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Tips to Educate Your Family During Fire Prevention Week

by homewarranty.com

The National Fire Protection Association (NFPA) has sponsored the public observance of Fire Prevention Week for nearly 100 years - making it the longest-running public health observance in the U.S. This is a great time to educate yourself and your family about the prevention of fires in your home.

The Oven and Stovetop

According to the NFPA, cooking fires are the leading cause of home fires and fire injuries.

- If you're overly sleepy or have consumed excessive alcohol, don't use the stove or the stovetop. Most cooking fires involve the stove.
- Don't leave the kitchen while you are boiling, broiling, grilling, or frying food, even for a brief moment. If you must leave, turn off the stove.
- It's easy to forget food that's out of sight in your oven - either baking or roasting. Set a timer to remind you that you're cooking.
- Keep flammable items like wooden utensils, kitchen towels, curtains, or food packaging away from your stove top.
- Designate a "kid-free zone" of

at least 3 feet around the stove and cooking areas where hot food is prepared and removed from the oven.

The Microwave Oven

The leading cause of scald burns is microwave ovens. Yes, that convenient appliance we use to heat up a meal or beverage can also start home fires.

- Your microwave oven should be plugged directly into a wall outlet. Never use an extension cord.
- Microwaves do not heat food evenly. Always stir and test your food's temperature before eating - and especially before you give it to young children.
- Keep your microwave oven at a safe height and not out of the reach of some users - but be sure to supervise children when they are using the oven.
- Use only containers and dishes that are safe for microwaves - and of course, never use aluminum foil or metal of any kind in a microwave oven.
- Never heat a baby bottle in the microwave due to the nature of the oven's uneven heating. Uneven heating can lead to hot pockets, which can cause burns.

For the full article visit, nfpa.org

October Calendar

October 5- World Teachers Day

October 16 - Boss's Day

October 31 - Halloween

October 8 - 14 - Fire Prevention Week

Homeowner Tips



Check Windows For Air Leaks

There are a few ways to check for window and door leaks, from holding a candle flame near the crack and gauging how much the flame moves to sliding a piece of paper through the opening to see if it catches or tears. If you find a leak, the easiest solution is to add weather stripping around doors and to caulk the windows.

October is National Kitchen and Bath Month - 4 Tips From the Experts

Here are great tips from the National Kitchen and Bath Association (NKBA) before you begin that remodel project.

1. **DON'T** do it yourself. Remodeling a bedroom, dining room or family room is very different from taking on the challenge of a kitchen or bath. A special designer will suggest proper materials and figure out the logistics of an efficient and functional room.

2. **DO** think of your home's resale value. You may be thinking you'll never sell, but don't be too sure. Sometimes making your project too 'unique' means regrets down the road, so

NKBA suggests sticking to the basics of design.

3. **DON'T** overspend! Set a budget at the beginning of your project, including room for additional charges, and don't go over that amount – no matter what!

4. **DO** pick a qualified professional. Choose several designers in your area; meet with each of them and trade ideas and suggestions. Make sure they're qualified; ask to see past projects and/or a portfolio and discuss your budget. Ask for references and check out their showroom or store if possible.

For more ideas visit: nkba.org/info



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Fall Week Night Pasta

Ingredients

- 1 tablespoon olive oil
- 4 ounces guanciale (or thick-cut bacon,) cut into 1/2-inch dice
- 8 ounces butternut squash, cut into 1/2-inch dice
- 1 bunch Tuscan kale, cut into 1-inch pieces
- 1/2 pound orecchiette
- Freshly grated Pecorino Romano, to taste
- Salt and pepper, to taste

Directions

While the oven is preheating at 400°F, cut up the guanciale or bacon and

butternut squash. Toss them onto a sheet pan, drizzle with the olive oil, smooch them around a little, and roast for 30 minutes. At this point, take the sheet pan out, stir in the kale, and place back into the oven to roast for another 10 minutes.

Meanwhile, bring a pot of generously salted water to a boil and cook the orecchiette according to the box's instructions, usually 9 to 11 minutes or al dente. Drain and add back to the pot. Tip the contents of the sheet pan into the pasta pot and toss with the Pecorino Romano. Salt and pepper to taste.



Photo by: Jenny Huang
Recipe courtesy of: Food52