

HEALTHY, WEALTHY & WISE

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Electrical SAFETY Month

Electricity is an important part of our lives. It's not until we lose power that we realize how much we rely on electricity. From lighting the way once darkness falls to keeping our perishables fresh for our consumption, electricity is there for us when we're charging our phones, typing on our computers, watching the news, and washing our clothing.

Relying on the sun to see and on a cooler of ice to keep our food leads to our appreciation for electricity during blackouts. While electricity is at times essential and at other times comforting and convenient, it can also be a hazard when not properly harnessed.

We take for granted that electricity is safe. If you've ever suffered an electric shock, you've felt the power of electricity. Even in our natural world, electricity is a factor. That's why we should head for cover at the first sign of

lightning. And yet this potential hazard runs freely through our homes, and yet we think nothing of flipping a switch on the wall or clicking on a lamp next to the couch. The more we know of the potential hazards that electricity can bring into our lives, the better we can safeguard our families and our homes against these hazards.

The third leading cause of home fires, electrical system fires result in more than 500 deaths, 1,400 injuries, and \$1.3 billion in damage to property every year, according

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to the EFSI. 65% of those deaths result from fires in homes without a working smoke detector. There are an estimated 51,000 home electrical fires every year with arcing faults responsible for 28,000 of those home fires, causing deaths, injuries, and \$700 million in property damage. 5,300 fires involve electrical receptacles every year, according to the U.S. Consumer Product Safety Commission (CPSC), causing 40 deaths and more than 100 injuries.

NFPA recommends you hire only a qualified electrician to do all electrical work in your home, including general inspections when buying or selling your home. You can protect your family and your home from electrical fires, one of the top causes of home fires. Because electrical fires can happen anywhere in your home, inspect the electrical system in your home, and pay attention to the following items:

Install smoke detectors outside every sleeping area, and on every level of your home. Test smoke detectors on a monthly basis.

Cover the electrical receptacles with safety plugs if you have young children in the home. Replace missing or broken wall plates that cover wiring.

Hire a certified electrician to install additional electrical receptacles if your home relies on extension cords, which should only be used on a temporary basis.

Loose-fitting outlets can cause a shock or fire risk. If a cord cannot be plugged securely into the outlet, it should be replaced.

Hold a plug securely when pulling it from the wall. Pulling from the cord or yanking the plug can cause wear on the cord, which increases the risk of a short circuit, an electric shock, or a fire.

Discard cords or plugs that are cracked, frayed, or worn.

Do not run electrical cords beneath high-traffic areas of carpeting or rugs.

Keep electrical cords away from sources of heat and water.

Replace two-pronged (non-grounding) electrical receptacles with three-pronged (grounding) receptacles. This may require hiring an electrician to replace non-grounded wiring.

Do not staple electrical cords to floors, walls, or other objects. Ensure light bulb wattage matches the fixture requirements. Securely screw in light bulbs to prevent overheating.

Install Ground Fault Circuit Interrupters (GFCIs) in your kitchen, bathrooms, laundry room, basement, garage, and outdoor receptacles. Test your GFCIs on a monthly basis.

Call **Service First Restoration** for more tips and recommendations.

The Good Life



Good Clean Funnies

What's the difference between ignorance and apathy?
I don't know and I don't care.

I've just written a song about tortillas...actually, it's more of a rap.



Perfect for a Mother's Day brunch or any party, this recipe can also be made ahead and frozen for later.

Ingredients

- 1 1/2 cups shredded Swiss cheese
- 4 teaspoons all-purpose flour
- 1/2 cup cooked ham, diced
- 3 eggs
- 1 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon ground dry mustard
- 1 (9 inch) unbaked pie crust
- 2 tablespoons chopped fresh parsley

Recipe courtesy allrecipes.com



Ham & Swiss Quiche

Directions

In medium bowl, toss 4 teaspoons flour with the grated cheese. Sprinkle mixture into the pie shell. On top of cheese, sprinkle 1/2 cup of diced ham.

In medium bowl, combine eggs, milk or cream, and then add salt and mustard powder. Beat until smooth and pour over cheese and ham.

Put a piece of plastic wrap large enough to overlap sides over top of quiche, then a piece of foil, and seal well around the edges. (plastic keeps the foil from sticking to the food). Place prepared quiche in freezer.

When ready to prepare, preheat oven to 400 degrees F. Remove foil and plastic wrap. Put foil around edge of crust to protect it.

Bake in the preheated oven for 60 minutes or until filling is set and crust is golden brown. Garnish with parsley.





Eco-FRIENDLY Gardens



Use recycled water for the garden by utilizing rain barrels.

Gardens aren't just about petunias, they can also help animals, insects and encourage native plants.

This year when you are planning the family garden patch, you can make a sustainable wildlife garden.

Animals, birds, bees, and butterflies need food, water, cover and a place to rear young. Your garden can be a place where they thrive.

First, plant at least three native flowering plants. You can research different plants online or ask someone at your local nursery.

Install a water feature. It doesn't have to be elaborate. Wet rocks are good for butterflies. Hummingbirds like to take showers in a gentle mist. And birds need a drink in the summer.

Put up nesting boxes. The sparrows will move in quickly, but you might one day be surprised to find nesting blue-birds, too.

To encourage butterflies find a place for nectar plants and milkweed. Take the long-view of your garden site. Trees are essential for a good wildlife area. Even a small yard can have small trees.

Coronavirus and COMPUTERS



Not only has the Coronavirus infected hundreds of thousands of people all over the world, but now it is also being used in email phishing attacks to infect computers.

The infected emails contain links to pdfs or .doc files that purport to be a list of people in the area infected with the virus. The links may appear to come from the Centers for Disease Control, but in fact, redirect users to a page that appears to be Outlook.

Or, it can offer 'safety measures' in the form of a pdf. Clicking on any of

these links exposes users to malware designed to access bank accounts, financial data, and bitcoin wallets.

It's worth noting that major events or holidays have also been used with these phishing attempts. It was infamously used to invite recipients to a demonstration by global warming activist Greta Thunberg. It has also been used in invitations to Christmas and Halloween parties.

Protect yourself by never opening attachments unless confirming over the phone with the sender.



Never open email attachments without confirming the sender.



Celebrating MOTHER'S Day



One-fourth of the flower and plant purchases made for holidays occur at Mother's Day.

Arriving on the second Sunday each May, Mother's Day is a celebrated tradition that can trace its official roots back to before the Civil War.

A woman in that time named Ann Reeves Jarvis, of West Virginia, created 'Mother's Day Work Clubs' to help teach women in the community how to take care of their children properly.

After her passing in 1905, her daughter Anna Jarvis pushed to create a national holiday to honor the sacrifices that all mothers make for their children. In 1908, she secured financial contribu-

tions that allowed her to celebrate the day officially for the first time.

By 1912, many churches, towns, and states had adopted the holiday, and it was signed into measure by President Woodrow Wilson in 1914.

Different people all across the world have developed their own Mother's Day traditions in one form or another over the years.

In North America, Mother's Day typically involves flowers. Of course, there is always breakfast in bed -- a traditional surprise for mom.





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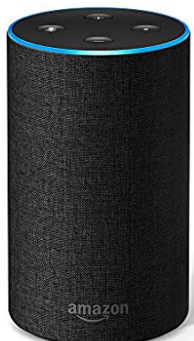
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