

# HEALTHY, WEALTHY & WISE

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**SCHOOL**  
is *NEVER* Out  
for the  
**TRUE**  
**PROFESSIONAL**

**E**ven though our kids are finally out of school for the summer, we are always aware of the importance of a good education. School doesn't just teach facts and figures. You learn skills that allow you to accomplish many basic tasks. Math, reading, problem-solving and learning to work with others are skills that most of us learned in school.

Perhaps the most important skill that school teaches us is how to learn. We learn to read, ask questions, test theories and discuss ideas as a means of expanding our knowledge. Imagine what would happen if a child was never taught these basic skills. It would be difficult to learn to drive, fill out a job application, read a menu, count money, use a computer or smart phone, travel abroad or shop without acquiring the skills you learn in school.

But learning doesn't stop when you graduate from high school or college. You still need to acquire specific skills and knowledge in your chosen field of endeavor in order to achieve excellence. That is when specialized training is needed. Can you imagine hiring a surgeon who only received on-the-job-training? What about an automobile mechanic who watched some online videos to learn how to fix your car?

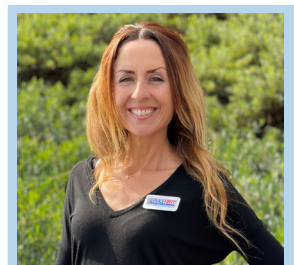
*See "SCHOOL is Never OUT" on next page*



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Professions like cosmetology, plumbing, home building, childcare and many others require training, certification and in some cases, licensing. It should come as no surprise that training and certification are available for professional disaster restoration technicians, too. This training and certification come from an organization called the Institute of Inspection Cleaning and Restoration Certification or IICRC.

Unlike those other professions, however, training and certification are not legal requirements for water, fire and smoke restorers. That is why many professional restoration companies never invest the money and time in their employees to get this valuable training.

**COMPANY\_NAME** technicians are different. We believe in the value of classroom learning in addition to our field training. In

the classroom, technicians learn to identify the different classes and categories of damage. This is important so that they select the proper techniques and equipment to restore the structure.

They learn about health and safety, basic building construction, psychrometry (the science of air, temperature, humidity and their effects on buildings and people) and more.

In a typical 2- or 3-day IICRC course, our technicians get practical hands-on demonstrations by a seasoned instructor with many years in the industry. This allows the students to reap the benefits of decades of experience without the risk of problems on the job.

There are separate courses for certification in each of several restoration categories including: basic water damage, health and

safety, fire and smoke restoration, mold remediation, odor removal, applied structural drying as well as commercial drying. Once the course is completed, our Technicians must pass a monitored 150- to 200-question exam to qualify for certification in that discipline.

But that is not the end of it. The IICRC requires ongoing education to maintain certification. So our Technicians keep learning even after they have achieved certification. This assures you, our valued clients, that we are up to date on the latest in the restoration industry.

As you can probably imagine, education is not free. It requires a significant investment of time and money to keep our team at the top of our profession. **ServiceFirst Restoration** believes you, our clients, are worth it. For more information, call us today. We are always happy to help!

## The Good Life



## Good Clean Funnies

**Why is dark spelled with a K and not a C?**

Because you can't see in the dark.

**What do you call a bear with no teeth?**

A Gummy Bear.

**What nails do carpenters hate hammering?**

Fingernails.



## Ingredients

- 1½ cups crushed pretzels
- 4½ tablespoons white sugar
- ¾ cup butter, melted
- 1 cup white sugar
- 2 (8 ounce) packages cream cheese
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 (6 ounce) package strawberry flavored Jell-O®
- 2 cups boiling water
- 1 (16 ounce) package frozen strawberries



## Judy's Strawberry PRETZEL Salad

### Directions

Preheat oven to 350°F. Mix together the crushed pretzels, 4 1/2 tablespoons sugar and melted butter. Press into the bottom of a 9x13 inch pan. Bake for 10 minutes, or until lightly toasted. Set aside to cool completely.

In a medium bowl, beat the sugar and cream cheese until smooth. Fold in whipped topping. Spread evenly over the cooled crust. Refrigerate until set, about 30 minutes.

In a medium bowl, stir together the gelatin mix and boiling water. Mix in frozen strawberries, and stir until thawed. Pour over cream cheese mixture in pan. Refrigerate until completely chilled, at least 1 hour.

*Recipe courtesy allrecipes.com*



## SMART Travel Snacks for the Whole Family



**It's time to start making travel memories again. Whether it's a weekend road trip or vacation overseas, these smart snacks will ensure everyone is satisfied on their journey.**

Planning a family vacation this summer? Whether it's travel by air, sea or land, the journey is part of the adventure, and it's important to pack delicious foods to fuel you during your travels.

It can be a challenge avoiding unhealthy foods that make you sluggish or cause a sugar crash. That's why packing your own snacks helps to keep your crew satisfied while ensuring everyone is eating nutritional foods.

### **Travel snacks should be:**

**1) Beneficial Nutrient Profile:** The most important factor is your snack's nutrient profile. Choosing candies and chips can leave you unsatisfied and hungry for more. Instead, opt for filling snacks that have protein and fiber.

**2) Satisfying:** Typical travel snacks are usually crunchy, salty or sweet. The satisfying

snacks you choose should meet these criteria as well as help keep you full and energized.

**3) Portable:** Salad is great, but not travel-friendly. Go for prepackaged finger foods like hard boiled eggs and string cheese sticks.

**4) Family-friendly:** Choose foods that everyone can enjoy. Snacks you pack should be able to feed and satisfy your crew.

**Mini protein bars:** These are easy to pack. Make sure they are low calorie, high protein, low sugar and carbs.

**Apples and nut butters:** Choose no added sugar and keep the skin on those apples to get insoluble fiber to help balance energy and mood.

**String cheese and popcorn:** These satisfying snacks are great when traveling with kids.

## 4 Vehicle Maintenance Tips You Can Do at HOME

Supply shortages and production delays have made it tough to find a new car today. Many people are holding on to their vehicles longer. To extend the life of their vehicles, drivers are choosing to conduct more maintenance at home, like tire pressure checks, topping up fluids and performing other systems checks to ensure the vehicle is mechanically sound. Here are 4 tips to make the most of at-home maintenance while saving you money.

**Consult your manual** - While it might be tempting to make repairs on the fly, it's always a good idea to check the manual. Vehicle manuals offer tips and warnings specific to your car, with instructions on the right fluids to keep it running reliably.

**Keep a log of your checks and repairs** - A simple notebook with dates and details of fluid top-ups, tire pressure checks and garage visits can give the owner and the service

professional a clear picture of what needs to be maintained or fixed next. And it can help spot any red flags, such as certain fluids are being used far quicker than expected, indicating a fault.

**Conduct maintenance checks before long-distance travel** - Most Americans make sure to check their vehicle fluids and tire pressure before a long-distance journey. Take time the day before traveling to make any maintenance checks. And remember, tire pressure is best checked right before setting off as it can fluctuate when a vehicle is left idle.

**Turn to a professional when the time is right - but don't wait too long!** 1 in 3 Americans say they feel safer getting maintenance done by a professional. But it's important to remember that professional maintenance visits need to be scheduled every 3,000 miles or six months - whichever comes sooner.



**It's bad enough to suffer a mechanical problem in any situation, but dealing with a breakdown halfway to the family cabin is something no one wants to experience.**



## 5 Tips for a MORE Sustainable Home

Today's consumers are looking for more meaningful, long-term ways to can make a difference in protecting the planet. Here are five tips for long-term eco-friendly living.

**1. Lightbulb moment** - investing in energy-efficiency - Turning lights off as you leave a room and unplugging unused electronics are quick tips to reduce energy usage, but long-term investments in ENERGY STAR®, energy-efficient appliances are the most valuable in creating a sustainable home.

**2. Turn up the heat on sustainable cooking** - Choosing quality, energy-saving cooking appliances is crucial to reduce your carbon footprint. Eco-friendly wall ovens and induction cooktops that use electromagnetic energy are a great first step.

**3. Water smart by design** - The simplest ways to conserve water is to invest in appliances that do it for you. Washers and dish-

washers use a significant amount of water and energy. But, according to the EPA, an ENERGY STAR certified dishwasher costs about \$35 per year to run and can save you an average 3,870 gallons of water over its lifetime, compared to a standard dishwasher.

**4. A backyard party - composting in your home garden** - Plant your own garden with fruits and vegetables to use during mealtime. In addition, composting is a great way to maximize your backyard nursery, cultivate a more sustainable lifestyle, and reduce the amount of carbon emissions from our household waste bins.

**5. Keeping it fresh and reducing food waste** - Americans toss roughly over \$3,000 of spoiled food annually! Buying a fridge with more useful storage capabilities and purposeful organization will contribute to less food waste overall, keeping groceries fresher for longer.



**One key way to make a lasting impact in protecting the planet is by investing in a sustainable home, from energy-saving laundry appliances to composting for less food waste.**



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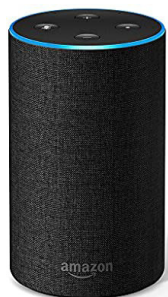
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