

HEALTHY, WEALTHY & WISE

November 2019

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Thankful
for a
HEALTHY
Home

Whether you are a new customer of **ServiceMaster by A-Town Hi-Tech**, or have been a client for years, we'd like to take this time to thank you for your business. We know we are not the only game in town when it comes to keeping your home clean and beautiful. To show our appreciation, we'd like to offer you a few quick tips to have a cleaner, healthier home and save you a few bucks too.

A United States Environmental Protection Agency (EPA) study revealed that carpet actually helps to clean out air in our homes and offices. The carpet acts as a filter, trapping soils, gasses and pollutants such as pet and human dander, pollen, and even air pollution. This is great news since nearly every home in America has wall to wall carpet installed

in one or more areas. There are several things that you can do to keep your carpet looking cleaner and help it last longer.

Keep soils out by using walk off mats at entrances and keeping outdoor walkways, stairs and porches clean.

Use doormats at all entrances. Don't wear street

See "THANKFUL" on next page

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shoes in the house. Avoid going barefoot because body oils get on the carpet and attract dirt.

Vacuum often, at least once a week. You should vacuum more often if there are pets or small children in the home, or if anyone suffers from asthma.

Promptly attend to any spots or spills. First, blot or scrape up as much of the spill as you can before it dries into the fibers. Then apply a mild spotting agent to the carpet and gently agitate it into the spot with the back of a spoon. Blot with a white towel to absorb the spot and the cleaner. Put a little clear water on the area, agitate again and then blot as dry as possible. If this process doesn't work, call us.

In addition to controlling soils, vacuuming often and being attentive to spots and spills, you should include professional

cleaning followed by application of a fiber protective treatment.

Periodic professional cleaning is a major part of an effective carpet and air quality maintenance routine, eliminating the contaminants that build up over time. Of course, every household has its own unique combination of factors such as environment, number of occupants, children, pets, and smoking or non-smoking, etc.

Deep cleaning of your carpets assures your carpets are brought back to a fresh, healthy condition. This is good for your health as well as your wallet.

How so? Clean carpet has the ability to trap and hold airborne contaminants out of the breathing zone. In fact, studies have demonstrated that it takes ten times more wind force to dislodge the dry particulate soils

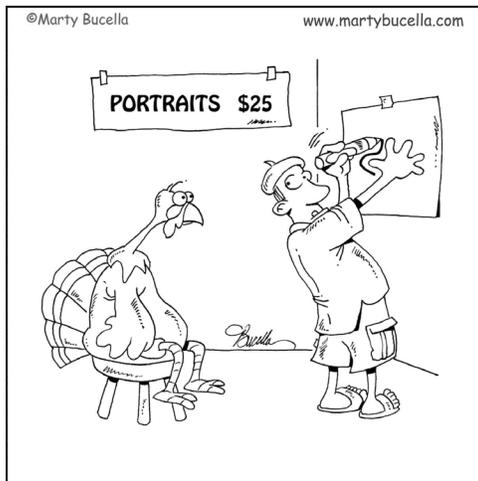
that can trigger allergic reactions from carpet than from hard floor surfaces. That's because carpet traps and holds contaminants until they are removed by vacuuming and cleaning.

Carpets that are regularly maintained will last much longer because it is the dry, gritty particulate soil and old oxidized stains that cause the permanent damage that makes old carpets look dull and dirty.

Regardless of how neat and tidy you are, there comes a time when you need professional carpet cleaning.

Call **ServiceMaster by A-Town Hi-Tech** to schedule your next cleaning. You and your family will breathe easier; your carpets will look better and last longer, and your home will remain healthier.

The Good Life



Good Clean Funnies

There's always something to be thankful for on Thanksgiving. Even if it's just not being a turkey.

Scientists created a six-legged turkey for families who fight over the drumsticks. But the turkeys escaped, and no one can catch them.



Healthy ingredients give all the flavor of fall without all of the calories.



Pumpkin Spice Muffins

Directions

Preheat the oven to 350 F. In a medium bowl, mix together flour, baking powder, baking soda, cinnamon and nutmeg; set aside.

In a large bowl, combine eggs, pumpkin, sugar, applesauce, vegetable oil, and almond extract. Slowly add the flour mixture to the large bowl until just blended. Do not over beat. Pour the batter into 18 nonstick muffin cups.

Bake for 25 to 30 minutes. Remove muffins from the oven, and let cool slightly. Remove the muffins from the pan, and let cool.

Recipe courtesy allrecipes.com

Ingredients

- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 2 teaspoons ground nutmeg
- 2 eggs, beaten
- 1 cup pumpkin puree
- 1/4 cup white sugar
- 2 cups unsweetened applesauce
- 2 tablespoons vegetable oil
- 1 teaspoon almond extract



HEALTH Food at Plymouth Colony



The original feast was filled with meats and fish, including a variety of shellfish, corn and nuts.

Forget the pumpkin pie. If you were a pilgrim or a Wampanoag at the Plymouth Colony in 1621, you would have feasted well for three days but you wouldn't have ended with pie.

The pilgrims and Wampanoag didn't have the butter and wheat flour to make pie crusts. No sweet pies and no meat pies, a staple of English cuisine.

Some evidence for the dinner comes from colonist Edward Winslow who wrote of a great

store of wild turkeys, waterfowl, and Indian corn. The 90 or so Wampanoag also brought five deer to the feast.

After the first day, leftover meats were probably boiled into a rich broth. Corn flour was added to the broth to make a pottage. There was no doubt an abundance of nuts such as chestnuts, walnuts and beechnuts, but no mashed potatoes or potatoes of any kind. White potatoes, had not yet reached the shores of North America.

EASY Ways to Sell Smartphones



Americans are upgrading their smartphones at an average pace of every 32 months according to the NPD Group. Instead of sticking the old phone into a drawer or throwing it away, however, many consumers can recoup some of the original cost by trading it in or selling it outright, according to Consumer Reports.

Those purchasing iPhones directly through Apple can take advantage of their trade-in pro-

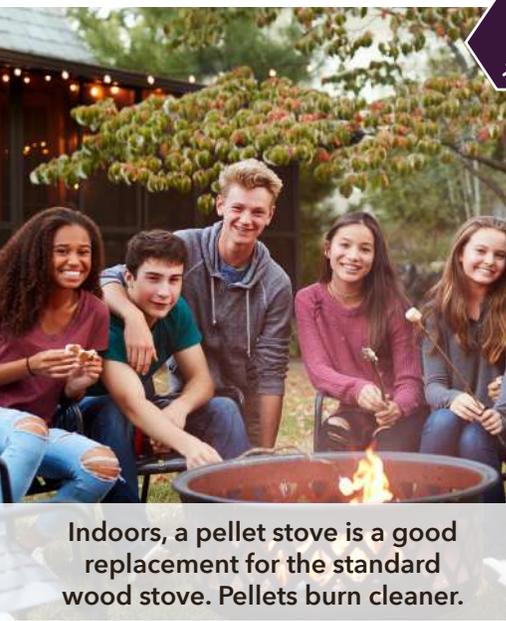
gram but nearly every major retailer and phone company, such as Best Buy, AT&T or Verizon, will often offer an option to trade a phone in to reduce the cost of an upgraded phone. Although these are the most accessible options, consumers can usually squeeze a little more value from their device by selling it themselves on sites like eBay, Swappa, or Gazelle if they are willing to do a bit more research and legwork.



Selling your old smartphones cuts down on clutter and adds a little extra money to your pocket.



ECO-Friendly Fire Pits



A crackling fire is the hallmark of many an autumn night spent outdoors with friends and family. The fire pit is often the highlight of a camping trip or the leisurely nightcap to a crisp fall day.

But there's also a dilemma for some: how to enjoy the tradition while still keeping things environmentally friendly and keeping the wood smoke to a minimum?

Fortunately, there are a host of alternatives these days. One popular option is to install a natural gas fire

pit. Although it needs a gas line and would remain stationary, this one still retains a similar look and feel to the concept we associate with fire pit.

If you already have a wood-burning fire pit or simply can't imagine giving up the logs, you can also find alternative materials. An article in Forbes suggests logs made from non-petroleum natural wax, recycled sawdust, used coffee beans, soy, and switchgrass. Many of these release up to 80 percent fewer emissions than regular wood when burned, it says.

Indoors, a pellet stove is a good replacement for the standard wood stove. Pellets burn cleaner.



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