

THE BUZZ...News You Can Use

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Breathe Better Air at Home Even With Seasonal Allergies

<https://www.mayoclinic.org/diseases-conditions/allergies>

When you get home at the end of a busy day, it feels good to take a nice deep breath in anticipation of a quiet evening indoors. But when you take that nice deep breath, do you ever stop to consider the quality of the air in your home, especially if you or your family have allergies. Here are tips to allergy-proof your home and breathe easier.

Here are some room-by-room suggestions.

Entire House:

Temperature and humidity. Hot, humid houses are breeding grounds for dust mites and mold. The American Society of Heating, Refrigeration and Air-conditioning Engineers (ASHRAE) recommends maintaining indoor relative humidity levels between 30% and 50% and keeping the temperature between 68°F and 72°F for human health and comfort. Cleaning or replacing

small-particle filters in central heating and cooling systems and in room air conditioners at least once a month is recommended.

Pests. Control cockroaches and mice with traps from the hardware store. If that's not effective, hire a professional exterminator. To remove allergy-triggering insect and mouse residue, vacuum carpeting and wash hard surfaces. To prevent re-infestation, seal cracks or other possible entryways.

See "Allergy ALERT" on next page

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Mold. Close doors and windows during warm weather and use air conditioning and dehumidifiers. Excessive humidity can create an environment where microbes can flourish and create an unsanitary condition. In addition, higher humidity can result in condensation of water on surfaces, creating a perfect incubator for mold, which can exacerbate asthma and allergies. Finally, check the roof and ceilings for water leaks. If mold persists, or if you have questions, call **ServiceFirst, Your Restoration Hero**, or schedule an inspection today.

Pet Management. Bathe furry pets weekly to reduce dander, launder their bedding often, and keep them out of your bedroom.

Weekly cleaning routine. Damp-mop flooring and vacuum carpeting. Use a HEPA filter. Use a damp cloth to clean all other surfaces. Also, leave shoes by the door and change clothes when entering from outside to stop pollen from spreading.

Smoking. Don't allow smoking anywhere inside your home.

Bedroom

Bed and bedding. Use zippered, allergen-resistant covers on mattresses and box springs to block dust mites. Wash all bedding in hot water weekly and dry on a hot cycle. Replace wool

or feather bedding with synthetic materials.

Windows. Close windows and rely on air conditioning during pollen season. Clean mold and condensation from window frames and sills.

Clutter. Remove items that collect dust, such as knickknacks, tabletop ornaments, books and magazines. Store children's toys, games and stuffed animals in plastic bins.

Air filtration. Choose an air filter that has a small-particle or HEPA filter. Try adjusting your air filter so that it directs clean air toward your head when you sleep.

Kitchen

Stove. Install and use a vented exhaust fan to remove cooking fumes and reduce moisture. Most stove-top hoods simply filter cooking particulates without venting outside.

Sink. Wash dishes daily. Scrub the sink and faucets to remove mold and food debris.

Refrigerator. Wipe up excessive moisture to avoid mold growth. Discard moldy or out-of-date food. Regularly empty and clean the dripping pan and clean or replace moldy rubber seals around doors.

Cabinets and counters. Clean cabinets and countertops with detergent

and water. Check under-sink cabinets for plumbing leaks. Store food – including pet food – in sealed containers.

Food waste. Place garbage in a can with an insect-proof lid and empty trash daily. Keeping the kitchen free of food crumbs will help reduce rodents or cockroaches.

Bathroom

Ventilation. Install and use an exhaust fan to reduce moisture during baths or showers.

Floors. Use tile, vinyl or linoleum flooring. Use washable rugs.

Walls. Remove wallpaper and install tile, or paint the walls with mold-resistant enamel paint.

Shower and tub. Towel-dry the tub and enclosure after use. Scrub mold from the tub, shower and faucets with bleach. Clean or replace moldy shower curtains and bathmats.

Toilet and sink. Scrub mold from plumbing fixtures. Repair leaks.

Our goal at **ServiceFirst, Your Restoration Hero** is to keep your family healthy and your home clean and sanitary. Please call us if you have any questions or need a free quote on our cleaning services. It's always our pleasure to help.

The Good Life



Good Clean Funnies

What has only one eye, but still can't see? A needle.

Why did an old man fall in a well? Because he couldn't see that well!

What did the three-legged dog say when he walked into a saloon? "I'm looking for the man who shot my paw!"

Why is a snake difficult to fool? You can't pull its leg!



These easy stuffed mushrooms filled with spinach, bacon, and Parmesan cheese are the perfect appetizer for any dinner or party.

SPINACH-Stuffed Mushrooms

Directions

Preheat the oven to 400 degrees F (200 degrees C). Very generously butter a 9x13-inch baking dish.

Cook bacon in a large, deep skillet over medium-high heat until evenly brown, about 10 minutes. Drain, crumble, and set aside.

While the bacon is cooking, place frozen spinach in a medium saucepan. Add 1/4 cup water and bring to a boil. Reduce the heat to medium, cover, and cook for 10 minutes. Uncover and stir, then remove from the heat and drain.

Remove stems from mushrooms. Arrange caps in the prepared baking dish. Finely chop stems.

Melt 3 tablespoons butter in a medium saucepan over medium heat. Add onion and garlic; cook and stir until onion is translucent, about 5 minutes. Stir in spinach, bacon, and mushroom stems, then pour in 1/3 cup plus 1 tablespoon cream; bring to a boil. Remove from the heat and stir in Parmesan, salt, and pepper.

Stuff mushroom caps generously with spinach mixture. Drizzle 2 tablespoons melted butter over top.

Bake in the preheated oven until lightly browned, about 30 minutes.

Recipe courtesy allrecipes.com

- ### Ingredients
- 5 slices of bacon
 - 1 (10 ounce) package frozen chopped spinach
 - 12 large mushrooms
 - 3 tablespoons butter
 - 2 tablespoons finely chopped onion
 - 2 cloves garlic, peeled and minced
 - 1/3 cup heavy cream
 - 1 tablespoon heavy cream
 - 1/4 cup grated Parmesan cheese
 - salt and pepper to taste
 - 2 tablespoons butter, melted



How to Make the MOST of Your Garden Veggies

It happens every summer: Either your own garden goes wild with one particular crop, you get carried away one weekend at your local farmers market, or a mysterious basket of fresh veggies appears on your porch from a well-meaning neighbor.

While produce is a wonderful thing to have on hand, there is only so many you can eat while it's still fresh. Here are some tips that you may not have thought about.

Satisfy your sweet tooth - Baked zucchini bread and carrot cake are obvious choices to try, but there are many other baked veggie combos that work well. The good news is, there's a wide variety of baking recipes featuring cauliflower, corn, sweet potato, parsnips, various types of squash - and even spinach - if your garden had a bumper crop of any of these plants this season.

Create homemade pesto - Leafy greens of any kind can be used to make tasty pesto, such as arugula for a peppery flavor, spinach or kale for a nutrition boost, parsley or mustard greens - and even carrot tops or turnip greens. While many of these green veggies can be used raw, remember greens that are

more fibrous should first be cooked in some way for the best results. For example, collard greens, kale and chard may need to be sautéed, grilled or blanched before processing.

Freeze herb or veggie cubes - Did your garden explode with oregano, basil, rosemary, mint or chives this summer? You can save all that flavor easily with the help of a few extra ice cube trays. All you need is some olive oil to freeze your chopped-up herbs in, and you'll create an entire set of herb cubes that you can use all year long to add flavor to soups, casseroles, sautéed dishes and more.

Share the bounty - If you truly have more veggies than you can handle and you'd like to make a positive impact in your community, contact local food shelves, community organizations or houses of worship. Just check with them first to make sure they can accept fresh produce, many can.

Best ENTERTAINMENT ValueToday...VIDEO GAMES



While over 80% of Gen Alpha (ages 5-13) and Gen Z (14-29) play video games, a majority of adults are playing as well. Over 7 in 10 Millennials (ages 30-45), 56% of Gen X (45-61) and half of Baby Boomers (62-80) say they play weekly. Even 32% of the Silent Generation (ages 81-90) are joining in on the fun. To put this further into perspective, half of all people who play video games in the U.S. are 35 or older. Americans also find that video games offer tremendous entertainment value and they deliver the most value for their money compared to streaming services.

And, contrary to popular belief, playing video games is split fairly equally between men and women, with 53% of men and 46% of women actively playing.

Americans seem to feel overwhelmingly positive about video games. Most adults, including those who don't play video games

regularly, recognize the positive benefits that video games provide, including: fun (85%), joy (81%), stress relief (78%), and mental stimulation (79%). Younger players (Gen Z) especially believe video games offer a great way to bring people together (88%) and build relationships.

Overall, most adults agree that playing video games helps develop problem-solving skills (76%) and teamwork/collaboration (67%), plus adaptability and resilience (58%) and communication skills (52%). Americans also find that video games offer tremendous entertainment value.

Parents (81%) are getting in on the fun of games and making play time, family time.

Given the reality of who is enjoying video games in the U.S. today, it's clear that many of the stereotypes around video game playing are outdated and looks very different today.



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Video game players may not be who you think, according to the 2026 report from The Entertainment Software Association. They may be your grandmother, your sister, your dad ... or anyone!



BPT



How do You Know if Your Vehicle has a RECALL

If you don't know how to check for vehicle safety recalls, you're not alone. According to a recent survey, nearly half of American drivers don't know how to find out if their vehicle has an open safety recall. The good news is, it's easy by visiting the National Safety Council's CheckToProtect.org.

Simply enter or upload a photo of your license plate number or the 17-character vehicle identification number (VIN) into the search tool. If your vehicle has a recall, contact an authorized dealership near you to schedule a free recall repair.

Safety recalls can affect everything from brakes and steering to batteries and airbags.

According to CARFAX, as many as 57 million vehicles on the road today have an unrepaired safety recall - that's roughly 1 in every 5 vehicles.

Any authorized dealership near you will repair vehicle safety recalls at no cost to you, so don't hesitate to call and schedule an appointment. Drivers don't need to be a current or former dealership customer to get a free recall repair.

Authorized dealers always repair a safety recall at no cost to the driver, regardless of whether the vehicle is registered in the driver's name or if it's still under warranty. If you drive a vehicle that belongs to someone else, such as an older relative, you can check it for recalls and take it to the authorized dealership for repair, at no cost to you or the vehicle's owner.

Checking for recalls can help ensure your vehicle is in good condition, so make sure to add this simple step to your checklist of regular maintenance tasks.



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Just like getting essential vehicle maintenance (like an oil change or tire rotation), it's important to make sure your car or truck is recall-free.

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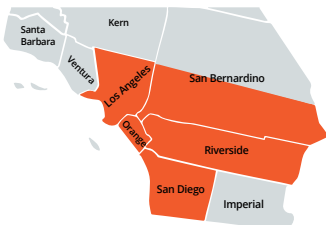
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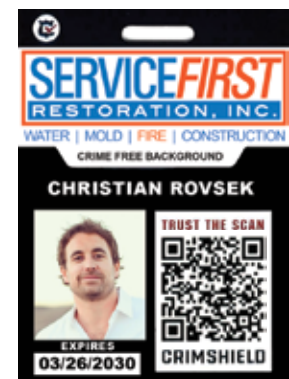


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