

## How to Help **AVOID MOLD** and **MILDEW** in the **BATHROOM**



**M**old and mildew in bathrooms are common issues, especially considering bathrooms are usually the most moisture-rich places in the home. With no outlet for this excessive moisture, your bathroom can quickly become a breeding ground for mold and mildew, even if you meticulously clean it daily.

Bathroom fans are an excellent and effective way to prevent mold and mildew problems because they draw the moisture-filled air from the inside of your bathroom and expel it outside of your home. Bathroom fans come in various sizes, and range from simple fan-only devices to complex fan/light/heater combinations.

### Signs of Mold and Mildew

Some main signs of mold and mildew are as follows:

- Brown, gray-green, or black spots that show through bathroom paint
- Discoloration of bathroom grout that does not go away through cleaning

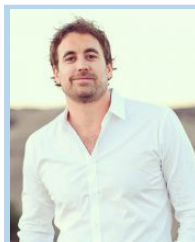
### What is Mold?

Molds are fungi that feed on nonliving organic matter. In nature, mold and other fungi are responsible for breaking down dead leaves, plant material

*See "Avoid Mold in the BATHROOM" on next page*



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## Avoid MOLD... continued from page 1

and wood. Mold derives energy from these materials by secreting enzymes that break them down into simpler compounds that the mold can absorb. This decomposition is a necessary part of Earth's ecosystem.

Some molds produce gases called mycotoxins that can cause sickness and allergic reactions in humans. If left unchecked, mold and mildew can cause chronic health problems like itchy or irritated eyes, runny nose and nasal congestion, upper respiratory issues, and skin rashes. There are also molds, such as wood-destroying fungi, that cause property damage. Children 2 years and younger are especially susceptible to mold-related illness. Serious complications can result from prolonged exposure. In some cases, infants or others with underdeveloped or compromised immune systems can develop serious, even life-threatening, pulmonary complications.

If left unchecked, mold and mildew can cause chronic health problems like itchy or irritated eyes, runny nose and nasal congestion, upper respiratory issues, and skin rashes. Therefore, it is essential to have a bathroom fan to remove excess moisture from the

air in your bathroom. This can ultimately make the difference between sickness and health.

### Choosing Bathroom Fans

Almost every bathroom can benefit from a bathroom fan; however, choosing the correct size and strength for this fan is paramount. A minimum standard for ventilation is 8 Air Changes per Hour (ACH) and is recommended for all bathrooms, large or small.

An additional factor to consider when selecting an appropriate bathroom fan for your needs is noise level. This decision is ultimately determined by budget, as quieter bathroom fans tend to be more expensive than their noisier counterparts. In addition, some top-quality fans include a light and heater and come with a protective shell constructed from UV-protected thermoplastic resin that is easily mounted in typically wet locations like showers.

*Here a few more tips to prevent mold in the bathroom:*

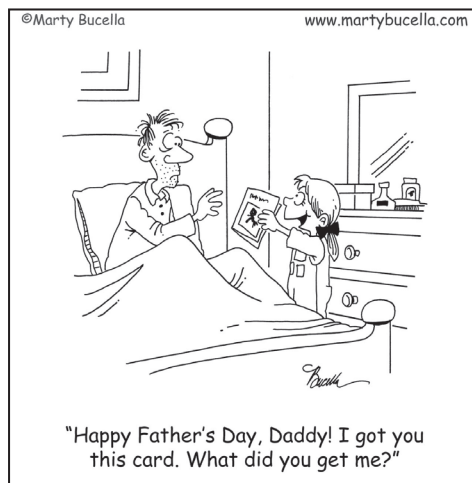
- Run your fan 30 minutes after you are done bathing or showering. An easy to manage this is to put the fan on a timer.

- Taking cooler showers will reduce the dampness that very hot showers create.
- Squeegee your tub, shower walls, and shower door right after washing substantially reduces moisture in the room.
- Wash Rugs, Towels, and Curtains together at least once a week regularly and wipe down the hamper you use for them.
- Run the AC or a dehumidifier during humid months.
- Clean with mold-killing cleaning products.

### What Should You Do if You Find Mold?

If you have any type of mold in your home or business, it must be removed. The visible presence of any mold is an indicator that there may be more unseen hiding elsewhere. Because mold can potentially harm people who live and work in structures, you should call **ServiceFirst Restoration** so that we can identify the cause and develop a strategy to solve the problem and remove the mold.

## The Good Life



### Good Clean Funnies

**What word starts with E and has only one letter in it?**

Envelope.

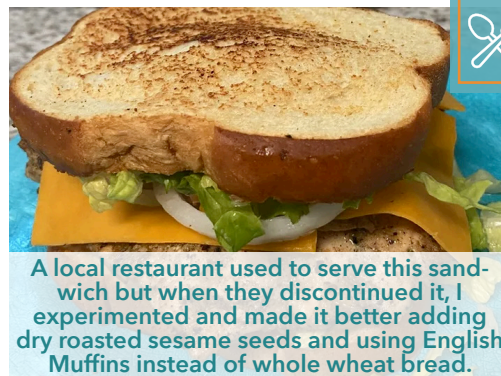
**Why did the teacher put on sunglasses?**

Because her students were so bright!

**Why did the cookie go to the nurse?**

Because he felt crummy!

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



A local restaurant used to serve this sandwich but when they discontinued it, I experimented and made it better adding dry roasted sesame seeds and using English Muffins instead of whole wheat bread.

## TASTY Grilled Chicken Sandwich

### Directions

Preheat the grill to medium-high heat.

Prick chicken breasts all over with a fork, then place in a large bowl. Add 1/4 cup olive oil, white wine vinegar, lemon juice, dill, garlic and herb seasoning, and black pepper to the bowl. Stir to coat chicken breasts thoroughly. Let stand for 10 minutes.

Remove chicken breasts from marinade; discard marinade.

Cook chicken on the preheated grill until no longer pink in the center and juices run clear, 10 to 15 minutes per side. An instant-read thermometer inserted into the center of a breast should read at least 165 degrees F (74 degrees C). Transfer chicken to a cutting board; let stand for 5 minutes, then cut chicken breasts in half.

Melt butter and 2 tablespoons olive oil in a skillet over medium-high heat. Sprinkle garlic powder and salt over butter and oil. Add French bread slices to the skillet; toast until golden brown on one side, about 3 minutes; remove from the pan.

To assemble, place 1 French bread slice, toasted-side down, onto a serving plate. Spread mayonnaise on bread; top with a tomato slice, then season with salt and pepper. Cover with a chicken breast half and lettuce leaf. Spread untoasted side of another French bread slice with mayonnaise and place on top.

### Ingredients

- 2 skinless, boneless chicken breast halves
- 1/4 cup olive oil
- 2 tablespoons white wine vinegar
- 1 lemon, juiced
- 4 sprigs fresh dill, chopped
- 1 tablespoon garlic and herb seasoning blend (such as Mrs. Dash)
- 1 teaspoon ground black pepper
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1/8 teaspoon garlic powder
- 1/8 teaspoon salt
- 8 thick slices French bread
- 2 tablespoons mayonnaise, or to taste
- 4 slices tomato
- 4 lettuce leaves



## 5 Places in Your Home You're FORGETTING to Clean



**With warmer weather, blooming flowers and longer days here, for many, this means one thing: spring cleaning. Bring your cleaning routine to another level!**

Here is how to start tackling those forgotten spots you probably have been missing.

**Tops of ceiling fans, shower heads and doors** - Work from the tallest to lowest surfaces. With an extendable duster, wipe down the tops of light fixtures, doors, cabinets and picture frames, ceiling fan blades and even the top of your shower head in the bathroom. Vacuum when you're done.

**Baseboards** - Wipe down your baseboards with disinfecting wipes, which are safe to use on a variety of surfaces around your home.

**Inside your fridge, cabinets and pantry** - Cleaning the inside of your fridge, cabinets and pantry should be done every three or four months to remove lingering grease, grime and crumbs and cut down on potential odors.

Toss all expired products or produce. Use disinfecting wipes to pick up any crumbs, wipe away sticky or dried-on spills. Then

rinse or wipe down surfaces with warm water and allow to air dry. Next, remove everything from your pantry and cabinets, working in sections if needed. Toss out expired items. Vacuum any crumbs. Wipe surfaces with a disinfecting wipe. Restock the shelves.

**Under appliances** - Once or twice a year, move what appliances you can, or using the crevice attachment of a vacuum to clean beneath and around the base of the appliance. Wipe all areas down.

**Cleaning tools** - Empty your vacuum regularly. Also, remove dust, hair or threads clinging to the beater bar or brush. Disinfect toilet brushes, mop heads and smaller tools like sponges in hot water and bleach regularly to ensure that your tools are ready for your next big deep clean.

Upleveling your cleaning routine can help you maintain a cleaner, healthier home.

## Excited about Summer? Be Ready to OPEN Your Pool



Here are some tips for your pool start up:

**1. Remove your pool cover** - Use a submersible pump to remove as much water as possible from the top of your solid cover. Use a pool brush or net to remove leaves and debris. Clean and dry your cover before storing it.

**2. Prep your pool equipment** - Reconnect the pump and filter if disconnected. Reattach any other equipment to your pool plumbing. Reinstall all drain plugs.

**3. Remove winterizing plugs and accessories from the skimmer and return lines** - Remove any winterizing accessories and reinstall return fittings. If you used antifreeze for the suction lines, discharge it to waste/backwash once you start up the pump, or a wet-dry vacuum to remove it from the plumbing.

**4. Add water to the pool** - A normal operating level for pool water is usually about

halfway up the mouth of the skimmer.

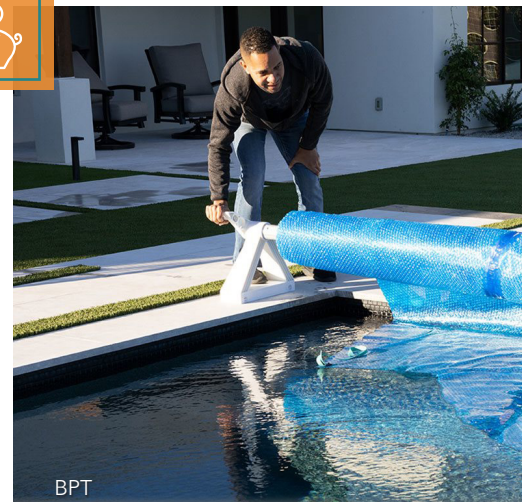
**5. Run the pump** - Prime the filter pump, and run it continuously until the opening process is complete. This helps circulate the water, filter out debris, and distribute your chemicals.

**6. Manually clean the pool** - Skim, brush, and vacuum the entire pool. This will also help your chlorine work most efficiently.

**7. Treat the water** - Invest in a Pool Start-Up Kit which contains everything you need. Be sure to follow the directions carefully.

Check the filter pressure often throughout the process. Clean or backwash the filter as needed during startup. Let your filter pump run until the water is clear.

**8. Set up your regular pool maintenance routine** - Test the water as you normally would. Balance any aspects that are out of range before swimming.



**If you have a swimming pool, and you closed it for the winter, it's important to plan ahead so you're ready to open it back up for the summer.**



## 5 Tips for Peace of Mind When You TRAVEL

Concerns about home break-ins while traveling have led more people to seek solutions that secure their homes before traveling. Number one listed for peace of mind is buying a home security system to check on their biggest investment while they are away. The five tips below will help ease your travel worries.

**1. Alert neighbors about your trip - but not on social media** - Let neighbors know you'll be away so they can watch for suspicious activity around your home. Never post it on social media.

**2. Invest in a home security system** - To help secure your home, consider installing home security products such as entry, motion and glass-break sensors, and indoor and outdoor cameras to protect against unexpected visitors. Consider water sensors and smoke detectors to safeguard from burst pipes, electrical fires or other hazards.

Of course, by using 24/7 professional security monitoring, you'll get help when needed, day or night.

**3. Don't hide keys outside** - Hiding a key outdoors is not secure. Give a spare to a trusted neighbor or friend, or consider using a Smart Lock so that each family member or friend has a unique PIN for entry.

**4. Stop mail delivery** - Stop mail delivery during your trip, so piled-up mail doesn't alert a would-be intruder that you're away. You can do this online making a "Hold Mail" request, or visit your local post office. Or, ask a neighbor, relative or pet sitter to bring in mail and newspapers for you.

**5. Move vehicles into your garage** - Move all vehicles into the garage before leaving. For homeowners without a garage, make sure your vehicle is locked and position an outdoor camera to face your driveway.



**Americans are eager to travel, but feel nervous about leaving their homes unattended. As the summer travel season heats up, many people are planning trips, but that doesn't mean leaving home for an extended time is easy.**





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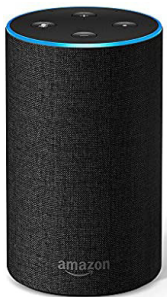
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