

HEALTHY, WEALTHY & WISE

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AFTER A DISASTER - CALL THE PROS

Fire and flood restoration methods use advanced equipment and techniques. Although homeowners can do some of these methods, the importance of the order in which they are done, as well as the fact that many different things should happen at once to maximize restoration efforts, makes this job one that you should leave for the pros. A fire or flood can change your home drastically and response time is critical.

In order to prevent widespread secondary water damage, you must act within 24 hours of a fire or flood. This secondary damage manifests as mold or mildew that grows in damp areas, and has the potential to cause up to as much if not more damage than

the original fire or flood does. In addition, there are several other issues that you must attend to immediately following a fire or flood, which makes it difficult to address any one issue adequately. With a professional company experienced in fire and flood

See "After a Disaster" on next page



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restoration, you can be sure that they have the available labor to address every pertinent issue that may arise, while at the same time safeguarding your belongings from further damage.

Also, fire and flood restoration can be dangerous. There are many dangerous aspects to restoring your home after a fire or flood. You are at risk of electric shock if there is standing water. You must move your possessions many times during the restoration process, which can be doubly dangerous: once because the wet floors can create a slippery area and twice because heavy things get heavier when they are wet. You should hire professionals for these tasks, as they have the knowledge

and expertise to make your home safe again.

To accomplish successful fire and flood restoration, it requires special equipment. There are some pieces of equipment that homeowners just do not have access too, like HEPA system air scrubbers or negative air machines to remove mold, dust, microbes, and other dangerous air particles.

In addition, there are parts of your home that you probably cannot and should not clean, such as your HVAC system. During a fire, soot and other airborne debris become stuck in the HVAC system and it requires specialty tools and training to repair it effectively and ensure the unit is safe, ready to run and will not be recirculating

dangerous air particles in your home.

Although hiring a professional fire and flood restoration company is ultimately more costly, the money is well spent. They prevent additional damage to your home, which will not only prevent the inconvenience of having additional repairs, but also help protect the health of your family. Working with your insurance provider and a professional restorer will result in the easiest, most effective, and safest way to restore your home to its former state after a fire or flood for you and your family.

Contact **SERVICE FIRST RESTORATION** today for more tips, help or to schedule an appointment.

The Good Life



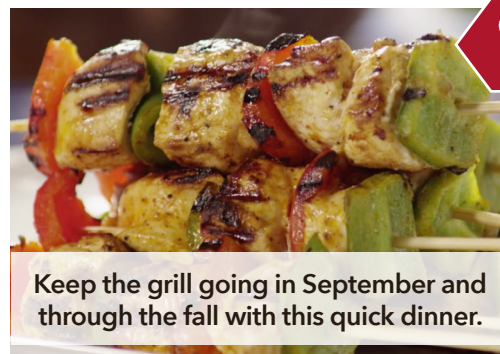
Good Clean Funnies

What's black when you get it, red when you use it, and white when you're all done with it?

CHARCOAL

What building has the most stories?

A LIBRARY



Ingredients

- 3 tablespoons olive oil
- 1 ½ tablespoons red wine vinegar
- 1 lime, juiced
- 1 teaspoon chili powder
- ½ teaspoon paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 1 pinch cayenne pepper to taste
- 1 pinch salt and freshly ground black pepper to taste
- 1 pound skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces
- 8 each skewers



Chili-Lime Chicken Kabobs

Directions

In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chili powder, paprika, onion powder, garlic powder, cayenne pepper, salt, and black pepper. Place the chicken in a shallow baking dish with the sauce, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.

You can also add any vegetables with the chicken to add color and flavor.

Preheat the grill for medium-high heat. Thread chicken onto skewers, and discard marinade.

Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear.

Recipe courtesy allrecipes.com



7 Practical Methods to COMBAT Stress

Take Control Over Your Time and Schedule. Get a handle on your job, relationships, and other activities. Plan your time wisely. Leave room for unexpected events. Avoid procrastinating. Say "no" to requests that you cannot accomplish.

Work Out. Strive and get some habitual exercise such as brisk walking, swimming or whatever appeals to you. Working out reduces stress, improves sleep, and promotes the release of natural soothing chemicals in your body.

Search Out For A Support Group. Having other people helping and supporting you will help you manage stress.

Choose positive friends. Don't hold grudges. Remember, perfectionism is not the means to happiness.

Take Breaths Deeply and Slowly. Deep breathing calms down your tense muscles and relieves stress and anxiety.

Consume Healthy Foods at the Appropriate Time. Never skip meals, especially breakfast. A nutritionally balanced diet is essential to your overall health.

Live Optimistically. Count your blessings. Learn to enjoy life's blessings. Live one day at a time.

Express Amusement And Be Happy. Laugh. Laughter releases endorphins (happy chemicals), and helps boost your immune system.

AVOIDING The Payday Loan Trap



In today's financial climate, you might find yourself short of cash towards the end of the month. A payday loan may seem like the easiest and sometimes the only answer to make ends meet. Payday loans often cost around 25% of the amount borrowed in fees, and are repayable within 30 days.

If you need a loan to cover a credit card payment or other bill, you may be able to contact your creditor and arrange a repayment program that gives you enough breathing space to avoid the payday loan.

Look for a credit union in your area. These non-profit organizations will advance funds at an extremely low rate.

Make use of a credit card cash advance, which although expensive, will allow you to spread the cost over several months and be less costly than a few months of payday fees.

Finally, only use payday loans in a genuine financial emergency. Just make sure you never use them to live above your means and don't fall into the trap of having to take out a new loan every month to cover basic living expenses.



TIPS for Better Barbecuing

Before you begin cooking, spray the cooking area with a nonstick cooking spray. This will prevent meat from sticking while cooking or removing it.

Never place food on the grill until the temperature is right. If you are using a charcoal grill, make sure that the coals are completely gray before putting the meat on the grill.

Never cook meat on a grill when it is frozen, or even partially frozen. If your thawed meat is in the refrigerator, set it out long enough to get to room temperature before putting it on the grill.

Once meat is cooked, never put it back in on the same plate or use the same utensils you used when it was raw.

Never poke your meat while it is cooking, that will cause the juice inside to leak out into the bottom of the grill and dry the meat out.

Once the meat is on the grill, try not to open the lid too many times. This changes the temperature inside.

While using aluminum foil will make cleaning easier, it will cause your food to have more of a fried than a grilled taste.

If you are planning on using barbecue sauce, be sure to wait as long as possible to put it on the meat. Putting barbecue sauce on too early can dry out your meat and even burn it.

Barbecuing, like anything else, takes practice. Here are a few tips that will help you have success on your pit.



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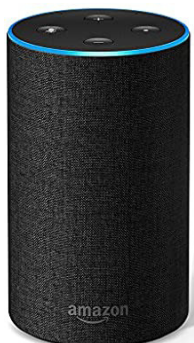
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