

# THE BUZZ...News You Can Use

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## Are You PREPARED For **SEVERE WEATHER**

BPT

One of the most visible consequences of a warming world is an increase in the intensity and frequency of extreme weather events. Tornadoes, floods, hurricanes and more - severe weather is increasing around the globe. Are you ready if a threatening storm hits your home?

Storm frequency and intensity is growing, which means it's important for homeowners to take a proactive approach to severe weather preparedness. Having the right equipment and gear on hand and ready to go means your family can stay as safe and as comfortable as possible.

**Power Outages and Severe Weather** – Power to your home may be intermittent and unreliable during

bad weather. In worst cases, entire power grids can go out for days or weeks at a time. It's very important to prepare by having flashlights ready, stocking up on batteries and properly maintaining a generator to power necessities in a home.

If you are without electricity, a portable generator can help power critical household equipment. For example, Honda offers a model with a fuel-efficient engine and a digital ignition for easy startup. The control panel features 10 outlets and a

*See "Are You PREPARED" on next page*

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12-volt DC outlet, so you can power things like a well pump, a refrigerator and freezer, lights and electronics like TVs and cell phones to stay connected to emergency information.

When selecting a generator, it's important to know the right size for your needs, which is based on the rated wattage of what you want to power - as not all generators have the same power draw. To do this, add up the wattage of tools, appliances and motors you will want to run at the same time, then select a generator with the running wattage rating to match or exceed the total load. Items with electric motors require additional surge wattage at startup that can double or triple the normal wattage requirement - so look at the surge watts required.

Having a generator is only half the battle during severe weather. It is just as important to use the equipment safely and maintain it properly by following generator safety and maintenance tips:

**1) Store units properly:** When not in use, keep your generator clean and covered in a safe, accessible location.

**2) Perform maintenance:** Being prepared is key, and a critical component of that is making sure your gear is ready in advance of serious weather. To that end, test the generator monthly to ensure it's working properly. Just like any other engine, a generator requires maintenance, so keep up with the manufacturer's recommended schedule for things like oil changes and spark plugs. Find a store near you that offers parts, service and repair expertise to ensure that generators, water pumps and other equipment are tuned up and ready.

**3) Use fresh gas:** There is approximately a 90-day shelf life on fuel, especially in smaller quantities like what would be in the gas tank of a small engine or a small gas can. Never use bad gas in a generator or you risk damage to the engine.

**4) Run units wisely:** Place generators outdoors away from your home, but shielded from rain as much as possible. Never run generators inside or covered tightly because this can clog spark arrestors and filters resulting in a fire hazard. Additionally, not ventilating exhaust increases risk of carbon monoxide poisoning.

**5) Keep it clean and level:** Always run the generator on level surfaces free from debris or other items. Non-level or vibrating surfaces may result in problems including poor engine lubrication, which can cause overheating.

**6) Don't overdraw power:** The size of your generator will dictate how many things it can power. Keep in mind, items with heating elements or motors often need double their rated wattage to start up, which is called surge.

Unfortunately, severe weather is an unpredictable fact of life for property owners. Having a generator can be life changing during extreme weather, but dealing with the aftermath of even a small flood can still be overwhelming. Hopefully you never have to go through flooding or storm damage to your home. But if you do, it is important to minimize the damage immediately by calling a qualified cleaning and restoration company to get your home back in shape fast.

Contact **ServiceFirst Restoration** today if you have any questions, need any help or to schedule your next appointment.

## The Good Life



### Good Clean Funnies

**How does a vampire start a letter?**  
Tomb it may concern!

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

**How do you get an astronaut's baby to stop crying?**  
You rocket!

**What are mummies' favorite lunches?**  
Wraps!



## SPOOKY Spider Deviled Eggs for Halloween

### Directions

Place eggs in a saucepan and cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes. Remove eggs from hot water, cool under cold running water, and peel.

Cut each egg in half lengthwise, remove the yolks, and place the yolks in a bowl with the mayonnaise, mustard, salt, and pepper. Mash the yolks and stir the mixture until smooth and thoroughly combined.

Fill each egg half with the deviled yolk mixture using a spoon, piping bag, or a sturdy plastic bag with a corner cut off.

Cut olives in half and place 1 half on each filled egg as the spider body. Cut the other olive half into 4 strips. Cut each strip in half, so you end up with 8 thin olive pieces for the legs. Arrange 4 olive legs on each side of the spider body. Dust with paprika.

### Ingredients

- 6 eggs
- 1 tablespoon mayonnaise
- 1/4 teaspoon Dijon mustard
- Salt and freshly ground pepper to taste
- 12 olives (6 black, 6 green)
- 1 pinch paprika (Optional)

**Prep Time:** 30 mins

**Cook Time:** 5 mins

**Additional Time:** 15 mins

**Total Time:** 50 mins

Recipe courtesy allrecipes.com





## 5 Ways to Support Your GUT Health for the Fall Season



Studies show that stress can affect health through its impact on gut bacteria. These simple, effective strategies will help keep your digestion on track so you can ease into autumn with confidence and comfort.

**1. Boost digestion before breakfast.** Start your morning with a warm glass of lemon water before eating anything, which helps rehydrate your body after a night's rest and gently wakes up your digestive system. The natural acidity of lemon helps break down food in your stomach and smoother digestion all day long

**2. Get moving early.** Incorporating a little movement to your morning routine can do wonders for your gut. Whether it's a quick walk, a gentle yoga flow or a few minutes of stretching, getting your body moving can promote regularity. This will also boost your energy levels throughout the day.

**3. Take time to destress daily.** Chronic stress can affect your mood and disrupt your gut microbiome. Set aside a few minutes each day to unwind with a calming ritual, like deep breathing, journaling or sipping a cup of herbal tea. These habits help lower cortisol, which supports a more resilient digestive system.

**4. Be consistent with mealtime.** Your digestive system thrives on routine. Stick to consistent mealtimes, even on the weekends. This helps "train" your gut to expect and process food more efficiently, reducing bloating and sluggishness.

**5. Give your body time to digest** Staying upright after meals avoids indigestion, especially if you're prone to acid reflux. Allow a few hours between your last meal and bedtime. This supports better digestion, promotes sleep, and won't interrupt your natural digestive flow.

Transitioning from the relaxed pace of summer to the structure of a new school and work schedule can take a toll on your digestive system.

## What you NEED to Know about HOME EQUITY Loans



Home equity loans are frequently offered at lower interest rates than other loans, so they may be a great option for consolidating debt on higher interest credit cards, large home improvement projects or in some cases, medical expenses or family emergency funds.

The two most common types are:

**Fixed-rate equity loan:** This is a lump sum amount you'll draw from your home's equity, paying back monthly at a fixed interest rate for the life of the loan.

**Home equity line of credit (HELOC):** This is a line of credit secured by the home, which lets you borrow funds if and when needed, up to a set maximum credit limit.

The best use of a home equity loan or HELOC is to increase your home's value via renovations or repairs, as this continues building the equity you're borrowing against.

When **NOT** to use a home equity loan or HELOC:

**A car purchase:** An auto loan is usually a better choice for purchasing a new or used vehicle and usually require little paperwork and fewer fees.

**Vacations:** It's better to save up for near-term wants like vacations or large-screen TVs.

**College:** Consider all options - including federal student loans, scholarships, grants and private student loans.

**Starting a business:** Your best bet for launching a business is a business loan through a financial institution or the U.S. Small Business Administration (SBA).

**Recurring expenses:** Since your home is your collateral to cover your every day bills, missed payments could lead to foreclosure.



A home equity loan is money you're borrowing using your home as collateral. The equity in your home equals how much of your home's value you actually own (not counting the mortgage you're still paying off).



## FOOD Allergies – How to STAY SAFE in the Classroom



**10 tips for a safe school year with Food Allergies: Awareness and education are key!**

**Schedule a school health checkup.** Obtain updated medication forms, prescriptions and an emergency care plan.

**Meet with school staff.** Discuss food allergy accommodations in the cafeteria and classroom. Review the emergency plan.

**Teach your child how to stay safe.** Help your child recognize signs of an allergic reaction and understand when and how to ask for help.

**Be ready for the first day of school.** Submit all required school health forms, drop off your child's epinephrine and share a copy of the emergency care plan.

**Pack allergy-safe meals and snacks.** Make sure your child only eats what is safe based on his or her dietary restrictions.

**Plan for snacks and special events.**

Confirm school policies for snack times and meals during field trips. Encourage no sharing of food.

**Ensure epinephrine is easy to access.**

Find out if the school stocks epinephrine, where it's stored, and if the staff is trained to administer it in an emergency. Remember, your child is permitted by law to self-carry an epinephrine.

**Address bullying or exclusion.** Talk with your child about speaking up if they are being excluded, teased or bullied due to food allergies.

**Check in with your child.** Make it a habit to ask your child how things are going at school, including if there's any difficulty managing food allergies.

**Communication between home and school is key.** Keep teachers, school nurses and staff informed of any changes in your child's health or needs.

1 in 13 children - roughly two per classroom - are affected by food allergies. Of those, 42% have experienced at least one severe allergic reaction, known as anaphylaxis.

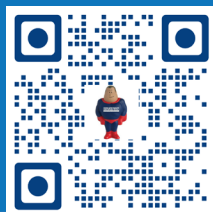


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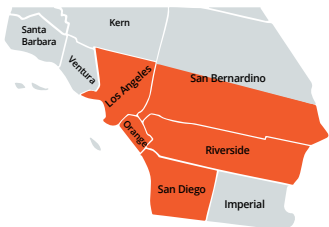
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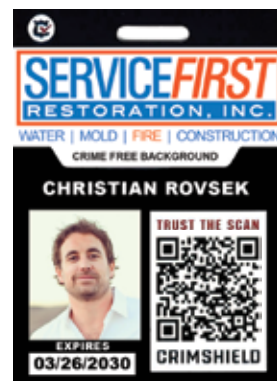


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