

# HEALTHY, WEALTHY & WISE

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## Don't Let Water Damage Ruin Your HOLIDAYS

1 in 4 families will experience some type of property damage from plumbing failures and accidents in the next 10 years. Such damage can come from defective plumbing, frozen pipes, malfunctioning appliances or accidentally leaving the water running.

One way or another chances are good that you or someone you know will be living with the pain of water damage in the not-too-distant future. Such water damage can leave you with a messy carpet, moldy furniture and more if you are not prepared.

Regardless of where the water originates, water intrusion can cause significant property damage, so it is important to act fast to minimize the damage. When you

call a reputable cleaning company after a flood they will take 3 major factors into consideration to develop the appropriate cleaning plan:

An experienced cleaning company will look at the amount of damage, considering how much of the structure has been damaged. This is determined during a detailed inspection by a professional restoration technician because water migrates to inaccessible areas within

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the structure, requiring specialized knowledge and equipment to find out where the water is. Failure to locate hidden pockets of moisture can lead to further structural damage and the potential for lingering odors and mold growth.

A good company will consider the level of contamination, that is where the water came from, how it might be contaminated and how long it sat. Category 1- Clean water comes from a source such as a broken water pipe, water heater or a sink overflow.

Category 2- Unsanitary water contains a significant amount of contamination such as soil, household chemicals, or organic material that can provide nourishment for bacteria and fungi. Sources include washing machine or dishwasher overflow, fish tanks, etc. Category 3- Grossly unsanitary water contains contamination that can cause disease. The most common source of Category 3 water

is backflow from sewer or septic systems, or any water that passes over the ground due to fungi, bacteria, animal waste, pesticides, fertilizers and other potential contaminants.

A reputable company will also look at the depth of penetration, considering how deep water has penetrated into structural materials. Depth of penetration depends on the permeance of affected materials and the length of time the water remained in contact with those materials. Permeance is the ability of water to absorb into or pass through a material.

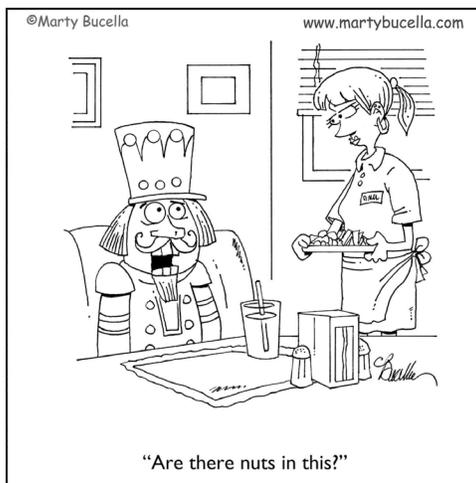
Drywall is highly permeable, absorbing water easily, while hardwood floors are low-permeance (minimally absorbent). The permeance factor, exposure time and level of contamination in the water, determines what materials can be saved. For example, if drywall is saturated only for a short time and with clean water, it can usually be saved.

However, if drywall is saturated with water from a sewage backflow, it should be removed and replaced. There are different requirements for various materials and the different levels of contamination.

If you consider all of the materials in your home as well as your furnishings, it's easy to see why water intrusion means that you should call in experts at assessing the damage and tailoring a restoration program to your unique situation. You need technicians who are trained to minimize the damage and protect the health and safety of your family and who will act quickly and efficiently to get your home or business dry and clean, so you can get back to normal quickly.

Call **ServiceMaster by A-Town Hi-Tech** today to schedule a visit or for more information. Don't let water damage ruin your holiday season.

## The Good Life



### Good Clean Funnies

**Why was Santa's little helper depressed? Because he had very low elf esteem.**

**How much did Santa pay for his magic sleigh? Nothing. It was on the house!**

**How do sheep say Merry Christmas? Fleece Navidad!**



Reducing the fat and eliminating refined white sugar make this a healthier version of a classic dessert.

### Ingredients

- 1 recipe pastry for a 9 inch double crust pie
- 1/4 cup unsalted butter
- 3 tablespoons all-purpose flour
- 1/4 cup water
- 1/2 cup packed brown sugar
- 8 Granny Smith apples - peeled, cored and sliced

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



## Healthier Apple Pie

### Directions

- Preheat oven to 425 degrees F.
- Melt the butter in a saucepan. Stir in flour to form a paste.
- Add water and brown sugar, and bring to a boil. Reduce temperature and let simmer.
- Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work of crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.
- Bake 15 minutes in the preheated oven. Reduce the temperature to 350 degrees F. Continue baking for 35 to 45 minutes, until apples are soft.



## HEALTHY Holidays for Your Pets



Chocolate can make pets sick and sugar is not a good supplement to a pet's diet.

The holidays are full of overindulgence, even for our pets. It may take a little effort on your part to ensure your pet has a healthy and safe holiday season.

Make sure any treats you give your pet are just that—pet treats, not human treats. If you decide to get goodies for your animal, be sure to dole out the treats slowly over time. Take these extras into account at meal times and reduce meal quantities accordingly.

Exercise is always good for you and your pet, so make time for a daily walk, too.

Festivities and decorations can also pose a health threat to your dog or cat. All cords should be well shielded and your tree should be anchored to prevent it from tipping over. All edible decorations should be placed out of reach. By taking these simple precautions, you can ensure that both you and your furry friend will enjoy this holiday season.

## Giving INSPIRED Gifts



The holidays signal a time for family gatherings, traditions and the spirit of giving. Make this holiday season even more meaningful by giving gifts that help children in need around the globe.

According to UNICEF, around 15,000 children die every day from preventable diseases. This holiday season, you can join the charge by choosing gifts that can give back.

With Inspired Gifts, you can

provide supplies in the name of a loved one that get delivered directly to children who need it most. Just \$19 can provide polio vaccines to protect 100 children from the deadly disease.

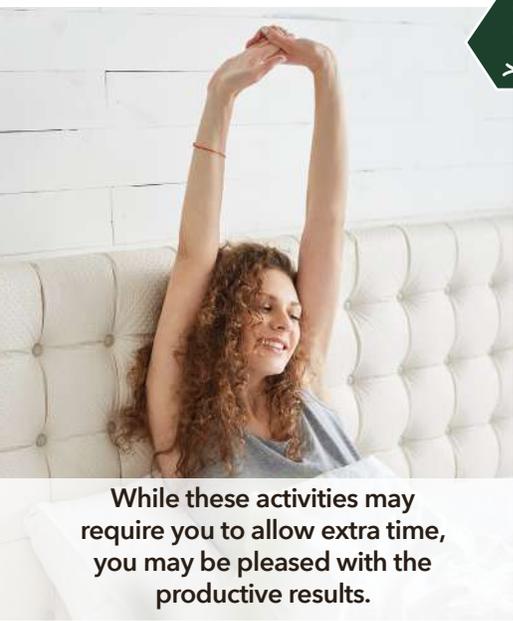
If you are looking for stocking stuffers and unique finds, UNICEF Market has a vast collection of handcrafted items made by artisans from around the world. Visit [www.unicefusa.org](http://www.unicefusa.org) for more information on these life saving gifts.



UNICEF Greeting Cards can be purchased at IKEA, select Hallmark Gold Crown® stores and online.



## SIMPLE Ways to Begin Mornings



While these activities may require you to allow extra time, you may be pleased with the productive results.

Ready, set, go. Just as you would set off at the starting line of a race, this hectic pace is how mornings begin for many men and women.

Instead of waking with dread to face another hectic morning, consider these tips for a healthier way to ease into your daily rituals. Meditate. A practice that has been around for thousands of years may still be one of the best stress busters for hurried mornings. Stretch. While the most health-conscious person may opt for a morning sweat-a-thon, working in

some stretches can also be beneficial. When you awake, think about oft-used muscles and extend each one for 15-30 seconds.

Activate. Give your brain some fuel in the morning while also doing something nice for your mind. For example, journaling is a gentle way to ease into your morning and get your brain firing. If you can't think of a topic, simply write down a few affirmations for the day, revisit a pleasant memory from your past or scribble down a goal for the week.



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