



**DON'T Let
Water Damage
RUIN Your
HOLIDAYS**

1 in 4 families will experience some type of property damage from plumbing failures and accidents in the next 10 years. Such damage can come from defective plumbing, frozen pipes, malfunctioning appliances or accidentally leaving the water running.

One way or another chances are good that you or someone you know will be living with the pain of water damage in the not-too-distant future. Such water damage can leave you with a messy carpet, moldy furniture and more if you are not prepared.

Regardless of where the water originates, water intrusion can cause significant property damage, so it is important to act fast to minimize the damage. When you

call a reputable cleaning company after a flood they will take 3 major factors into consideration to develop the appropriate cleaning plan:

An experienced cleaning company will look at the amount of damage, considering how much of the structure has been damaged. This is determined during a detailed inspection by a professional restoration technician because water migrates to inaccessible areas within

See "HOLIDAYS" on next page

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the structure, requiring specialized knowledge and equipment to find out where the water is. Failure to locate hidden pockets of moisture can lead to further structural damage and the potential for lingering odors and mold growth.

A good company will consider the level of contamination, that is where the water came from, how it might be contaminated and how long it sat.

Category 1- Clean water comes from a source such as a broken water pipe, water heater or a sink overflow.

Category 2- Unsanitary water contains a significant amount of contamination such as soil, household chemicals, or organic material that can provide nourishment for bacteria and fungi. Sources include washing machine or dishwasher overflow, fish tanks, etc.

Category 3- Grossly unsanitary water contains contamination that can

cause disease. The most common source of Category 3 water is backflow from sewer or septic systems, or any water that passes over the ground due to fungi, bacteria, animal waste, pesticides, fertilizers and other potential contaminants.

A reputable company will also look at the depth of penetration, considering how deep water has penetrated into structural materials. Depth of penetration depends on the permeance of affected materials and the length of time the water remained in contact with those materials. Permeance is the ability of water to absorb into or pass through a material.

Drywall is highly permeable, absorbing water easily, while hardwood floors are low-permeance (minimally absorbent). The permeance factor, exposure time and level of contamination in the water, determines what materials can be saved. For example, if drywall is saturated only for a short

time and with clean water, it can usually be saved.

However, if drywall is saturated with water from a sewage backflow, it should be removed and replaced. There are different requirements for various materials and the different levels of contamination.

If you consider all of the materials in your home as well as your furnishings, it's easy to see why water intrusion means that you should call in experts at assessing the damage and tailoring a restoration program to your unique situation. You need technicians who are trained to minimize the damage and protect the health and safety of your family and who will act quickly and efficiently to get your home or business dry and clean, so you can get back to normal quickly.

Call **ServiceFirst Restoration** today to schedule a visit or for more information. Don't let water damage ruin your holiday season.

The Good Life



Good Clean Funnies

How does Darth Vader like his toast? On the dark side!

Where do pencils come from? Pennsylvania!

What has more letters than the alphabet? The post office!

What do you call two bananas? A pair of slippers!



Puff pastry pinwheels are a great appetizer for any occasion. During the Christmas season, I arrange them to form a spinach Christmas tree.

Ingredients

- 1 teaspoon vegetable oil for frying
- 2 red onions, chopped
- 8 cups fresh spinach
- Salt and freshly ground black pepper
- 1 pinch ground nutmeg
- 9 ounces fresh ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1 sheet frozen puff pastry, thawed
- 1 egg, beaten
- 4 multi-colored cherry tomatoes, halved, or more to taste

Spinach and Ricotta Puff Pastry CHRISTMAS TREE

Directions

Heat oil in a large pan over medium heat and saute onions until soft and translucent. Add spinach, salt, and pepper and briefly saute while stirring constantly, 2 to 3 minutes. Cover and cook until spinach is wilted, 5 to 7 minutes. Remove lid after 5 minutes and allow cooking liquid to evaporate. Remove from stove and cool completely.

Chop spinach mixture and combine with ricotta and Parmesan cheese in a bowl. Season with salt, pepper, and nutmeg.

Roll out puff pastry sheet and evenly cover with spinach and cheese mixture to within 1/2 inch of the edges. Tightly roll up sheet lengthwise and press edges tightly together. Wrap in plastic wrap and chill in the refrigerator for at least 1 hour or up to 24 hours.

Preheat the oven to 400 degrees F (200 degrees C). Cover a baking sheet with parchment paper.

Slice pastry log into 3/4-inch slices so you have 16 to 22 pinwheels. Lay puff pastry pinwheels in the shape of a Christmas tree. The lowest row should consist of 6 pinwheels the second row 5 pinwheels, etc. If you end up with 16 pinwheels, start with 5 pinwheels in the lowest row. Place the last wheel on the bottom to make the trunk. Brush with egg.

Bake in the preheated oven until wheels are lightly browned and puffed up, 20 to 25 minutes. Decorate with cherry tomatoes for Christmas tree ornaments.

Recipe courtesy allrecipes.com



6 EASY Tips to Support Your Immune System

Here are six simple, practical tips to keep your immune system strong this winter:

1. Add spices to your meals -

Spices like turmeric, garlic and ginger not only add flavor to your food but also provide natural anti-inflammatory and antimicrobial benefits. Adding these spices to your meals is a simple, tasty way to support your immune system.

2. Stay hydrated -

Staying hydrated helps your body flush out toxins and defend against seasonal bugs. Water is essential. Broths and herbal teas are also good options that provide extra warmth and comfort on the colder days.

3. Eat colorful fruits and vegetables -

The colors of produce reflect phytochemicals, natural compounds that offer unique health benefits. These phytochemicals can provide certain health benefits, including antioxidants that strengthen your immunity.

4. Prioritize sleep - Sleep is the time when your body repairs and recharges. Getting 7 to 9 hours of restful sleep at night helps your body recover from daily wear and tear, and prepares your immune system to handle seasonal changes.

5. Practice good hygiene - Good hygiene is one of the easiest ways to reduce your chances of getting sick. Washing your hands regularly, avoiding touching your face and keeping frequently used surfaces clean can help reduce the spread of germs.

6. Eat immune-supporting meals - The meals you choose can help strengthen your body during flu season. As you plan your meals for the week, add immune-supporting options to your list. Cooking meals with wholesome ingredients like chicken broth and veggies can help you stay nourished all season long.



As the coldest weather approaches, it's time to gear up for flu season. Even though germs are always around, you can take small, daily steps to give your body a better chance to stay healthy.

5 Ways to Simplify The Holidays and KEEP Your SANITY

Spend less. Many people go into debt in order to make the holidays "perfect", but Christmas doesn't have to be full of expensive gifts to be special. Set a budget that you can truly afford (without a payment plan), and stick to it. It's that simple!

Keep everyone's expectations realistic, and focus on making memories together instead of filling your home and your life with more stuff.

Plan ahead and set a deadline. Make a list and set a budget for each person, and try to purchase things as you find good sales. This way, you'll be able to spend the final days before Christmas enjoying family and traditions instead of rushing around trying to find last-minute items.

Shop online. You can find just about anything, from big box store discounted items to handmade gems from small businesses on Etsy.

Rather than spending countless hours searching for the gifts you want to buy in stores, simplify the process online. Do a little price comparison, check for promo codes, and then make a decision. Remember that your time is as valuable as your money.

Prioritize family and service. Don't let yourself fall into the trap of over-scheduling your family to the point that you're so busy you don't actually enjoy all the festivities you attend.

Make a list of what traditions and activities are most important to you. Recognize that some events are not going to fit into your family's calendar, and that's okay.

Schedule down time. While you're scheduling your holiday activities, also block out some time to just stay home and relax. Pencil in a family movie night once a week, or plan an evening of reading Christmas stories together.



<https://www.smarterparenting.com/5-ways-to-keep-from-going-insane-during-the-holidays/>

We don't need to do more or buy more to have a more meaningful Christmas season. This year, choose to simplify your holidays and make time to celebrate with those you love.



If you are thinking about a new puppy or if you've had the privilege to welcome a dog into your household recently, you will soon know how much they mean to your family.



Help Your Dog be HAPPY from a PUPPY to an ADULT

From the lively, tail-wagging days of puppyhood to the quieter years of your senior dog, these tips from experts can help you support your furry friend's well-being.

Boost your puppy's growth and development - Puppies of all breeds grow and change quickly over the first 18 months, until they're considered full grown. Research published by the American Veterinary Medical Association highlights the importance of puppy training classes to socialize your new family member and prevent unwanted behavior issues.

While you're socializing and training your new puppy, you'll also want to be certain you're giving them food that's high-quality and nourishing for healthy growth. It's recommended to avoid giving them table scraps, instead opting for food designed specifically for puppies. Ask your veterinarian for recommendations on

types and the correct amounts of food appropriate for your dog's age, size and breed.

Exercise and play help them release all that pure puppy energy and reduce stress while bonding with you - all of which boosts their physical and mental development.

Think proactive care for adult dogs - After your dog has matured into adulthood, don't forget that they still need regular activity and enrichment to help keep them healthy in mind and body. Some breeds require a lot more daily exercise than others, so learn about your dog's specific needs. And like humans, dogs benefit from regular checkups. Your veterinarian can help you keep on track with all necessary vaccinations, parasite prevention, dental exams and more - so any potential signs of health issues can be detected and treated before they become serious problems.



Upcoming Events... *Don't miss out!*

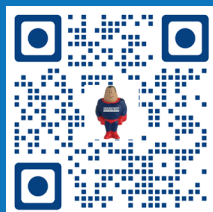
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WINTER WONDERLAND BINGO
December 9 from 12-1pm,
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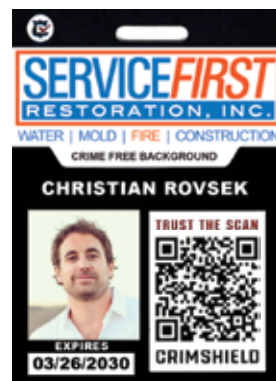


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