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In This Issue

Carpet Cleaning in Winter? Really?

Keeping Your Water Flowing This Winter

Wishing You Joy and Peace!

Holiday Weight Gain? Not as Bad as You Might Think!

Recipe: Holiday Drumcake



NATIONAL INFLUENZA VACCINATION WEEK: DECEMBER 4th-11th



facebook

- 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

Carpet Cleaning in Winter? Really?

This is the time of the year when you may wonder if it makes sense to get your carpets cleaned. Great question! But first, let's think about this... Does it make sense to clean your wood or tile floors in the winter? Does it make sense to clean your bed linens in winter? Of course.

For some reason, many people treat their carpet differently. It's as if the carpet was somehow magically immune to soiling because the weather is cool. Logically, this is not true.

It's what you can't see that is the problem

Modern carpets do a great job of hiding soil. This may lead you to think you only need to clean your carpets once a year or when they "look" dirty. But according to the EPA, most households should clean carpets at least twice a year, maybe more depending on lifestyle and other factors.

This may surprise you until you think about all of the soils, allergens, oils, pollutants and contaminants that carpet traps.

In most homes, carpet is the largest filter, trapping soils, pollutants and pet and human dander (dead skin cells, which we shed by the millions every day and dust mites live for).

The fact is that winter is a great time to get your carpets cleaned. Here are a few reasons why.

You're worth it

One reason for cleaning your carpets in the winter is that you want your home to look great for visiting friends and relatives during the Holidays. Nothing makes your home feel clean and inviting quite like freshly cleaned carpets.

Even if you don't expect guests, you will be spending more time at home in the winter, so you want it to look nice for you, too.

Of course, there are far more important reasons to clean your carpet than appearance. In fact, if you wait until your carpets look dirty before you clean them, you have waited too long. Soil damages carpet, dramatically reducing its usable life.

Can you imagine waiting until your clothes look dirty before laundering them? Of course not. That would be unhealthy and they would probably begin to smell before they looked dirty. Carpet is no different.

During the summer, pollen and other pollutants enter your home and become trapped in the carpets. In the fall, mold spores are more prevalent, again, becoming

Continued on next page ▶



Holiday Drumcake

Ingredients:

- 1 (8 or 9 inch) chocolate cake layer, 1 1/2 inches tall, baked in a springform pan with removable sides
- 1 (1.5 quart) carton slow-churned Peppermint Ice Cream
- 1 (16 ounce) container prepared vanilla frosting
- 24 thin candy canes or sugar sticks
- 12 glaze (candied) cherries
- Chocolate decorating icing
- 2 long pretzel rods
- 2 large marshmallows
- Red or green sugar crystals

Directions:

1. Freeze cake in pan for 30 minutes to firm top. Spread ice cream in an even layer to the top edge of pan. Freeze several hours until ice cream is firm.
2. Remove sides of pan. Frost sides of cake and a 1-inch border around cake top. Return to freezer if ice cream softens.
3. Squeeze decorating icing in a crisscross pattern on top. Press sugar sticks diagonally around sides (if using candy canes remove bent tips). Place cherries around top of cake. Freeze several hours or overnight before serving.
4. Dampen top and sides of marshmallows with water. Roll in sugar crystals. Insert pretzel sticks to make 'drumsticks'. Place on top of cake before serving.

Fun Tip: Prepare a chocolate cake mix, making two cakes and reserving one cake for another use

recipe and image courtesy allrecipes.com

Carpet Cleaning in Winter? Really? *(continued from cover)*

trapped in your carpet fibers. All of this just in time for you to close things up for the winter and spend more time inside... Not a pretty picture is it?

It's bad enough that winter is the time when people suffer from cold and flu without adding poor indoor air quality to aggravate conditions such as asthma and allergies.

Carpets tend to dry faster in the winter because the humidity is lower and most of us are using our furnaces. Warm, dry air is great for drying carpets!

Clean the winter blues away

Remember that in winter, days are shorter. Darkness comes earlier and lasts longer. A clean, fresh, healthy carpet is a great way to help fight off the winter doldrums. A clean, neat home just makes you feel better.

Service Master Restore is usually busiest during the Holidays; everyone wants a clean house for family and guests. Call now to book your cleaning before the big rush!

Keep Your Water Flowing This Winter

Frozen pipes not only mean the inconvenient lack of water, they can also burst, causing expensive repair problems. Homeowners are often understandably frantic to get water pipes running again. But thawing pipes improperly can lead to more problems.

Use the right method for thawing

A little heat on the right pipe could get that water flowing. But a flame on the pipe is a very bad idea.

According to fire experts, flames under the house, even when directed at pipes, are a common cause of fire. The open flame from a heater, especially a propane salamander, can ignite insulation or flooring materials under a house.

Excessive heat on metal piping can cause water to boil, causing the pipe to burst. If you know where the pipes are frozen, first open the faucets and then apply heat with a hair dryer or electric heating pad.

Prepare ahead

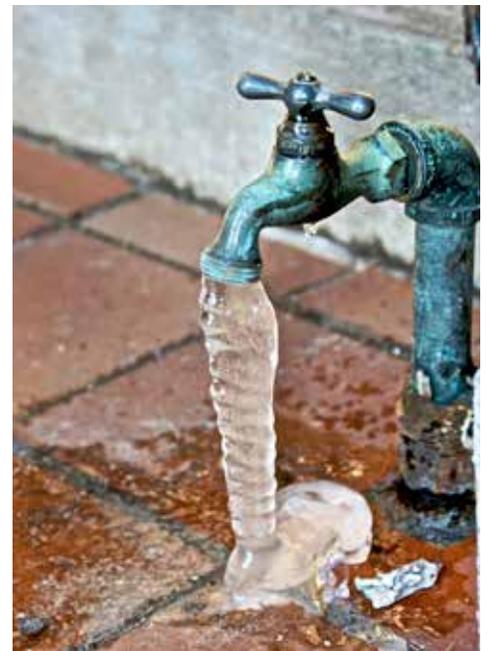
If you know your pipes are prone to freezing, take some simple steps ahead of cold weather. First, prepare an emergency water supply. Partially fill a bathtub with water when very cold temperatures are predicted. This can provide water for pets, cleaning, or bathing. It will also give you some breathing room so you can take your time unfreezing pipes.

Next, keep the faucets open to a drip. This will help prevent pipes from freezing. Open your cabinet doors in the kitchen and bathroom to allow warm room air to circulate.

Prevent frozen pipes

One of the best ways to prevent frozen pipes is with heat tape or heat cable. These low-heat products usually can be plugged in at the beginning of the season and left until Spring.

Disconnect outdoor hoses and close valves supplying outdoor faucets.



Frozen pipes can lead to damage, but improper thawing may create even more problems.

If the problem with frozen pipes is persistent every winter season, consider relocating exposed pipes. Although this is a major project, it is worth the temporary hassle and expense to prevent future problems.

Wishing You Joy and Peace!

It's common these days to complain during the holidays about how commercialized the season has become. In fact, complaining about the holidays has become as much of a tradition as the holidays themselves.

Let's break that tradition this year! Call it commercial if you want, but when your family members gather around the Christmas tree, each one hopes the gift delights the receiver.

Call it commercial, but when you light the last candle of the menorah and give the last gift, you hope you have given light and joy.

We hope that this year you'll enjoy the fruits of all your good work. You

Holiday Weight Gain? Not as Bad as You Might Think!

People gain weight during the holidays, but not as much as they think, according to dietitian Cynthia Sass. Sass points to a 2009 study from Texas Tech University that followed 48 men and 100 women for six weeks from Thanksgiving to Christmas. On average, the subjects gained one and a half to two pounds each.

While this gain isn't terrible, it tends to stay on. Sass says weight creep is responsible for adults gaining 10 to 20 pounds over a 10 year period.

If you want to avoid that extra pound or two, Sass recommends drinking two cups of water before meals. One study found that adults who followed this prescription were able to shed 40

Insulation in attics, basements and crawl spaces will help prevent frozen pipes, too. Just make sure that pipes are on the warm side of the insulation. If pipes are on the cold side of the insulation, they are more likely to freeze.



There is nothing commercial about simply spreading joy to your loved ones.

are appreciated by your family, your employers and by us.

This year, let's complain less, delight in the giving more, and open up our hearts and be thankful for the season. It maybe a little commercial but it sure is a lot of fun. Here's hoping you'll be joyous!



Try to choose just one carb item each day, instead of every single meal.

percent more weight during a 12-week diet period. Drinking water also makes us less hungry.

Finally, budget your carbs. Holidays are carb heavy with potatoes, cakes, pies, breads, and cookies. Try to choose just one carb item each day so you can indulge, but not at every single meal. If banana bread is on the menu for lunch, skip the toast and potatoes at breakfast and dinner.

Community Events

Family Fun Saturdays

The National Center for Children's Illustrated Literature

102 Cedar St., Abilene 325-673-4586, NCCIL 12/01/18 - 12/01/18, 1 to 4pm. 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.

Broadway Series: A Charlie Brown Christmas

Wednesday, December 19, 2018 Abilene Convention Center, 7pm

Everyone's favorite holiday classic comes to life in the all-new touring production A Charlie Brown Christmas Live on Stage! Join Charlie Brown, Snoopy, Lucy, Linus, and the whole Peanuts gang as they produce their own Christmas play and ultimately learn the true meaning of the season. A CHARLIE BROWN CHRISTMAS LIVE ON STAGE is a present the whole family can enjoy.

Art Adventure

National Center for Children's Illustrated Literature 102 Cedar St., Abilene 325-673-4586, NCCIL 12/07/18 - 12/07/18, 10:30am. Free (Reservations Requested).

This mom and tot program for preschoolers combines different aspects of visual and verbal literacy by exposing the children to books and art based on the featured artist in the gallery.

A People Party Productions Craft Fair

201 Mesquite Warehouse 201 Mesquite St., Abilene 713-805-9727, Olivia Hewitt

12/08/18 - 12/08/18, 10am to 5pm. \$5-General admission; \$3-Students with I.D.; Free-Children 12 and younger.

Over 50 vendors offering holiday shopping from handcrafted items such as jewelry, apothecary, apparel, accessories, home goods, woodwork, artful goods, and more. Including a new lounge area, bar, classic baked goods section, food trucks, and local musicians.

Breakfast with Santa

Abilene Zoo, 2070 Zoo Lane, Abilene 324-676-6085, Zoo Store

12/08/18 - 12/08/18, 9 to 10am. \$15-Adults; \$10-Children ages 3 to 12; \$5-Children ages 2 and younger.

Guests can enjoy a continental breakfast of assorted pastries and fresh fruit, milk, juice or coffee along with a fun craft and framed photo with the Old St. Nick. Reservations required.

Christmas Around the World

Abilene Christian University, Cullen Auditorium 1600 Campus Ct., Abilene 325-673-7464, Gwynn Haseltine

12/15/18 - 12/15/18, 7 to 8:30pm. \$15-Adults; \$12-Seniors, students and military

Chorus Abilene's four choirs, grades 1-adult, present an evening of music that features Christmas music from various countries around the world, as well as Christmas songs from the U.S. Tickets available by phone, online or by filling out the email form.

Paramount Film Series: Big

Historic Paramount Theatre 352 Cypress St., Abilene 325-676-9620, George Levesque

12/31/18 - 12/31/18, 7:30pm. \$7.

After wishing to be made big, a teenage boy wakes the next morning to find himself mysteriously in the body of an adult. Starring: Tom Hanks, Elizabeth Perkins, Robert Loggia. Color; 104 minutes; Rated PG, 1988.



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