

# HEALTHY, WEALTHY & WISE

June 2021

Published exclusively for clients of A-Town by Hi-Tech

Want To Get  
**TOUGH DIRT**  
Out?



Let Us  
**C.H.A.T.**  
It Out...

**T**he ability to effectively clean anything — not just carpet, rugs, upholstery, or tile — requires an understanding of the four basic principles of soil suspension; chemical action, heat, agitation and time. We remember these fundamentals by the acronym CHAT.

**The first of the fundamentals is CHEMICAL action.** Water is used in cleaning because of how it reacts with many soils. In fact, water does the majority of the work in cleaning. However, water alone is not very effective on oily or greasy soils. We need specialty cleaning agents to dissolve some of the more difficult soils like food, grease and petroleum oils found in things like makeup, shoe polish and ink. These soils would be difficult or impossible to remove with plain water.

It's amazing how little of these cleaning agents we need to get great results. When we dilute our products, we are actually using about 99.9% water! If you find this hard to believe, consider how much bubble bath you need to make a whole tub full of suds. It's not much is it? Similarly, we use just enough cleaning solution to break down soils and no more. This assures that we leave no unwanted residue.

See "Want To Get TOUGH DIRT Out?" on next page

**ServiceMASTER**  
Restore<sup>®</sup>

The clean you expect.  
The service you deserve.

ServiceMaster by A-Town Hi-Tech

**(325) 692-0500**  
servicemasterabilene.com



Serving "The Friendly Frontier"  
for Over Forty Years

## TOUGH DIRT Out continued from page 1

Remember, there are different cleaning agents designed to remove a variety of soils from all kinds of surfaces. A product designed to work on tile and grout floors would likely damage carpet or wood. A wood cleaner would not do an adequate job of cleaning glass. To work well, the right chemicals must be matched to surface and suitable for the soil that you are trying to remove.

**The second principle of soil suspension is HEAT.** Hot water cleans better than cold water. In situations where it is safe to do so, adding heat to your cleaning solution will increase chemical effectiveness, decrease overall cleaning time, and you will use less detergent. When you are dealing with heavily soiled surfaces, heat is especially helpful. Heat also helps liquefy oily, greasy and sticky soils, suspending them into the cleaning solution for effective removal.

**AGITATION is the third principle of soil suspension.** Scouring pads, brushes, coarse cloths, and even high-pressure water are some methods used to

achieve agitation. Agitation helps by distributing your cleaning agent for better penetration, dislodging soils from surfaces and suspending them in the cleaning solution to be rinsed away. For example, by agitating the cleaning solution into your carpet, a professional carpet cleaner suspends soils and lifts matted carpet yarns for better cleaning and maximum results.

**TIME is the fourth principle of cleaning and soils suspension.** We all know that the longer you scrub and rinse something, the cleaner it gets. While that is true, it's not the best use of time. When you are cleaning, dwell time of your cleaning agent is important. Dwell time means that you allow the product time to work, breaking down and dissolving soils. The amount of dwell time will depend on the type and quantity of soiling, the surface being cleaned and the strength and concentration of your cleaning solution. If you rush this process, cleaning results suffer. We make sure we allow the product to work so soils are completely dissolved for removal.

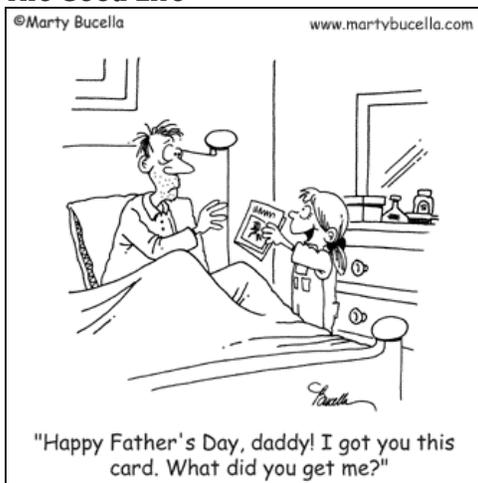
### Here's how it works in cleaning:

If you have to use a very mild cleaning chemical, you'll need to increase dwell time, agitation and/or temperature. If you can't use hot water, you will have to use more chemical, more dwell time, or scrub more aggressively.

If you can't use agitation, you will need more time, heat and/or chemical action. Increasing temperature by using hot water is usually the best way to improve cleaning efficiency and save time. Hot water reduces the amount of chemical you need to clean, suspends more soil, and rinses better. Temperatures over 130°F begin to kill microbes on surfaces, providing sanitizing benefits. If you apply The 4 Principles of Cleaning, you can be more successful cleaning just about anything.

Of course, when it comes to cleaning your carpet, upholstery, rugs, wood flooring, and tile, **A-Town/Hi-Tech** technicians are the experts at applying the 4 principles of cleaning. That's why we produce the best results every time, guaranteed.

## The Good Life



### Good Clean Funnies

**What do kids play when they can't play with a phone?**

Bored games.

**What do you call two monkeys sharing an Amazon account?**

PRIME-mates.

**Why can't you ever tell a joke around glass?**

It could crack up.



Perfect breakfast for dads on their special day. These mancakes with beer and bacon mixed in are sure to make your dad smile.

### Ingredients

- 8 slices bacon
- 1/3 cup packed brown sugar
- 1 teaspoon vegetable oil, or as needed
- 1 1/2 cups all-purpose flour
- 3 tablespoons white sugar
- 1 1/2 teaspoons baking powder
- 10 fluid ounces dad's favorite beer, or more if needed
- 3 tablespoons unsalted butter, melted
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla extract (Optional)

Recipe courtesy [allrecipes.com](http://allrecipes.com)

## Father's Day MANCAKES

### Directions

Preheat oven to 350°F. Line a baking sheet with aluminum foil. Place a wire rack on top of baking sheet; place bacon strips on wire rack.

Bake in the preheated oven for 10 minutes; remove from oven and sprinkle tops of bacon strips with half the brown sugar. Return to oven and bake 10 more minutes. Remove from oven and flip bacon to other side; sprinkle with remaining brown sugar and bake until bacon is crisp and brown sugar is golden brown, 10 to 15 more minutes. Remove bacon, let cool, and crumble into small pieces.

Lightly grease a skillet with vegetable oil and place over medium-high heat.

Whisk flour, white sugar, and baking powder in a large bowl; in a separate bowl, whisk beer, melted butter, salt, and vanilla extract. Lightly stir the liquid ingredients into the flour mixture to make a smooth batter. Stir candied bacon pieces into the batter.

Pour batter into the hot skillet 1/2 cup at a time and cook until edges are browned, about 2 minutes; flip pancake and cook until golden brown and the center is set, 3 to 5 more minutes.



## Don't SLEEP on Insomnia



Have you ever struggled with sleep? Insomnia is a common, but complex, medical condition that can make it hard to fall asleep and stay asleep.

If you have trouble sleeping at least three nights a week for at least three months, you may have chronic insomnia.

Unfortunately, as we age, our sleep cycles change, and can cause the wake signals in our brains to override the sleep signals, leaving the brain in an overactive state. Although insomnia is more common in older adults, it doesn't have to be a normal part of aging.

### Here are some tips for better sleep:

**Adjust the lights:** Two hours before bed, try avoid using digital devices. Their light can change your ability to fall asleep and stay asleep. Consider reading. Also, keep your bedroom as dark as possible while sleeping.

**Ignore the clock:** Don't focus on sleepless minutes ticking away. Turn the clock around so you can't see the time.

**Leave the bedroom:** Lying in bed worrying about falling asleep may cause your brain to be more active. Try a relaxing activity in another room, such as reading or listening to soothing music. When you start feeling sleepy, go back to bed.

**Consider lifestyle changes:** Try not to eat large meals at night. Avoid coffee, alcohol, and exercise within three hours before bed-time.

**Learn about behavioral therapy:** A type of therapy called cognitive behavioral therapy may help you recognize your thoughts, beliefs, and attitudes toward sleep.

**Don't sleep on insomnia...** If these tips are not enough, talk to a health care professional. They can create a personal plan to help you get more sleep, that may include lifestyle changes, taking medication, or both.

## When and HOW to Amend your Tax Return



Not every tax mistake may require you to file an amended return, but some mistakes are important to correct.

If you made a minor mistake in addition or subtraction, the IRS will probably make the correction for you. The agency will send you a letter telling you what they corrected, how it affects your return and what you have to do next, if anything.

But for major errors, you should file an amended return using Form 1040X.

Here are some errors that should be corrected using an amended form:

- Income that was not reported.
- Wrong filing status.
- Dependent change.
- Deductions not claimed.

On the 2-page 1040X, you'll have a chance to explain why this mistake was

made on the original return. You'll need to reference the tax form you filed, but are now changing. Beginning with the 2019 tax year, you can e-file amended tax returns. To amend a return for 2018 or earlier, you'll need to print Form 1040-X and any other forms you're amending. Mail all the forms and documents to the address provided in the instructions.

Also keep in mind that the IRS limits the amount of time you have to file an amended return to claim a refund:

- Within three years from the original filing deadline, or
- Within two years of paying the tax due for that year, if that date is later.

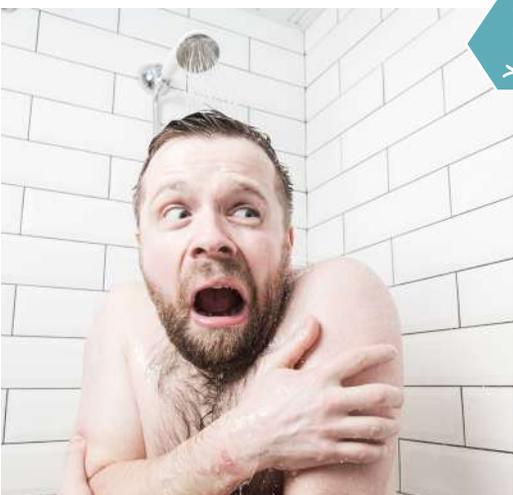
If you're outside of that window, you can no longer claim your refund.



Remember that changes to one item affects another. So, if you list higher income, your tax liability may increase or your refund may decrease.



## TANKLESS Water Heaters are TOP in 2021



Traditional water heaters have a holding tank that heats a specific amount of water. When not being used, it sits there being heated, which wastes energy. On the flip side, when in use and the hot water is gone, it's gone... **even while you are showering!**

### Top Reasons To Go Tankless

**Efficient and environmentally friendly:** Tankless heaters flash-heat water when you need it, and turn off immediately when you don't!

**Constant hot water without the waste:** With tankless, you enjoy an endless stream of hot water because it's heated through a compact, powerful system mounted on a wall, which shuts off automatically when not in use.

**Small size equals significant space savings:** Usually about the size of a carry-on luggage

bag, tankless water heaters help you reclaim needed space in your home.

**Cleaner water:** Traditional units build rust and sediment in the tank after years of use, which can end up in your home's water. Since tankless options do not store water, and heat it only on demand, you get fresh, clean water every time.

**Growing accessibility:** Getting a tankless is now as easy as going online. They are readily available for immediate purchase at many major retailers and Internet sellers.

**Lower costs:** The upfront cost of getting a tankless can be defrayed by possible tax credits (check energystar.gov). Once installed, you will save money on your energy bill and they have double the lifespan of their counterparts, which significantly impacts your savings over time.

If you are looking for smart upgrades to your home that make life easier and more convenient, tankless water heaters are gaining popularity in 2021.



servicemasterabilene.com



facebook.com/atownhitech



# ServiceMASTER Restore

The clean you expect.  
The service you deserve.

ServiceMaster by A-Town Hi-Tech

- Carpet and Upholstery Cleaning
- Flood and Fire Restoration
- Wood Floor Cleaning and Recoating
- Mold Inspections and Remediation
- Oriental and Area Rug Cleaning
- Trauma/Crime Scene Cleaning
- Dryer Vent Cleaning
- Tile & Grout Cleaning
- Air Duct Cleaning

servicemasterabilene.com  
(325) 692-0500

**EXTRA! Call 325-692-0500 today to be added to our e-mail list in order to receive amazing monthly coupons.**

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



**HAPPY**  
*Father's*  
**DAY**

## FATHER'S DAY COUPON

*Must present at time of service.*

## HAPPY FATHER'S DAY 20% OFF CLEANING SERVICES

*Details and Restriction: 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 30th, 2021. Based on scheduled availability.*