

# HEALTHY, WEALTHY & WISE

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## WHAT is *that* SMELL



### Deodorization... *HOW THE PROS DO IT* –

We have all had the experience of walking into a room or building only to be greeted by an unpleasant odor. They may range from mildly annoying to downright putrid. Besides being embarrassing, malodors are also a cause real for concern.

Since unpleasant odors are sometimes an indication of a potentially infectious, hazardous or unsanitary condition, the presence of bad odors can induce psychological or emotional stress and even cause physical discomfort. Spraying deodorants and perfumes will simply mask odors temporarily and are not effective for long-term success.

Effectively eliminating odors requires an understanding of the principles of deodorization. The type of odor neutralizer and application process must be chosen based on the source of the odor, type of materials affected and the degree of penetration. To avoid a recurrence of the malodor we suggest using the following procedures:

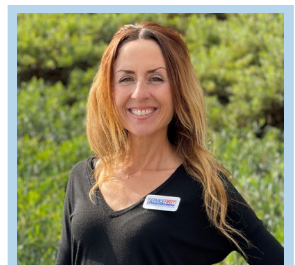
*See "SMELL" on next page*



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**Step 1:** Find and remove the source. Odor is an effect. Since every effect has a cause, our first challenge is to find and remove the cause. If the odor comes from a dead animal, you must find the carcass and remove it. If the odor is from a pet accident, you must first locate the deposit and remove it from the carpet and other surfaces before treating the offending odor. The same applies to odors from smoke, cooking, mold, mildew, etc.

**Step 2:** Clean the affected area to remove any remaining odor-causing residue. Actually, cleaning is just a continuation of source removal. Start cleaning in the source area and work outward until all residues are removed. Residues can be sticky or oily residues, crystallized materials or dust and soot. The type of residue and the material you are cleaning determines the cleaning method. For instance, removing soot from a concrete block

wall requires a different cleaning method than removing the same soot from silk drapes. Depending on the odor, source removal and meticulous cleaning may be all that is required. If not, move on to the next step.

**Step 3:** Recreate the conditions of penetration. This is where specialized equipment is often required. For instance, if the odor is from smoke, it may have penetrated into wood, fabrics, drywall and many other porous and semi-porous materials. Any deodorizing products must penetrate the materials in the same manner in order to neutralize the odors.

If odors have penetrated into areas that are inaccessible, it may be necessary to use thermal or Ultra Low Volume fogging equipment, oxidation, ozone or dry vapor exchange equipment. Generally, odors caused by liquids such as urine or spoiled milk that have saturated porous

materials must be saturated with a suitable odor counter-agent. In most cases, properly applying steps 1 through 3 will achieve the desired results. If there is still an odor proceed to step 4.

**Step 4:** Seal the affected material. In some cases, odors may have penetrated into materials to the degree that it is impossible or impractical to remove them completely. In these cases it is necessary to apply a topical sealant to encapsulate the odor-causing molecules and prevent them from evaporating into the air. If the molecules can't reach your nose, you won't be able to smell them. The type of sealer you choose depends on the type of material, the nature of the odor source and the degree of penetration into the material.

Call **ServiceFirst Restoration** today for more tips, help or to schedule your next appointment.

## The Good Life



## Good Clean Funnies

**What are the strongest days of the week?**

Saturday and Sunday. Every other day is a weekday.

**What gets wetter the more it dries?**

A towel!

**What nails do carpenters hate hammering?**

Fingernails.



The delicate crust is sweetened with lemon drops, and the light lemony filling is topped with whipping cream sprinkled with lemon drop sugar.



## EASTER Lemon Drop MOUSSE

### Directions

To prepare the crust, combine the crushed vanilla wafers with the melted butter and 1/4 cup of the finely crushed candy (save the remainder for use as a decoration). Mix well, then press into the bottom of a 9-inch spring form pan. Refrigerate while proceeding with the recipe.

Whisk together egg yolks, lemon juice, lemon zest, and 2 tablespoons of sugar until smooth, then set aside. In a separate bowl, beat the egg whites until foamy. Sprinkle in the cream of tartar and continue whipping until soft peaks form. Gradually add 3/4 cups of sugar while continuing to whip to stiff peaks.

Fold the egg yolk mixture into the egg whites, then gently fold in the whipped cream until no streaks remain. Spoon this mixture into the chilled crust, and place into the freezer.

Whip the remaining 1/2 cup of whipping cream until it starts to thicken, then gradually add 3 tablespoons of light corn syrup, and continue beating until stiff. Using a pastry bag, pipe the whipped cream onto the mousse in a decorative pattern. Sprinkle the top with the reserved crushed lemon drop candy. Freeze for at least 8 hours before serving.

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

### Crust:

- 55** vanilla wafers, crushed
- 6** tablespoons melted butter
- 20** lemon drop candies, finely crushed, divided

### Filling:

- 4** egg yolks
- 1/2** cup fresh lemon juice
- 5** teaspoons minced lemon zest
- 2** tablespoons white sugar
- 4** egg whites
- 1/8** teaspoon cream of tartar
- 3/4** cup white sugar
- 1** cups whipping cream, whipped until stiff

### Decoration:

- 1/2** cup whipping cream
- 3** tablespoons light corn syrup

### Ingredients







## 4 Ways to KICKSTART a Wellness Routine



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**Maintaining a healthy lifestyle goes beyond physical health and appearance, extending into a person's emotional, mental, social and spiritual wellbeing.**

To help you kickstart a successful health and wellness routine rooted in a holistic approach, consider the following tips from these leading health industry experts:

**1) Practice mindfulness:** Starting your day with a focus on mindfulness can contribute to easier and relaxed moments that translate into better days mentally and physically. Deep full breathing will help you anchor yourself in the present.

**2) Focus on immune health:** There are many ways to help support our immune function through nutrition, including incorporating nutrient-rich foods, such as oranges, carrots, red bell peppers and spinach, into your diet. These foods contain immune-supporting vitamin C - a nutrient synonymous with immune health.

**3) Choose your joy:** When you're having a busy day, it is important to not lose sight

of the joys in your life. Some mental health experts suggest creating a list of three to five things that bring you joy, like a quick walk, playing games with family, watching a show or gardening.

**4) Get moving:** Staying active not only has a positive effect on your body, but on your immune health and overall wellness. There are many benefits when it comes to sweating, including helping to improve focus, mood, productivity and confidence. Schedule exercise in your daily schedule like you would an important appointment to help you keep your commitment to movement.

Start off with these small steps and gradually increase your efforts toward building a routine that works best for you. With the above tips in mind, you will find that implementing quick and easy habits helps to make a big, lasting impact on your overall health.

## How to Save Without CRIMPING Your Style

Saving money doesn't necessarily mean sacrificing your quality of life. Indeed, with the right approach, you can still live on your own terms while also saving cash.

For example, utility bills may take a huge bite out of your budget. Fortunately, smart thermostats and heating systems allow you to turn off the heat or air conditioning while you're at work. They can automatically turn back on before you get home too, so you'll rarely notice the difference.

Enjoy reading? Instead of buying books, why not use the library? Many libraries not only offer physical books, but increasingly offer ebooks that you can check out online. Reading not your thing? Many libraries also offer movies, video games, board games, and other things.

And did you know that in the US, over 100 billion pounds of food get thrown out? If you produce a lot of food waste, instead of buying food for weeks at a time, consider buying just enough to get through a few days. Also, make sure you're properly storing and sealing food. Buying higher quality ingredients, like premium meats and cheeses, could reduce the temptation to eat out. If you've got great food in the fridge, why order delivery?

Looking to buy a new laptop, car or another big-ticket item? Folks love that new car smell, but it lasts for only a few days. Consider buying a refurbished laptop or a certified pre-owned car. You can often pick up top-notch products at a steep discount.

Forego those fresh smells and keep more money in your bank account!



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**Take a peek inside the waste bin in the average American kitchen and there's a good chance that you'll find moldy bread and rotten fruits, among other things.**



## Installing a Natural Gas ALARM Can Save Your Life

Over 62 million homes in the United States use natural gas for heating, cooking, drying clothes, and more. Although natural gas usage is common, many aren't aware of the deadly explosions caused by natural gas leaks. The aging gas line infrastructure poses a danger to communities across the country.

To be safe, equipping your home with a reliable natural gas alarm can give you peace of mind and save your life.

When purchasing a natural gas alarm, here are the most important features to look out for:

- Fastest response time: Ample warning time ensures that you and your family can evacuate your home safely and quickly.
- Easy installation near the ceiling: Proper alarm placement is crucial. The National Fire Protection Association (NFPA) recommends that natural gas alarms are installed 4-12 inches from the ceiling where natural gas rises (as it is lighter

than air). A battery-powered alarm will ensure the ability to place your alarm at the proper height for the most accurate leak detection and maximum safety.

- Long battery life: Look for alarms that feature long-life batteries with a minimum lifespan of six years, providing peace of mind that you'll get the long-term protection you need.
- Energy and cost efficient: Battery-powered alarms allow for superior alarm placement and also save you money. Compared to energy-draining and environmentally unfriendly plug-in alarms, battery-powered alarms save residents an average of \$174 in electricity bills over six years.

Protecting yourself from natural gas explosions is critical. Adding a trusted natural gas alarm to your home's safety equipment is a must.



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**The USA's aging gas pipeline system, primarily composed of cast iron or other corrosive and leak-prone materials, can lead to dangerous gas leaks, which can cause deadly explosions.**





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# Need a HERO?

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## Why ServiceFirst?

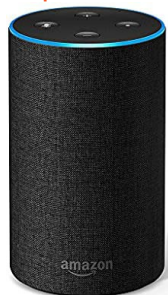
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- Increased transparency and certainty

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