

THE BUZZ...News You Can Use

SEPTEMBER 2026

Published by your *Restoration Hero!*



Kitchen Fire! Now WHAT?

The leading cause of house fires is cooking; grease fires, oven fires or simply leaving a pot unattended on a stove. Cooking is also the leading cause of fire injuries and is the second leading cause of fire deaths. Because cooking is such a routine part of our lives, it's easy to forget the high temperatures and dangers involved. Most of us can recall leaving something on the stove and being distracted.

If you ever find you have a fire in a pan, do not attempt to move it. Cut off the supply of air to the fire by putting a metal lid on top of it if possible, and turn off the burner. If the fire is in an oven, turn off the oven and leave it closed.

Of course, every kitchen needs a fire extinguisher. Be certain it's the right type. **Type A** fire

extinguishers are for fires involving combustible materials like paper, wood, cloth, rubber and most plastics. Never use a **Type A** extinguisher on a grease fire! An explosive reaction could result, causing the fire to spread.

Type B extinguishers are for flammable liquids like food grease, oil, solvents and gasoline.

See "Kitchen Fire!" on next page

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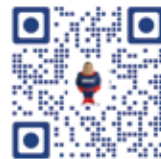
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Type C extinguishers are for fires involving electrical equipment and components.

Type ABC multi-purpose fire extinguishers are designed to put out all three types of fire. Since they are the most versatile, it's probably the best choice for your kitchen. If you don't have a fire extinguisher, douse the fire with dry baking soda.

If you are not absolutely certain a fire is out, call 911 immediately. Waiting could have disastrous results.

Most of the time, if the fire is contained, damage to the structure is minimal. During a fire, hot gases and smoke penetrate into surfaces, making the resulting odors challenging to remove. Often there is a greasy, sooty residue left on surfaces that also causes odors that can range from fairly mild to quite severe.

Once the area has been ventilated, complete odor removal will follow this sequence:

Step 1: Remove the odor source. Remove as much as possible, all charred material from the house.

Step 2: Clean affected surfaces such as cabinets, walls, oven interiors, upholstery, carpets and just about anything else that has the potential to hold smoke, soot or grease residue. It's best to get professional help with this. Some residues can be removed dry, others require water-based cleaners, and still others require solvents for best results. Sometimes cleaning is all that is needed, but usually the odors have penetrated into surfaces.

Step 3: Recreate the conditions of odor penetration - The goal is to get the deodorizing agent to penetrate affected surfaces to neutralize the odors. This requires professional equipment and training. Some

of the tools create a deodorizing fog that penetrates cracks, crevices and other inaccessible areas. These vapors destroy, neutralize or encapsulate the odor causing molecules in porous materials.

In many cases, these three steps are all that is needed. Sometimes odors linger in certain areas like kitchen cabinets. That's when you need Step 4.

Step 4: Seal surfaces that do not respond. In those cases where all else fails, the surface can be sealed, preventing odors from escaping into the air. The type of sealer used will depend on the surface.

We hope this article will help you prevent a cooking fire in your home. But if the unthinkable happens, call **ServiceFirst Restoration**. We can help assess the damage, clean up the mess, eliminate the odors and get your home back to normal as quickly as possible.

The Good Life



Good Clean Funnies

Did you hear about the Cheese Factory that exploded in France? Da brie was everywhere!

What falls, but never needs a bandage? The rain.

Why did the football coach yell at the vending machine? He wanted his quarter back!

Why couldn't the sunflower ride its bike? It lost its petals.



These sausage pizza balls are a tasty appetizer or snack. Omit the green bell peppers and onions, if desired.

Ingredients

- 1 pound ground Italian sausage
- 1 (16 ounce) package shredded mozzarella cheese
- 2 cups baking mix (such as Bisquick®)
- 1 chopped green bell pepper
- 1 yellow onion, chopped
- 1 cup pizza sauce, divided
- 1 teaspoon garlic powder or to taste
- 1 teaspoon Italian seasoning or to taste
- 1 teaspoon kosher salt or to taste
- 1/2 teaspoon ground black pepper or to taste



TAILGATING Pizza Balls

Directions

Preheat the oven to 375°F. Lightly grease a large baking sheet.

Mix Italian sausage, shredded mozzarella, baking mix, green bell pepper, yellow onion, 1/2 cup pizza sauce, garlic powder, Italian seasoning, salt, and 1/2 teaspoon pepper together in a large mixing bowl until well combined.

Roll sausage mixture into 1-inch balls; arrange on the prepared baking sheet.

Bake pizza balls in the preheated oven until lightly browned, about 23 to 25 minutes. Serve hot with remaining pizza sauce for dipping.

Prep Time:	15 mins
Cook Time:	25 mins
Total Time:	40 mins
Servings:	10

Recipe courtesy allrecipes.com





Transition to a BACK-TO-SCHOOL Routine with LESS Stress



Parents can help a child get into the back-to-school routine by providing structure. Discuss and plan a morning routine before the school year starts and establish a homework schedule to help kids stay focused and motivated.

Here are a couple quick tips to help make the transition to the classroom easier for your child.

Validation: Let your child know that their nervous or apprehensive feelings about the start of school are normal. All kids (and adults!) have a hard time getting back into the routine of the school year. The knowledge that they are not alone in this experience will help your child feel they're being heard and understood.

Morning Routines: Provide your child with well-defined, easy steps for their routine so they have a clear idea of what you expect! Having an easy-to-reference schedule, maybe with pictures, can engage your child and provide a wonderful visual guide for what they need to do next. Giving specific praise when they complete each task lets them know that you love what you're seeing.

Homework: Providing your child with a structured homework schedule will help them stay

focused and motivated. Completing homework as soon as school is over and with parental support providing encouragement, motivation, and assistance when needed, is always best. Snacks are a great way to keep your child's energy up. Of course, some children have active schedules, with team sports, music classes, etc., which can make things more difficult. Letting your child know that you understand the hard work they are putting in and being ready with positive feedback for their effort can help motivate them to get homework done.

Bedtime: Bedtime is one of the hardest transitions. Having a nighttime schedule can assist in creating a structure for your child. Most kids want more time watching their favorite TV show or finishing that last level of a video game, so setting time limits is a great way to put a boundary around the winding down time that they need each evening.

Why Backup Power is IMPORTANT in 2026

Between needing work-from-home options and the growing popularity of smart household appliances, home upgrades in 2026 reflect the demand for continual power without worry about outages, or the stress being placed on the aging power grid.

Why you need home backup power:

Among today's remote-capable U.S. employees, over 27% work fully remote and over half (52%) work hybrid. That means the home office is a permanent fixture for most white collar or information workers.

When you make your tech upgrades in 2026, you are also increasing the grid stress.

In 2024, U.S. electricity customers experienced nearly twice the annual average of power interruptions than the prior decade. In the first half of last year, nearly half of U.S. utility customers experienced outages.

To help ensure your home's system can cope with increased energy needs uninterrupted, you've probably considered backup power. The good news is, backup power is more accessible than ever and with advancements in battery technology, a solar generator can power a house during an outage.

Home backup power used to be the storm-country homeowners with a generator and a garage. Not anymore. There are many solutions designed for remote workers in a one-bedroom apartment, families that want a backup power solution for keeping a refrigerator running, and homeowners wanting whole-house protection without a fuss.

Understanding your energy needs can help you find a solar-powered home backup solution that's just the right choice for you. With today's "tech" lifestyles, backup power is essential.



Today's tech-dependent lifestyles, extreme weather events and aging power grids make backup power crucial. Solar generators provide a noise-free, fume-free battery backup option for power outages.



The REAL Meaning of Labor Day

What is the meaning of Labor Day? Simply put, it is a day to appreciate the economic and societal impact of hardworking Americans and to reflect on the progress our country has made as a result of the American workforce.

What's the history of Labor Day? The decades following the Civil War were a time of great change in the United States. A labor movement began as a result of poor working conditions at the time. It was the heyday of the Industrial Revolution, and it was not uncommon for employees to work over 80 hours a week on a regular basis. The five-day, 40-hour work week that most Americans experience today didn't become commonplace until the 1940s.

Who originally started Labor Day? Some say that Peter J. McGuire, co-founder of the American Federation of Labor, came up with the idea for this working man's holiday. Others argue it was Matthew Maguire, secretary of the

Central Labor Union in New York. No one is 100 percent sure. which McGuire it was.

Why does the U.S. celebrate Labor Day in September? The first Labor Day parade held in 1882 in New York City took place the first week of September. In 1884—a decade before Labor Day became a U.S. holiday—the national labor organization known as the Knights of Labor adopted a resolution designating the first Monday in September as Labor Day.

Why do people work on Labor Day? Labor Day is a federal holiday, meaning all government offices are closed, including post offices. Banks, which follow the Federal Reserve's holiday schedule, are also closed, and as are many private businesses. However, many big box retailers and chain stores stay open, as do most restaurants.



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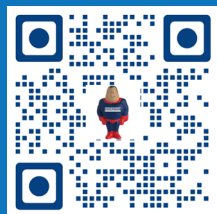
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ENDLESS SUMMER BINGO

September 22nd from 12pm - 1 pm, more infor-

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SUMMERBINGO



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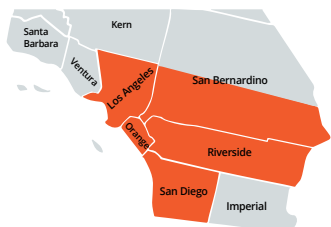
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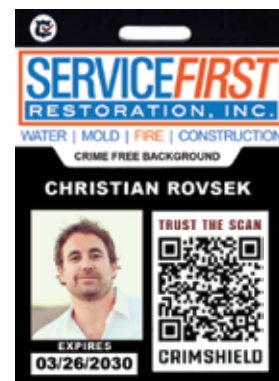


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