

HEALTHY, WEALTHY & WISE

October 2019

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



Why is Lead Paint So SCARY?

In previous decades lead was added to paint to improve paint performance, making it more durable, fast drying and long lasting. More than 3 million tons of lead are estimated to remain in homes built before 1978. The older the home, the more likely it is to contain lead paint and the higher the lead content of that paint will be. In 1978 lead paint was banned from use in homes, primarily because of the dangers of lead poisoning to children.

Why are children at risk? Lead danger comes with ingestion. Lead dust can come from deteriorating paint, aggressive surface cleaning or even remodeling activities. Adults are more likely to be exposed to lead dust through inhalation during work activities, but children are more likely to be exposed in the home. Small children tend to put things in their mouths and are at danger for eating lead paint

chips or dust. Because this paint tastes sweet children may intentionally put contaminated items into their mouths.

Lead is especially hazardous to children under age 6 whose bodies are rapidly developing. Lead damages the nervous system, slows growth rate and development, damages kidneys and other organs. Symptoms include

See "LEAD PAINT" on next page

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ServiceMaster by A-Town Hi-Tech employees participating in Breast Cancer Awareness Month.

LEAD PAINT continued from page 1

behavioral problems, such as irritability and shortened attention span, hyperactivity, suppression of appetite, sleep disturbance, hearing impairment, short-term memory loss, and reductions in intelligence. In adults, exposure to lead can cause reproductive problems, high blood pressure, depression and other mood disorders. Exposure to high levels can lead to nausea, flu-like symptoms, body aches, extreme fatigue and in severe cases, coma and even death.

If your home has painted surfaces or furnishings that were painted before 1978 you could have lead. Don't panic. Your best course of action is to buy test kits in home stores or hire a certified lead paint inspector to test your home.

If you have lead paint, or suspect it, take these steps to reduce your exposure to lead:

Have the items replaced, minimizing dust by using dust control measures,

thorough cleaning and proper disposal. Check local regulations to assure compliance. Items that are difficult to remove should be replaced by professionals who will control and contain lead contaminated dust. These companies are trained and certified in Lead Safe Work Practices and will have a certificate to prove it.

Cover the lead-based paint. There are specialized sealants that you can use to encapsulate and control a deteriorating surface. However this is a temporary solution. Eventually the new coating will begin to deteriorate and you could end up right back where you started from.

Remove the contaminated paint. Hire a professional lead paint abatement contractor. It is important that the company you hire be certified to remove lead. Check their credentials and get referrals from people they have worked for recently. Improperly done, lead paint removal can create a

great deal of lead-contaminated dust, chips and debris, leaving your home more contaminated than before.

Periodically wet mop and wipe lead contaminated surfaces such as window sills, trim, walls and floors with household cleaning detergent solution or a specialty cleaner designed for lead dust. This is a preventive, ongoing maintenance measure and is not an alternative to replacement or removal.

Be careful when doing any kind of remodeling, painting or renovation. If you suspect lead paint, make sure the professional you hire is certified by the EPA in Lead Safe Work Practices.

Any carpeting and upholstery exposed to lead dust should be professionally cleaned to remove dust and contamination, especially after a renovation or remodeling.

Call ServiceMaster by A-Town Hi-Tech to learn more about how we can help.

The Good Life



Good Clean Funnies

How do you fix a broken pumpkin? With a pumpkin patch.

What do you call wood when it's scared? Petrified!

Did you hear the one about the mummy with no friends? He was too wrapped up in himself.



The bright orange color makes this a great dish for fall parties and gatherings.

Ingredients

- 1 (15 ounce) can garbanzo beans, drained
- 1 (4 ounce) jar roasted red peppers
- 3 tablespoons lemon juice
- 1 1/2 tablespoons tahini
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh parsley

Recipe courtesy allrecipes.com



Red Pepper Hummus

Directions

In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt.

Process, using long pulses, until the mixture is fairly smooth, and slightly fluffy.

Make sure to scrape the mixture off the sides of the food processor or blender in between pulses.

Transfer to a serving bowl and refrigerate for at least 1 hour.

(The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving.)

Sprinkle the hummus with the chopped parsley before serving.



Health Benefits of GOLF



Golf can boost self-esteem and confidence while nurturing hand-eye coordination and keeping the brain active in logical functions.

As a sport of leisure and no physical contact, golf ranks among the world's healthiest endeavors.

According to legendary fitness trainer and the Health Fitness Revolution founder, Samir Becic, studies have shown that playing golf outdoors on open green areas for four or five hours relaxes the body, reducing stress and anxiety.

Exposure to sunlight also increases vitamin D, decreasing depression, the threat of heart disease, and certain cancers.

Meanwhile, swinging at that little white ball, carrying clubs, and walking a course can add up to 3-4 miles for a golfer--burning up to 1000 calories, accelerating the heartbeat, and increasing blood flow which decreases the risk of heart disease and levels of bad cholesterol.

The increased heart rate also promotes the flow of blood to the brain, which can improve nerve cell connections and delay such mental illnesses as dementia.

Avoid HIDDEN Fees



Adding a new phone only costs \$40 per month. Surprise, that wasn't the whole story because the phone itself costs \$500.

Hidden fees. Unexplained charges. These add up to billions in costs to consumers every year.

According to a Consumer Reports survey, about 59 percent of people have been charged hidden fees.

Luckily, for consumers who did complain of hidden fees, two-thirds got a refund.

Here are the top offenders in hidden fees and the percentage of people surveyed who reported them, according to Consumer Reports:

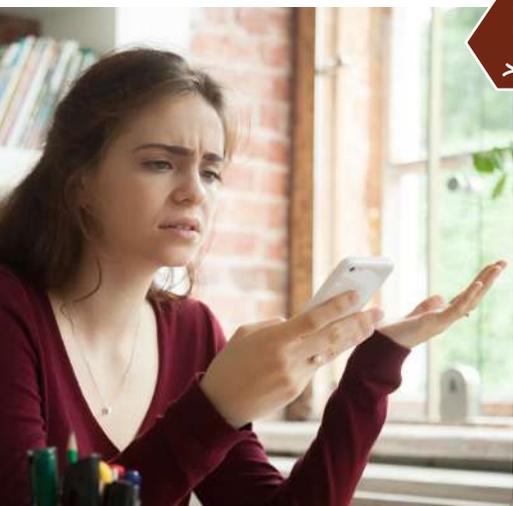
- Telecommunication providers (69 percent)
- Live entertainment and sporting events (44 percent)
- Credit cards (36 percent)
- Car purchases (34 percent)
- Hotel (34 percent)
- Air travel (31 percent)
- Car rental (31 percent)



Avoid continuing extra fees for modems and routers by purchasing the equipment for yourself.



WATCH OUT for Robocalls



Many of robocalls are now automated so you don't have to feel bad for hanging up.

Heaven help you if your car's warranty is running out or you have a student loan. Or even if you do not. Those robocalls may start to be oppressive. According to robocall blocking app Hiya, there were more than 26 million such calls in 2018. They are annoying but sometimes people get calls because they have given out their phone number.

Ordinary activities online can put you onto a robocall list, as companies sometimes sell lists.

You might have managed to get on a list because you donated to a charity, signed up for a contest, or filled out an online meme. The worst cases are when you fill out an online form for interest rate information, student loan refinancing or event travel.

You can try robocall blocking apps. Often calls are made through randomly generated calling software located in another country. Those calls are almost impossible to stop.



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OCTOBER SPECIAL

20% OFF All Cleaning Services

Residential orders only. Commercial accounts ask about our commercial rates. Not valid with any other discount or offer (except referral reward certificates; they're just like cash!) Minimum order is \$250.00 (before discount). Hard surface restrictions will apply; for minimums call 325-692-0500. Ends October 31, 2019.

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4402 S Danville Dr.
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Upcoming Community Events Around Abilene

Broadway Princess Party, 10/05/19, 7:30 p.m.

352 Cypress St., 325-676-9620, Paramount Theatre, \$20-\$99

Don't miss this star-studded celebration which has sold out in New York City and across the country. Featuring two-time, Tony-nominated Laura Osnes from Rodgers and Hammerstein's Cinderella, Susan Egan from Tony-nominated for Disney's Beauty and the Beast and voice of 'Meg' in Hercules and Courtney Reed from the original 'Jasmine' in Aladdin on Broadway. Dress in your best royal attire or cosplay and you may win a prize. Come see what over 18 million fans are raving about on YouTube.

Wizards of Abilene hosted by Fanboys, 10/05/19 - 10/06/19, 10 a.m. to 6 p.m.

4310 Buffalo Gap Rd., 817-521-6153, Mike Rogers, Free

A Harry Potter Oktoberfest, hosted by Fanboys is a free, two-day event featuring Harry Potter-themed vendors and entertainment. This is a family-friendly event bringing friends and families together that have common interest in the Harry Potter universe.

Abilene Christian University Homecoming, 10/17/19 - 10/20/19, 10 a.m. to 8 p.m.

Abilene Christian University, Campus Ct., 325-674-2622, Alumni Office

Reconnect with old friends, rediscover old favorites and renew your relationship with ACU! From chapel to the parade to JamFest and the annual fireworks show, there's something for every member of your family.

Hardin-Simmons University Homecoming 2019, 10/17/19 - 10/20/19

Hardin-Simmons University, 325-670-1317, Allison Goodwin, Call for specific event times; 1:30 p.m.-Football game

Over 70 events for alumni, students, family and friends. Highlights include the homecoming luncheon, All-School SING, reunion gatherings, alumni awards, activities for children and youth, and athletics events ... all culminating in the annual alumni-led worship service on Sunday morning.

Fall Mayor's Hike, 10/19/19, 9 to 11 a.m.

100 Block of E.S. 11th Street, Abilene, 325-734-5302, Alyssa Hartley, Free

This 3 mile hike along Cedar Creek a family friendly event that is open to the public, and leashed dogs are welcome to join as well.