables? A bowl so that Fido can have a drink? How about a rain poncho?

Take your license, proof of insurance and registration.



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JUNE SPECIAL

Happy Father's Day! 20% Off Cleaning Services

Details and Restrictions: Not valid with any other offer or discount except referral certificates (they're just like cash; get as many as you want!) Minimum order \$250.00. Residential orders only. Commercial accounts ask about commercial pricing. Starts now and ends June 28, 2019. Based on schedule availability.

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

Upcoming Community Events Around Abilene

Abilene Outdoor Adventures 06/01/19, 9:00 a.m. to 5:00 p.m.

Grover Nelson Park 2070 Zoo Ln., Abilene 325-734-5306, Laura Holbrook, Free

This event is full of educational and fun activities for families to get involved with outdoor recreation, conservation/preservation, and to encourage wellness.

8th Annual Children's Art & Literacy Festival, 06/06/19 - 06/08/19, 4:00 to 8:00 p.m.

T&P Depot 1101 N. 1st St., Abilene 325-677-1161, Sidney Levesque, After May 15, \$11 for ages 3-12, \$16 for ages 13 and up

The festival starts Thursday with a Storybook Parade and Artist Talk. Thursday night is free and no registration is required. Register for passes to attend Friday and Saturday activities: Dramatic book readings, costumed characters, art activities, animals, magic shows, balloons and movies. The National Center for Children's Illustrated Literature will exhibit the featured artwork.

Paramount Film Series - Saving Private Ryan, 06/14/19 - 06/15/19 Fri., 7:30 p.m.; Sat., 2:00 & 7:30 p.m.

Paramount Theatre 352 Cypress St., Abilene 325-676-9620, Barry Smoot, \$7-Adults, \$6-Students, seniors (60+), military and children

The Paramount Film Series presents Steven Spielberg's emotional and inspirational 1998 film about a World War II army Captain who takes his men behind enemy lines to find Private James Ryan, whose three brothers have been killed in combat. Starring Tom Hanks, Matt Damon, Tom Sizemore, and Edward Burns. Rated R.

Texas Police Athletic Federation Annual Police Games, 06/15/19 - 06/23/19

325-676-2556, Abilene CVB, See website for exact event times Free-Spectators

The Texas Police Games are well organized competitive events that enable commissioned police officers the opportunity to compete with fellow officers from the State of Texas as well as on a nationwide level.

Aaron Watson and Josh Abbott Band, 06/28/19 7:30 p.m. \$31-\$65

Taylor County Expo Center, HEB Entertainment Pavilion 1700 Hwy 36, Abilene 325-677-4376

Mark your calendars for this summer concert featuring Aaron Watson's newest Red Bandana Tour and Josh Abbott Band.