

HEALTHY, WEALTHY & WISE

July 2019

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Home Fire SAFETY Guide

The Fourth of July is one of the busiest days of the year for house fires. Sure, it's a celebration and, yes, fireworks are traditional and they can be used safely. Nonetheless, nearly 20,000 fires annually are blamed on fireworks, according to the National Fire Protection Association. Even the most common fireworks, such as a sparkler, can start a fire.

You think it will never happen to you, but it makes sense to be prepared. The most important thing you can do is to have working smoke detectors on every level of your home. An early warning is your best defense against a house fire.

Taking the right steps in the event of a house fire

could save your home and even your life. Make sure that all adults and older children understand how to RACE and PASS if there is a fire. This doesn't mean RACE around the house in a panic and PASS your spouse on your way out the door! RACE and PASS are simply memory aids for what you should do in case of a fire.

See "SAFETY" on next page

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R.A.C.E.

R is for Remove. Remove all occupants from the area of the fire.

A is for Alert. Alert the authorities; call 911.

C is for Contain. Close windows and doors to contain and smother the fire.

E is for Extinguish or Evacuate. Which one? That depends on the stage of the fire.

A house fire goes through 4 stages:

Stage 1: Incipient. The fire is just starting and there is a good chance of extinguishing it.

Stage 2: Growth. The fire spreads to other combustible materials. You should evacuate.

Stage 3: Developed. The hottest, most deadly stage; evacuation is your primary objective.

Stage 4: Decay. The fire is running out of fuel or oxygen but still smolders; a deadly backdraft is possible.

If the fire is beyond the incipient stage and spreading rapidly, you should evacuate and let the fire department handle it. If you are confident that you can safely extinguish the fire, do so only after you have gotten people out of the area, called 911 and contained the fire if possible.

Make sure you have an escape route. Then use a portable fire extinguisher to put out the fire using the PASS method.

P.A.S.S.

P is for Pull. Pull the pin out of the handle.

A is for Aim. Aim the nozzle at the base of the fire.

S is for Squeeze. Squeeze the handle to discharge the extinguisher.

S is for Sweep. Sweep from side to side at the base of the fire.

Keep portable fire extinguishers in strategic locations of your home such as the kitchen, utility areas, garage and storage rooms.

After a home has suffered even a small fire, proper cleanup needs to be done. There may be fire extinguisher residue, charred materials and smoke residue to clean up. Water-damaged contents, floors, walls and structural materials need to be dried and cleaned. Strong, lingering odors often require a combination of techniques for successful treatment.

ServiceMaster by A-Town Hi-Tech will work directly with your insurance company to make sure your house is clean, dry and odor-free. We hope you never have to make that call, but if you do, we'll be there to help.

The Good Life



Good Clean Funnies
What did one American flag say to the other flag?
Nothing. It just waved!

Did you hear the joke about the Liberty Bell?
Yeah, it cracked me up!

Why are gulls named seagull?
If they were by the bay, they'd be bagels!



Peach Slaw

Directions

Place the pecan pieces in a skillet over medium heat, and cook, stirring constantly, until lightly toasted.

In a large bowl, mix the pecans, cabbage, 8 fresh peaches, red bell pepper, yellow bell pepper, green onions, and celery seed.

Cover and chill at least 45 minutes in the refrigerator.

In a blender or food processor, blend the 1/2 cup chopped peaches until smooth. Transfer to a bowl, and mix with the oil, honey, lemon juice, salt, and pepper. Chill until slaw is ready to be served, then toss with slaw to coat. Garnish slaw with mint sprigs.

Recipe courtesy allrecipes.com

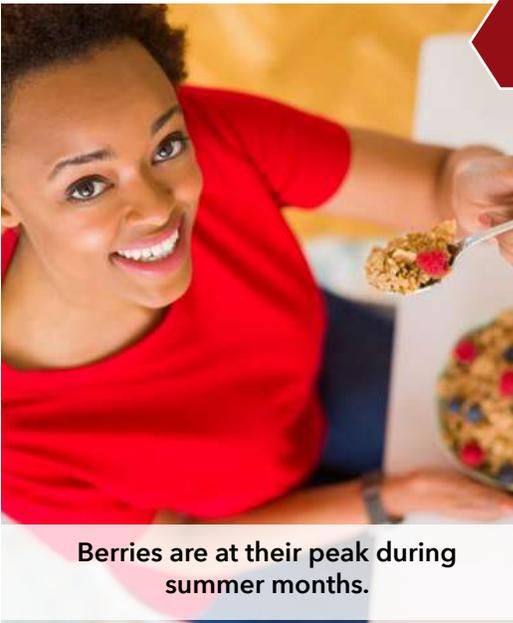
Peaches are in season May through September.

Ingredients

- 1 cup pecan pieces
- 1 head savoy cabbage, sliced
- 8 fresh peaches, pitted and sliced, plus 1/2 cup fresh peaches chopped
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1/2 cup chopped green onions
- 2 tablespoons celery seed
- 1/2 cup vegetable oil
- 1/4 cup honey
- 1/4 cup lemon juice
- 1 bunch fresh mint sprigs



Berry Brain BOOSTERS



Berries are at their peak during summer months.

Give your brain a boost by adding delicious berries to your regular diet.

Two separate clinical studies show that berries appear to give a boost to brain power.

In one study, healthy men and women ages 60 to 75 were given two cups of strawberries for 90 days. They showed improved scores for word recognition and spatial memory.

In another study, researchers showed that older adults who ate

the equivalent of one cup of blueberries for 90 days didn't repeat themselves as often.

Quoted in Tufts Health & Nutrition Letter, Barbara Shukitt-Hale said researchers speculate that the anthocyanins in berries have certain anti-inflammatory properties that have direct effects and benefits on the brain.

Supplements, she said, don't appear to work. It is the combination of nutrients in berries that seem to have a benefit.

Big Summer SAVINGS



Summer is a great time to save money with seasonal sales.

Many movie theaters will offer special summer movie prices and discounts on concessions.

Prices on fresh produce will likely fall by as much as 50 percent as farmer's markets drive prices down.

Gym owners know that summer is slow and exercisers may find discounted rates, free months, and even complimentary training sessions.

Hurricane season in the Caribbean runs June through November. If you're willing to risk it, cruises and resort packages in the area will often be on sale.

Amazon's popular Prime Day is usually held mid-July. To compete, many places also offer major discounts covering a wide variety of products, technology and memberships.

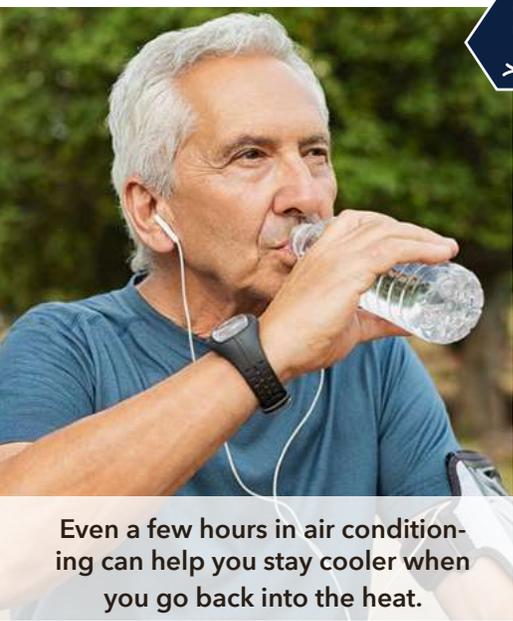
Furniture and home goods are traditionally on sale around Fourth of July.



Look for online sales and discount codes in July. Many specials are offered only online.



Tips for Summer HEAT



Even a few hours in air conditioning can help you stay cooler when you go back into the heat.

When it's hot outside, it's time to take precautions. Here are some tips to protect yourself while in the heat. The CDC recommends:

Drink plenty of fluids regardless of your activity level. Drink two to four glasses of cool fluids each hour. Replace salt and minerals lost through sweating by drinking a sports beverage.

Choose light-colored, loose-fitting clothing. Wear a wide-brimmed hat and sunglasses with UVA and UVB protection.

Use sunscreen. Apply a product rated SPF 15 or higher 30 minutes before going out.

Pace yourself. Begin slowly and pick up the pace gradually. If your heart begins to pound and you begin gasping for breath, STOP all activity. Move to a cool area or at least into shade to rest, especially if you feel lightheaded or weak.

Don't depend on a fan to cool yourself. When the temperature is in the high 90s, fans will not prevent heat-related illness.



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JULY SPECIAL

25% Off All Our 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 Wednesday, July 31st, 2019. Based on schedule availability.

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

Upcoming Community Events Around Abilene

Abilene Freedom Festival 07/03/19 - 07/04/19

Wed., Parade-6:30 p.m.; Avengers at the Paramount-7:30 p.m. Thurs., 10 a.m. to 11 p.m.

Taylor County Expo Center 1700 Hwy 36, Abilene 325-677-2864

\$10-Adults; \$7-Military; \$5-Children ages 6-15; Free-Children age 5 and younger

Celebrate the Fourth of July with a parade, Paramount Film Series, live bands, a car show, a bike show, vendors, food truck, games, a kids area and more. Stick around for the Fireworks Spectacular by WesTex Connect. Wed., The parade route will begin on the corner of N. 1st and Cypress St. heading north to the Convention Center, and will end on the corner of N. 6th and Cedar St.; Paramount Film Series The Avengers, 352 Cypress St.

Firecracker 4 Miler! 07/04/19, Day of registration, 6:15 to 6:45 Race begins, 7:04 a.m.

YMCA, Redbud Park 3125 S. 32nd St., Abilene 325-788-7383

Start off your 4th of July festivities with a run. Shirts will come with registrations or first 50 to sign up. Finisher medals will also be provided.

ArtWalk - Summer Lovin' 50s Art, 07/11/19 5 to 8 p.m. Free

325-677-8389, Center for Contemporary Arts

Mini arts festival features different themes that highlight the best of the visual and performing arts in Abilene.

Family Fun Saturdays, 07/13/19 1 to 4 p.m. Free

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

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.

Military Appreciation Day, 07/20/19 10 a.m. to 5 p.m. Free

Taylor County History Center 133 N. William St., Buffalo Gap 325-572-3365

All current and former military personnel and their families receive free admission to the Taylor County History Center.