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Serving "The Friendly Frontier" for Forty Years

ServiceMaster by A-Town Hi-Tech

In This Issue

Water damage...

An absorbing subject

Time well spent: fire safety awareness

Being a good neighbor on Halloween

Gluten-free lifestyle may not boost heart health

Recipe: Hamburger steak with onions and gravy

Community Events



Water damage... An absorbing subject

Water intrusion into your home or business can quickly cause significant damage from water absorption into structural materials, furnishings, cabinetry and woodwork. Act fast and call A-Town Hi-Tech if your home or business should suffer a water intrusion. Waiting only increases the severity of the damage and expense.

One of the first things we do when we arrive is to remove as much water as we can. After removing bulk water, our focus turns to drying wet structural materials and contents. This requires an understanding of how water affects different materials.

Concrete, ceramic tile and stone are examples of materials that can remain wet indefinitely without damage. Other materials like structural wood framing and wood subfloors can be saturated for hours or even a few days without permanent damage if they are properly dried and cleaned.

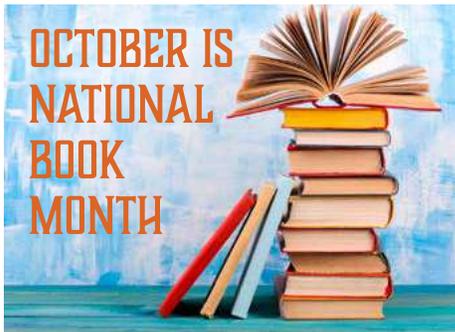
Hardwood floors will show signs of swelling and damage within the first few hours of a water intrusion. If not addressed quickly and properly, hardwood floors begin to swell, cup and eventually buckle, requiring replacement or expensive repairs.

The rate at which building materials absorb and hold moisture depends on porosity and permeability.

Porosity is a measure of how much open space there is within a material. These open spaces can be large and visible, such as in a sponge, or much smaller such as in a piece of wood. Even granite and marble are somewhat porous, so water can pass into and through these seemingly impenetrable materials.

Permeability is a measure of how easily moisture or water vapor can be absorbed into materials. Highly permeable materials like drywall absorb water quickly. Semi-permeable materials like wood studs and floors take longer to absorb water. Low permeance materials such as concrete, hardwoods and natural stone resist moisture absorption the longest.

Generally, highly permeable materials that readily absorb moisture can be dried quickly and easily. Low permeance materials like marble and granite absorb moisture slowly, but once they do, it is much harder to remove absorbed moisture.



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

Continued on next page ▶



Hamburger Steak with Onions and Gravy

Ingredients:

- 1 pound ground beef
- 1 egg
- 1/4 cup bread crumbs
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon Worcestershire sauce
- 1 tablespoon vegetable oil
- 1 cup thinly sliced onion
- 2 tablespoons all-purpose flour
- 1 cup beef broth
- 1 tablespoon cooking sherry
- 1/2 teaspoon seasoned salt

Directions:

1. In a large bowl, mix together the ground beef, egg, bread crumbs, pepper, salt, onion powder, garlic powder, and Worcestershire sauce. Form into 8 balls, and flatten into patties.
2. Heat the oil in a large skillet over medium heat. Fry the patties and onion in the oil until patties are nicely browned, about 4 minutes per side. Remove the beef patties to a plate, and keep warm.
3. Sprinkle flour over the onions and drippings in the skillet. Stir in flour with a fork, scraping bits of beef off of the bottom as you stir. Gradually mix in the beef broth and sherry. Season with seasoned salt. Simmer and stir over medium-low heat for about 5 minutes, until the gravy thickens. Turn heat to low, return patties to the gravy, cover, and simmer for another 15 minutes.

recipe courtesy allrecipes.com

Water Damage (continued from cover)

Drywall is very absorbent due its high permeability and porosity. Water on the floor can wick up two feet or more into drywall through capillary action. Absorbed water reduces the integrity of drywall making it soft and easily damaged.

Mold is another concern. Most drywall has a layer of thick paper on the outside. When drywall remains moist for an extended period, mold grows on the surface and inside wall cavities, creating a health risk to occupants in the building.

Structural wood can absorb up to 30% of its weight in water. If this water is removed quickly and properly, damage is minimal. Mold will begin to grow on wood that remains abnormally moist for an extended period. Drying materials as quickly as is practical minimizes damage and prevents mold growth.

Hardwood floors, cabinets and woodwork require special care.

Permanent damage such as shrinking, cracking and warping will occur if hardwood materials are dried too rapidly. We use specialized drying equipment and methods to remove moisture from these deeply saturated, low-permeance materials to avoid causing additional damage.

The trick in managing all of these drying challenges lies in understanding the different materials and how water affects and moves through them. We use electronic moisture meters to monitor material moisture content, surface temperatures, humidity levels and air temperature along with professional drying equipment. This level of expertise enables A-Town Hi-Tech to dry structures and contents effectively, saving expensive replacement and rebuilding costs. That's why we should be your first call if your home or business ever suffers a water intrusion.

Raising boys: What they need and what you can give them

Boys must be boys, but they need direction to become men.

So says Dr. Meg Meeker, a pediatrics and adolescent medicine specialist, who says today she sees an epidemic of life-threatening problems in boys that didn't exist 40 years ago: Drugs, sex, drinking; all have taken a toll on boys.

Quoted in Lifezette, she gives this advice to parents:

- Be loving and firm. Don't smother boys, but also don't be so harsh you lose communication.
- Encourage outdoor adventures. Boys need adventure, but not from another computer game. Let them test themselves in nature.
- Set rules. All kids need them and boys, in particular, feel lost without them.



Teach, guide and direct, yes! But along the way, allow your son to explore, and discover what's inside him.

- Teach virtue. It's not just for girls. Teenagers especially are tested by opportunities for drinking, drugs and sex. Boys need to learn virtue just as girls do.
- Tell them what you believe. Don't worry about imposing your views – boys (and girls) need some orientation in the world.
- Give yourself. You are the most important person in your son's life. Give your sons your time.

Be a good neighbor on Halloween

Many people enjoy handing out candy to their little visitors on Halloween. To make sure your visiting trick-or-treaters stay safe in your yard:

- Clear away lawn equipment and any clutter from the yard, walkways, and steps so kids don't trip over them.
- If you have lighted jack-o'-lanterns, position them far enough away from where kids will stand so their costumes won't catch on fire. Better yet, use glow sticks instead of candles.
- Make sure paper or fabric decorations can't blow into the flame of a jack-o'-lantern.
- Keep all of your outside lights on during the evening.
- If you are driving during trick-or-treat time, watch for kids.

Before sending your children on their rounds, make sure they eat so they won't be tempted to dig into their goodie bags before you can examine them.

Gluten-free lifestyle may not boost heart health

If you don't have celiac disease, your heart won't get a boost from going gluten free, according to a new study.

The gluten-free lifestyle is crucial for people with celiac disease. For them, eating wheat, barley, and rye triggers the body to attack the small intestine, causing inflammation and leading to malnutrition and gastrointestinal distress. The inflammation then increases heart disease risk. Eliminating gluten stops the attack on the small intestine and reduces inflammation.

What the May study in The BMJ asked is whether people without celiac disease would benefit from going gluten free.

The Harvard research team did not find much of a difference in risk of heart



Take time to teach your children how to have a fun, but safe Halloween.

Check to make sure no parts of their costumes drag on the ground. Kids could step on them, trip, and fall.

If they are wearing masks, be sure they have a good field of vision. Face paint is a better alternative.

Tell them to walk, not run, stay on sidewalks, and cross streets only at intersections, not between parked cars.

Advise kids to approach only those houses with outside lights burning. Never go inside a house. They should wait at the door for their treat.

Young children should be accompanied by an adult. Older kids should travel with a group of friends.



Do your research before making the decision to go gluten-free.

attacks between people who ate the most gluten and those who ate the least.

On the other hand, people who avoided nutritional whole grains had an increased risk of heart disease.

The lesson: If you don't have celiac disease, don't cut whole grains out of your diet and don't worry about going gluten free, according to the Harvard Health Letter.

Community Events

West Texas Food Truck Festival feat. .38 Special

Back Porch of Texas 3350 Clack St., Abilene
877-990-7882, Stubwire

10/06/18 - 10/06/18 3 to 9:30 p.m. \$19-\$49

A full day of family-friendly fun at the Back Porch of Texas. Sample treats at food trucks from all over the area while enjoying live music. .38 Special will headline the event.

2018 Abilene Heart Walk

Grover Nelson Park 2070 Zoo Ln., Abilene
325-513-9887, Frann Smith

10/06/18 - 10/06/18 8:30 to 11 a.m. Select your donation goal online

The American Heart Association's premier event for raising funds to save lives from this country's No. 1 and No. 5 killers - heart disease and stroke.

Family Fun Saturdays

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

10/13/18 - 10/13/18 1 to 4 p.m. 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.

The Big Cheese

Convention Center 1100 N. 6th St., Abilene
325-674-3115, Mallory Wilcox

10/18/18 - 10/18/18 6 to 8 p.m.
\$25-Adults; \$5-Children 15 and younger

Local restaurants, caterers and food trucks will be serving up their version of mac and cheese. Each guest will get to play a part by voting for their favorite dish. The overall winner from all three categories will be named 'The Big Cheese'.

Jason Bishop: Straight Up Magic

Historic Paramount Theatre 352 Cypress St., Abilene 325-677-1161, Hollye Jaklewicz

10/21/18 - 10/21/18 2 p.m. \$10-Person; \$9-Military

Nationally recognized illusionist performs the most dynamic magic show in the US, with modern energy, a stunning soundtrack and world-class illusions with Gizmo the dog as his trusty assistant.



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by A-Town/Hi-Tech
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Abilene TX 79605

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