

THE BUZZ...News You Can Use

JULY 2024

Published by your Restoration Hero!

How to Prevent **FIRES** Caused by **FIREWORKS**



<https://www.disasterkleen.com/how-to-prevent-fires-caused-by-fireworks/>

Lighting up the sky is a fun part of many of our most favorite holiday celebrations. For many of us, it just isn't the Fourth of July without family and friends and a whole lot of sparklers, fountains, roman candles, spinners, and snaps. Unfortunately, more fires are reported on Independence Day than any other day of the year, and more than half of those fires are caused by fireworks.

Protecting Your Home During Fireworks

If you are planning to light up your own holidays this year, or have neighbors who do, it is important to make sure you take precautions to prevent fires caused by fireworks.

1. Have one person lighting and handling your fireworks.
2. Know what you are using and any related safety information.
3. Buy only legal, consumer-grade products from a licensed dealer.
4. Keep water on hand, wet the area once you are finished.
5. Use a level, solid ground for launch.
6. Be aware of your surroundings.
7. Keep kids and pets safe.
8. Take time to prepare your home and yard.

See "How to Prevent FIRES" on next page

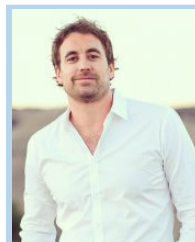
Need a HERO?

CALL (855) 88-FIRST (34778)

EMAIL ineedhelp@callservicefirst.com

ONLINE www.callservicefirst.com

We are your Restoration Heros!



Christian Rovsek
CEO & Founder
(949) 610-9251



Jaime Mulford
Account Manager
(616) 550-9270



Garrett Hatfield
Account Manager
(949) 339-0769

**We are the #1 Restoration HERO
servicing your Industry!**

How to Prevent FIRES... continued from page 1

1. Have A Designated Fire Handler

Stopping accidents and the spread of fire starts with isolating who is handling it. Have a designated shooter to light the fireworks. The shooter should wear safety glasses to protect the eyes and face from injuries.

Make sure your hands and face are not right over what you are lighting. Do not attempt to relight a firework if it does not ignite the first time.

2. Know What You Are Setting Off

Bigger is not always better, especially if it ends up causing property damages or hurting your spectators. Know the fireworks you are using. Make sure you are not using anything illegal. Purchase only consumer products from a licensed dealer. Read all the safety and warning labels carefully.

3. Don't DIY Your Fireworks

Make sure only to use the products you buy as they are intended. It's never a good idea to combine fireworks together to light off as one. Trying to make your own spectacle can lead to unexpected explosions.

4. Keep Water On Hand To Douse Unintended Flames

Get a hose and bucket of water handy. The hose can be used to put out any stray flames and sparks. You should hose down any fireworks that don't ignite.

Wet the ground where the fireworks were lit when your celebration ends. Firefighters have to respond to many small grass fires and small fires in trash cans and dumpsters.

5. Keep Rainbow Shooters & Spark Missiles On Solid Ground

Fireworks should be set on level, solid ground. If the only area you can use is grassy or uneven, place your fireworks upon a wooden board.

6. Plan Your Light & Launch Area Wisely

Plan an outdoor space away from homes and buildings where people will be for the show. Check labels for the required safety distances of each firework. You should stand at least 15 feet away from burning cones and fountains.

7. Keep An Eye On Kids & Pets As You Celebrate

Children should not handle fireworks. Both kids and pets need to be closely supervised while viewing them. Store unused fireworks in a dry, cool place out of the reach of children.

Learn what to do in the event of injury. Make sure to familiarize yourself with basic first-aid skills in case they are needed when you light fireworks.

8. Watching Out For Neighbors' Fireworks

If you're not the one with the fireworks, you'll still want to prep your property to prevent disaster. House fires can start and spread quickly.

- Clear Your Gutters
- Trim Trees
- Run The Sprinklers
- Remove Any Dry Brush
- Wet The Perimeter Around Your Property

We share these tips with the hopes that your holiday celebration will be safe and fun. If fireworks should get out of hand this year, choosing the right restoration company is imperative in the wake of a fire. **ServiceFirst, Your Restoration Hero** is devoted not only to structural restoration but also to helping families and businesses recover from the devastation of fire. Our commitment to excellence and our comprehensive approach to fire damage restoration make us the ideal partner in your recovery journey. Call us, we would love to help!

The Good Life



Good Clean Funnies

What do you call an illegally parked frog? Toad!

What is the smartest kind of bee? A spelling bee.

Why did they bury the battery? Because it was dead.

What happened when the world's tongue-twister champion got arrested? They gave him a tough sentence!



This avocado salsa with fresh peaches, makes a delicious summertime dip. The longer it can marinate before you add the avocado, the better it is.

Ingredients

- 2 fresh peaches - peeled, pitted, and diced
- 1 jalapeño pepper, seeded and minced
- 1/3 red onion, minced
- 1/4 cup chopped fresh cilantro, or to taste
- 2 cloves garlic, grated
- 1/3 lime, juiced
- 1/3 lemon, juiced
- salt and ground black pepper to taste
- 1 avocado - peeled, pitted, and diced

PEACH Avocado Salsa

Directions

Gently mix peaches, jalapeño, onion, bell pepper, cilantro, garlic, lime juice, and lemon juice in a bowl; season with salt and pepper.

Cover the bowl with plastic wrap and refrigerate for at least 30 minutes. Fold avocado into salsa to serve.

Also great as a topper for grilled chicken or fish.



Prep Time: 20 mins
Cook Time: 30 mins
Total Time: 50 mins
Servings: 4

Recipe courtesy allrecipes.com



How to Get Better Sleep EVERY Night

To help you sleep longer and more deeply, try incorporating these habits into your daily routine.

Don't overeat near bedtime: Eating lighter, low-fat meals at dinner eases digestion, and healthy carbohydrates help stimulate production of brain chemicals that can help you relax and get to sleep. Limit your food intake within three hours of bedtime.

Lessen caffeine and alcohol intake: Both caffeine and alcohol can disrupt your normal sleep patterns, preventing you from reaching the deepest and most restful stage of sleep.

Boost exercise: Evidence suggests getting at least 30 minutes of moderate-intensity physical activity during each day can help improve your sleep quality.

Keep a regular schedule: Go to sleep and wake up at the same time each day, even

on weekends and holidays. This creates a predictable sleep rhythm your body will begin to anticipate. You can prepare for changes in your routine, including when you must "spring forward" your clock, by gradually adjusting your schedule.

Try stress-reduction techniques: Relaxation techniques like meditation, breathing exercises and reading can all help reduce stress. These practices can help reduce insomnia if you do them regularly, especially before bedtime.

Develop a bedtime routine: To help prepare for sleep, dim house lights in the evening and follow a digital detox rule of no computers or digital devices at least one hour before bedtime - including TV watching.

Changing your habits, especially right before bed, could make all the difference when it comes to getting a good night's sleep.

Did you know nearly 8 in 10 Americans are trying to improve their sleep this year? In a recent survey, nearly half ranked this goal as their number one priority.

4 Reasons to LOVE Homegrown Produce

When you grow your own fruits and vegetables, you will taste the difference between a store-bought tomato and one you pick fresh from the vine. Still not convinced? Discover four ways you can benefit from growing your own food.

1. Savor the taste and the savings - Growing your own produce guarantees you have the freshest possible fruits and vegetables at the best price. You can quickly curb your grocery bill by growing your own food. The National Gardening Association found that a 600-square-foot garden, which costs about \$70 per year, can yield 300 pounds of fresh produce a year, worth \$600.

2. Add variety to your diet - Depending on where you shop, your selection of produce can be limited. However, when you garden, you're in control of what you grow, so take the opportuni-

ty to expand your palate. With just a few packets of seeds, you can grow a rainbow of flavor in your backyard!

3. Get a natural workout - Skip the gym and get your hands dirty instead! Tending to your garden is a labor of love and an engaging workout. As you nurture your garden, you'll have to dig, plant, weed, water and harvest. Before you know it, you'll have gotten your exercise in for the day, all in the fresh air under sunny skies!

4. Be inspired to try new recipes - When you grow your own produce, especially if you're growing items you don't usually buy at the store, you'll be inspired to get creative in the kitchen.

These are just four wonderful reasons to fall in love with homegrown produce. This season and beyond, embrace the green goodness of growing a produce aisle right in your backyard. **Happy gardening!**



Are you one of the 185 million Americans who garden? Gardening can be an incredibly rewarding hobby, especially if you grow your own produce.



History of the 4th of July and FIREWORKS

Known now as a day of patriotism and enjoying time off from work, the Fourth of July began the journey to becoming a quintessential American holiday in 1776, when the Second Continental Congress adopted the Declaration of Independence. Though 12 of the 13 American colonies had already approved the resolution by July 2, 1776, even prompting John Adams to write his daughter with predictions of future July Second festivities, the document declaring independence from Britain wasn't officially adopted until July 4.

Although some Americans began celebrating the very same year, Congress didn't pass a bill making Independence Day a federal holiday until June 28, 1870. In 1941, it became a paid holiday for federal employees.

Fireworks displays are perhaps the most iconic of all Fourth of July revelries. The first celebration came in earnest on July 4, 1777,

described on July 5 in the Pennsylvania Evening Post as a demonstration of "joy and festivities."

Ships "dressed in the gayest manner, with the colors of the United States and streamers displayed" approached the city and fired off 13 cannon shots, one for each colony-turned-state. Later in the evening, 13 fireworks were set off in the city commons in Philadelphia and Boston, which the Evening Post described as a "grand exhibition of fireworks ... and the city was beautifully illuminated."

According to historians, fireworks had been used in the colonies before 1776. You would have seen fireworks at a lot of festivities, celebrations, anniversaries, or big events, but they usually were not enormous, launched-in-the-sky fireworks.

It wasn't until the 18th century, that fireworks were perfected and began to resemble the explosive rockets we know today.

Nice weather, family barbecues, parades, fireworks and red, white and blue everything - Americans are preparing to celebrate Independence Day this year with time-honored and beloved traditions.

WIN \$250 and \$100 Donation
to your favorite charity...

Every job you refer enters
your name into our monthly
raffle... See this months winner



Need a HERO?

CALL (855) 88-FIRST (34778)

EMAIL ineedhelp@callservicefirst.com

ONLINE www.callservicefirst.com

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

September 17th from 12-1 pm

ENDLESS SUMMER VIRTUAL BINGO

We will have 4 games all with prizes and the last game
will be a "blackout" round.

REGISTER online by SEPTEMBER 16th

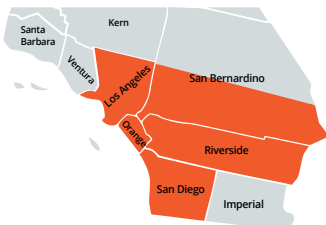
Register at callservicefirst.com/events

ServiceFirst Restoration, Inc.
23192 Verdugo Dr., Suite D
Laguna Hills, CA 92653

COMMITMENT

Save Time – Save Money Make your life easier!

- 5-Star communication through frequent job status emails
- Tailored service for each client through personalized vendor profiles
- Mitigation focused w/ fair and ethical billing practices
- One-Stop-Shop w/ free evaluations
- Servicing OC, LA, SD and IE



TRANSPARENCY

Our **Transparency Promise** is one of our most unique and powerful benefits.

Our password protected job portals allow you instant access to job status, notes, photos and more.

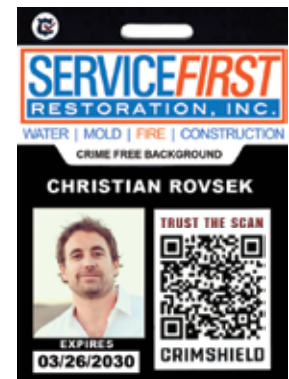


- 24/7 Instant access
- Transparency & certainty
- Increased workflow & efficiency
- Fewer phone calls & emails

SAFETY

YOUR SAFETY IS OUR PRIORITY

We **Crimshield** background check every employee, just ask to scan their badge!



**SCAN
ME**

We are the #1 Restoration HERO
Servicing Your Industry!

SCAN →
to find out more!

