

THE BUZZ...News You Can Use

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Published by your Restoration Hero!



What to do Next When You Have a **FLOOD?**

Floods happen everywhere in the country. When your home experiences a disaster like water damage, you're suddenly faced with a whirlwind of decisions. How you handle a water intrusion usually has to do with the rate at which water enters a structure, the amount of water, the source of the water, and what areas are affected.

Safety is of Primary Concern – In short term water management, slip fall hazards, possible electric shock, biological or toxic contamination and other potential dangers must be considered before you take any action. In cases when there is a large quantity of standing water it is usually safest to turn off the electricity and gas to the structure before you begin any cleanup.

Once you have determined that it is safe to proceed, identify the source of the water, and stop the water intrusion, if possible. If it is from rainwater or other sources beyond your control, take steps to reduce the rate at which it is spreading. You can do this by placing towels to absorb the water, using a shop vac to extract the water, or even using a push broom or squeegee to push the water outside. If you have

See "FLOOD" on next page

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sandbags, use them. They can help keep water out as well.

Cleaning Up – The services of a professional cleaning and restoration company will usually be needed when the water has saturated building materials or furnishings such as carpet and pad. It is nearly impossible for a homeowner to remove water and dry a structure in a safe and efficient manner. This is because cleaning companies have the fans, heaters, other equipment and experience to dry water quickly.

Often homeowner attempts at saving money end up costing thousands of dollars later on in the form of mold contamination and permanent damage to the structure. Many items that could have been saved by quick response from a professional may have to be discarded, or undergo expensive restoration.

A Plan of Action – Your best course of action in the event of

a substantial water intrusion is to ensure the safety of yourself and other inhabitants of the structure, determine the source of the water, try to stop or slow the entry of water, move sensitive furnishings out of the water as soon as possible, and call a professional restoration contractor to handle the extraction of water and structural drying. Choosing your trusted restoration partner can make all the difference in how well, how quickly, and how thoroughly your home is restored.

What to Look for in a Restoration Partner – When selecting a remediation company, focus on these key qualities:

- Experience handling fire, water, mold, and smoke damage
- Fast emergency response times
- Clear communication and transparency throughout the process
- Strong reputation backed by

reviews and referrals

- Ability to bill your insurance directly so you're not stuck navigating red tape

BOTTOM LINE: You're in Charge – Insurance companies may steer you in a certain direction, but ultimately, you're the one who decides who comes into your home and handles your repairs. Don't settle for whoever's next on an insurance list—choose a team that's committed to protecting your home like it's their own.

Need help right now? We're ready. Call us anytime—24/7—and get the service you deserve. Fast response and having the right equipment are both critical in getting your home back to a pre-loss condition as quickly as possible. Our commitment to excellence and comprehensive approach to water damage restoration make us the ideal partner in your recovery journey. Call **ServiceFirst, Your Restoration Hero**, today!

The Good Life



Good Clean Funnies

Why did the melons choose not to get married?

Because they cantaloupe!

Why wouldn't the shrimp share his treasure?

Because he was a little shellfish!

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



A delicious crab omelet recipe made with Dungeness, mushrooms, and Swiss cheese.

CRAB and Swiss Omelet

Directions

Melt butter in a large nonstick skillet over medium-high heat. Stir in mushrooms, and cook until tender, about 5 minutes. Using a slotted spoon, transfer mushrooms to a plate. Remove skillet from heat.

In a small bowl, beat egg yolks and milk to blend. In a separate bowl, beat egg whites with a dry beater until soft peaks form. Fold yolk mixture into whites.

Return skillet to medium-high heat. When butter sizzles, pour egg mixture into skillet. Sprinkle mushrooms and crab meat evenly over the top. Cook until omelet begins to set, about 3 minutes. Sprinkle with Swiss cheese. Using a large spatula, fold omelet over, forming semi-circle. Cover skillet; cook until omelet puffs and is cooked through, about 3 minutes. Slide omelet onto a large plate.

Recipe courtesy allrecipes.com



CHILDHOOD Obesity – A GLOBAL Health Crisis



Childhood obesity is not just a cosmetic concern; it is a profound and rapidly escalating global public health crisis, rightly termed a *SILENT EPIDEMIC*.

In 2024, 35 million children under age five were classified overweight. Understanding this crisis requires moving beyond the simple "eat less, move more" and researching the genetic, environmental, social, and psychological factors that contribute to this disease is crucial.

1. Dietary and Nutritional Shifts:

The consumption of fast food and the increase in dining out contribute to larger portion sizes and higher caloric intake than traditionally prepared home-cooked meals.

2. The Sedentary Lifestyle and Physical Inactivity:

Children today are spending their leisure time being sedentary, replacing active play, sports, and outdoor activities with screen time.

3. Environmental and Socioeconomic Factors:

A child's weight is influenced by the social and built environments in which they live.

A lack of safe sidewalks, parks, and recreational facilities in a neighborhood limits opportunities for outdoor activity, while numerous fast-food outlets nearby makes healthy eating almost impossible.

4. Genetics, Prenatal Factors, and Family Influence:

Studies have demonstrated a strong correlation between parent's weight and a child's risk of being overweight or obese, and the influence of shared genes and shared family habits.

5. Sleep, Stress, and Mental Health:

Poor sleep patterns, caused by excessive screen time, are linked to hormonal changes that increase hunger and cravings for high-calorie foods. Family stress can elevate cortisol levels, a hormone that promotes fat storage and increases appetite.

The future well-being of our children hinges on our collective commitment today to create an environment where healthy growth is not a difficult choice but the natural path forward.

Take the NO-SPEND Challenge and Break BAD Habits



No-spend challenges can last from a week to 30 days, can be full or partial – choosing what to cut back on – and can be taken on within a community or on your own. **Use the following tips to tackle habits you're unhappy with.**

1. Save More Money - One of the best things to come out of this challenge will be the extra money in your savings account. Even if you only commit to the challenge for a week, choosing to save instead of spend can have a huge impact on your budget.

2. Identify Triggers and Bad Habits - A no-spending challenge can help you identify bad habits and triggers as well. For instance, if sale items and psychological pricing tempt you to spend your cash, you can take a step back and recognize these marketing tactics.

3. Share Your Goals with Your Loved Ones - Keep yourself accountable by letting

your family and friends know about the challenge. Better yet, invite them to join you!

4. Delete Saved Payment Information

If you frequent certain sites that store your payment information, delete your profile or remove your credit card from your account during the challenge.

5. Make Game Plans for Social Events - Create a small discretionary budget for dining and entertainment. Keeping this budget in cash can help you hit a hard limit when you might otherwise be tempted to overspend.

6. Track Spending and Urges - Another great way to discourage spending is to keep track of everything you purchase during the challenge. Write your expenses down in a journal or use an app or spreadsheet to gain a better understanding of where and how you shop.



Are you an impulse spender? It turns out you're not the only one. Millions of Americans make unnecessary purchases every day.



BEWARE - When NOT to be POLITE at Work



One World Trade Center in New York City has a security system that cost \$20 million to purchase and install in 2008.

Nonetheless, in 2016 a New Jersey teenager managed to get in and roam about for two hours. Everyone knows the security dangers in that scenario.

Maintaining secure areas is a problem because people are so nice. They let their colleagues into the building, even when they are not sure they know the person.

The most common causes of unauthorized entry into a building are piggybacking or tailgating.

Tailgating and piggybacking - Tailgating occurs when one person properly enters a secure door but another follows, unbeknownst to the first person.

Piggybacking is different because the

piggybacker gets permission. The piggybacker actually asks for access (Hey! Hold the door!). Sometimes, people just hold the door for the person coming behind them.

The habit of courtesy - Holding the door for someone is a deeply ingrained habit. If that person is carrying something large, like computer equipment, it is virtually seen as a requirement to hold the door. But that is a typical ruse.

Have you ever used your access card to get into a building, then held the door open so someone who looked like he might work there can enter? You have actually participated in a security breach. REMEMBER... the best access control systems in the world can be defeated by exploiting the fact that people are nice and will allow others to follow them through doors.

Simple courtesy seems benign but it puts everyone at risk.



Upcoming Events... Don't miss out!
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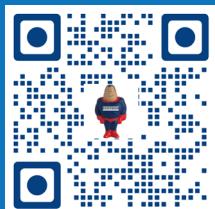
MARCH Madness

Register and get your picks in before **March 17th**, Register at www.callservicefirst.com/MADNESS

SPRING Coloring CONTEST

Submissions due **April 30th**, more details at www.callservicefirst.com/SPRINGCOLORINGCONTEST

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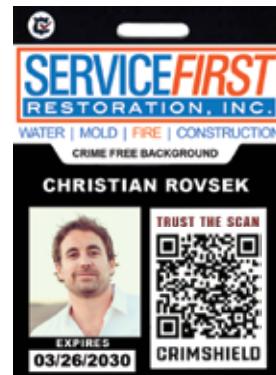


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