

# THE BUZZ...News You Can Use

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## Home FIRE SAFETY Guide

**T**he Fourth of July is one of the busiest days of the year for house fires. Sure, it's a celebration and, yes, fireworks are traditional and they can be used safely. Nonetheless, nearly 20,000 fires annually are blamed on fireworks, according to the National Fire Protection Association. Even the most common fireworks, such as a sparkler, can start a fire.

You think it will never happen to you, but it makes sense to be prepared. The most important thing you can do is to have working smoke detectors on every level of your home. An early warning is your best defense against a house fire.

Taking the right steps in the event of a house fire

could save your home and even your life. Make sure that all adults and older children understand how to **RACE** and **PASS** if there is a fire. This doesn't mean **RACE** around the house in a panic and **PASS** your spouse on your way out the door! **RACE** and **PASS** are simply memory aids for what you should do in case of a fire.

*See "SAFETY" on next page*

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## R.A.C.E.

**R** is for Remove. Remove all occupants from the area of the fire.

**A** is for Alert. Alert the authorities; call 911.

**C** is for Contain. Close windows and doors to contain and smother the fire.

**E** is for Extinguish or Evacuate. Which one? That depends on the stage of the fire.

A house fire goes through 4 stages:

*Stage 1: Incipient. The fire is just starting and there is a good chance of extinguishing it.*

*Stage 2: Growth. The fire spreads to other combustible materials. You should evacuate.*

*Stage 3: Developed. The hottest, most deadly stage; evacuation is your primary objective.*

*Stage 4: Decay. The fire is running out of fuel or oxygen but still smolders; a deadly backdraft is possible.*

If the fire is beyond the incipient stage and spreading rapidly, you should evacuate and let the fire department handle it. If you are confident that you can safely extinguish the fire, do so only after you have gotten people out of the area, called 911 and contained the fire if possible.

Make sure you have an escape route. Then use a portable fire extinguisher to put out the fire using the PASS method.

## P.A.S.S.

**P** is for Pull. Pull the pin out of the handle.

**A** is for Aim. Aim the nozzle at the base of the fire.

**S** is for Squeeze. Squeeze the handle to discharge the extinguisher.

**S** is for Sweep. Sweep from side to side at the base of the fire.

Keep portable fire extinguishers in strategic locations of your home such as the kitchen, utility areas, garage and storage rooms.

After a home has suffered even a small fire, proper cleanup needs to be done. There may be fire extinguisher residue, charred materials and smoke residue to clean up. Water-damaged contents, floors, walls and structural materials need to be dried and cleaned. Strong, lingering odors often require a combination of techniques for successful treatment.

**ServiceFirst, Your Restoration Hero** will work directly with your insurance company to make sure your house is safe, clean, dry and odor-free. We hope you never have to make that call, but if you do, we'll be there to help you and your family get back to your normal life.

## The Good Life



### Good Clean Funnies

**What is the smartest kind of bee?**  
A spelling bee!

**What can you catch but not throw?**  
A cold!

**Why can't Cinderella play soccer?**  
Because she's always running away from the ball.

**What do you get from a pampered cow?** Spoiled milk!



**This three-layer strawberry pretzel dessert salad includes a pretzel crust, cream cheese center, and strawberry top.**

## Judy's Strawberry Pretzel Salad

### Directions

Gather ingredients, and preheat the oven to 350°F.

Mix together pretzels, melted butter, and 4 1/2 tablespoons sugar in a medium bowl until well combined. Press into the bottom of a 9x13-inch dish.

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 and spread evenly over the cooled crust. Refrigerate until set, about 30 minutes.

Stir together boiling water and gelatin mix in a second large bowl. Mix in frozen strawberries; stir until thawed.

Pour over cream cheese mixture in the dish. Refrigerate until completely chilled, at least 1 hour.

*Recipe courtesy allrecipes.com*

### Ingredients

- 1 1/2 cups crushed pretzels
- 3/4 cup butter, melted
- 4 1/2 tablespoons white sugar
- 2 (8 ounce) packages cream cheese, softened
- 1 cup white sugar
- 1 (8 ounce) container frozen whipped topping, thawed
- 2 cups boiling water
- 1 (6 ounce) package strawberry flavored Jell-O
- 1 (16 ounce) package frozen strawberries





## Why Your Home's Water Quality MATTERS



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Whether a home water filtration system fits your family's needs or point-of-use filters, like under-sink systems, which are more affordable and effective for specific things like drinking water or reducing lead, they all have benefits.

Do you think about your home's water quality? From daily showers to your morning cup of coffee, you use water for so many everyday tasks, including ones that can impact your well-being. That's why it's important to learn more about the water quality in your area.

**What affects water quality** - Tap water goes on quite the journey before it reaches your home. Water from natural sources like lakes, rivers and groundwater flows to municipal water treatment facilities where it is cleaned and purified. While these treatments make water safe to drink, some minerals and chemicals can impact the taste of your water and affect your skin and hair.

After it's treated, the water flows to storage tanks and then pipes before it enters your home. During its travel, the water can pick up sediments and other contaminants that impact your water quality. Luckily, there are various

technologies you can easily install in your home to filter the water you use every day.

**Better, tastier drinking water** - Does your tap water have a chlorinated or metallic taste? This is a common problem with a relatively simple solution. Installing an under-sink water filtration system can reduce the contaminants responsible for this taste, as well as other chemicals and sediments that negatively impact water quality.

**Say hello to a hair and skin upgrade** - In your bathroom, unfiltered water contains impurities that can strip the natural oils from your skin and hair, causing dryness and dullness. A simple fix is to upgrade your current shower head with a filtration attachment. Just like your under-sink filtration system, a shower head with a water filter can reduce common contaminants.

## Why 'MOMpreneurs' are Essential to Their Communities



According to experts, growth in the number of female business owners has outpaced the market in recent years, with women-owned companies representing 39% of all businesses.

What could be a driver of this shift? Legacy. One-third of female business owners surveyed recently cite their primary motivation for starting a business as a desire to leave a lasting impact for their children and grandchildren. For these women, entrepreneurship isn't just a path to work-life balance - it's an act of generational empowerment essential to their communities.

Mompreneurs fill unique gaps in the market because they often start businesses based on personal experiences. This results in the creation of products and services that effectively solve problems for families and local communities. They're showing their children what's possible when you take a personal passion or value and turn it into a business.

Children raised in "mompreneurial" households grow up with firsthand exposure to the highs and lows of business, the dedication it takes to launch and grow an idea and the courage it takes to follow one's dreams. For daughters, it can plant the seeds of self-confidence. For sons, it can shape respect for women as leaders and equals in the workforce.

Nearly 70% of mothers say flexibility to spend more time with family is a major reason for starting their business. With that, mompreneurs have created support ecosystems for themselves and each other, redefining what work-life balance looks like. More and more, moms are designing businesses that prioritize flexibility and purpose.

When a mother becomes an entrepreneur, she's not just building a business, she's building a legacy - the ripple effects of which can last for generations.



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The number of business-savvy mothers blazing the trail as entrepreneurs is at a record high. "Mompreneurs" are transforming the business landscape, not just for themselves, but also for future generations.



## LOW-MAINTENANCE, Easy Landscaping Tips



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Choosing the right materials and incorporating well-planned design features can enhance the appearance of your landscape while reducing the effort needed for maintenance.

Not all landscape elements are created equal when it comes to maintenance. Here are a few low-maintenance landscaping tips to keep your yard looking great all season.

**Hardscaping:** Utilize hardscaping elements like patios, paths, and retaining walls to reduce the need for regular maintenance and lawn care.

**Plant Selection:** Choose plants that are native to your region, as they are more likely to thrive with minimal care. Consider evergreens, ornamental grasses, and drought-tolerant plants. As an added bonus, native plants have many benefits to pollinators and local wildlife.

**Ground Covers:** Plant ground covers to smother weeds and reduce the need for weeding. They require less water and are an excellent option for areas where grass doesn't grow!

**Ornamental Grasses:** From creating a

great border, filling space in a garden bed, or adding texture to a design- ornamental grasses are usually drought-tolerant and require minimal maintenance once established.

**Irrigation Systems:** Installing an irrigation system that can be set to water on a schedule, reduces the need for manual watering.

**Mulch and Mulch Alternatives:** Use mulch, landscape rock or gravel to give landscaped areas a finished look. Mulch gives a clean appearance that enhances curb appeal. Rock and gravel require less maintenance and don't need to be replaced as frequently.

**Decluttering:** If your yard is cluttered with items you don't use, declutter to make it easier to maintain.

**Think Vertical:** Utilizing vertical space with interesting vertical gardens or living walls, reduces the need for ground-level landscaping.



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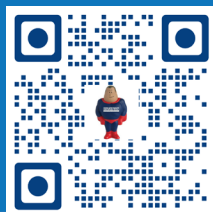
## ENDLESS SUMMER BINGO

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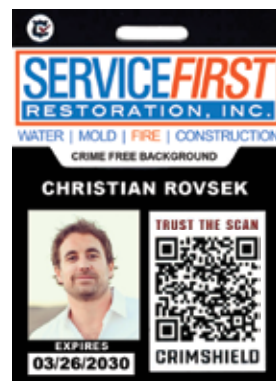


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