



113 Years of Service to Volunteer Firemen

The Signal

www.njnyvfa.org



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President message...

Happy October to everyone. I hope the New Jersey Firefighters had a very enjoyable Convention.

Condolences to Trustee Gary Cerbasi and his family on the passing of his father George.

Let's also keep Chief John Keating of Silverton N.J. Fire Department in our prayers. For those of you that don't know John, he is a Retired Garfield N.J. Police Officer and a Past Fire Chief of Company 3 there. He moved to Silverton after retiring with his wife and 2 children.

On Saturday September 19, 2026, his wife and daughter were out having brunch at an outdoor Restaurant, when 93-Year-old woman hit the gas, instead of the brakes killing his wife Ursula and broke the leg of the daughter. 6 other people were hurt and taken to the hospital.

Unfortunately, there weren't any barricades in front of the Restaurant to stop accidents like this. It is a situation we all face every time we answer a call. This mother and daughter went out to enjoy a day together, and the mom never went home again. As 1st Responders, we also take the risk either as Police Officers, Firefighters or EMT's. We must enjoy every minute we have with our families because we never know what is going to happen next.

Don't forget to change your clocks on October 31 before you go to sleep. You gain 1 hour of sleep. Remember, that day is also Halloween and this Month is Fire Prevention Month. Watch Children.

I want to thank Tappan Fire Department for hosting the General Meeting on Friday September 25th. They are also hosting February 26, 2027, Meeting and the Convention June 4, 2027.

We are still looking for Towns to host meetings. It is a nice way to meet others and have a night out. The attendance at General Meetings has been very bad, and we hope to see more members and potential members at meetings.

I have been approached by some members complaining they aren't getting the Signal. I asked if they gave us their email at the meetings when they sign in? Their response was I haven't made a meeting. I can't send you something, if you don't give me the information I need. If you know anyone that is a member and isn't getting the Signal, please tell them we need their information. I have been asking the last few Years for everyone's correct spelling of their name, address, phone #, email and Department they belong to.

Don't forget the October 30 Meeting is in Little Ferry N.J. at the Hook and Ladder on Main Street. The November meeting is November 20 at New Milford Firehouse at 680 Trenton Street. Refreshments at 7pm and meetings start at 7:30.

Please help with meeting dates for 2027 and 2028. We are depending on everyone to help. Please also join one of the Committees we have. A couple of suggestions for Fund Raising were Candlelight Bowling and a Murder Mystery dinner. Are you interested in joining doing them? Both are family things that can be done with your whole family.

Thank you Assist, Secretary Donald Ciecuch for setting up our new Website. Visit it, www.njnyvfa.org

Stay safe.

Tony Chiodo President



The officers and members of the NJ & NY Volunteer Firemen's Association extend their deepest sympathy to the families of our departed comrades:



NORWOOD FIRE COMPANY HONORED LONGTIME MEMBER GEORGE CERBASI ALSO A MEMBER OF NEW JERSEY AND NEW YORK VOLUNTEER FIREMEN'S ASSOCIATION

Norwood, N.J. — September 17 — The Norwood Fire Co.No.1 expressed sorrow over the death of Life Member George Richard Cerbasi Sr., who was affectionately known to fellow members as "Murphy." He passed away on September 16 at the age of 90. According to his obituary, Cerbasi had been a member of the fire company for 66 years.

Cerbasi was a dedicated member of the Norwood fire service and remained active in department events and meetings throughout his time with the organization.

Official records from the Norwood Fire Department noted that George Cerbasi was recognized as a Life Member, a testament to his extensive service to the department.

George Richard Cerbasi Sr. (Murphy) 90 years of Westwood. Formally of Norwood. Predeceased by beloved wife Joan. Loving Father of Bernice (Michael), George Jr. (Marie), Michele (Kevin), Gary (Marilyn), and Daryl (Jean Marie). Cherished Poppy of Thomas Jr., Trista, Brianna, Danielle, Lily, and Jessica. Great grandfather to Kira, Nicoletta, and Ava. Dear brother of Marilyn Rouvrais and will be missed by many nieces, nephews and friends.

Also loved hunting, fishing, and playing softball where he pitched for many years. Avid fan of the Yankees and NY Giants. A proud Army Veteran.

Our Dad favorite saying was, "another conversation going nowhere!" With a big smile and hands, up in the air.

Visitation Sunday 3-8 PM at Moritz Funeral Home Closter, NJ.

Donations may be made to New Jersey Fireman's Home. <https://njfh.org/#>

Street, Northvale, NJ 07647, or St. Jude Children's Research Hospital: www.stjude.org/donate



EX-CHIEF LOUIS RENTE APRIL 30, 1951 — SEPTEMBER 12, 2026 LYNDHURST, NJ

Louis Rente, born April 30, 1951, in Havana, Cuba, lived a life marked by resilience and dedication. His early education began at Embassy School and Institute Felix Varela, followed by Don Bosco School in Guines and LaSalle school in Santi Espiritus. In 1962, Louis journeyed to the United States through Operation Peter Pan, finding support with Catholic Charities at Saint Mary's Residence for Children. There, he adapted and thrived, living briefly with the Knipper family and attending Essex Catholic High School and Seton Hall University.

Louis's career included roles at Vornado Two Guys in Kearny, Charles F. Guyon in Harrison, and The Ideal Supply Company in Jersey City. It was at Vornado Two Guys he met his beloved wife, Barbara. As a dedicated member of the Knights of Columbus, Queen of Peace Council, and an active volunteer firefighter for 41 years with The Lyndhurst Volunteer Fire Department, Louis served as chief in 2001, demonstrating commitment to his community.

He is survived by his son, Daniel Rente; daughter, Brianne Wood; grandchildren, Joseph Rente, Alexandra Kaduscwicz, Vincent Rente, Trinity Kaduscwicz, and Victoria Wood; sister Beatriz Sampedro with her husband Antonio; brothers George with wife Diane, Joseph with wife Laura, Mario with wife Kim; brother-in-law David Pfluge with wife Ann; along with many cherished nieces and nephews. He is predeceased by his wife, Barbara Rente (Pfluge), son Mark Rente, and son-in-law Thomas Wood.

Visitation will be held on Tuesday from 4-8 PM, with a funeral mass at 10AM at Our Lady of Mt. Carmel Church in Lyndhurst. A private cremation will follow. In lieu of flowers, donations may be made to St. Jude's Children's Research Hospital.

To send flowers or plant a memorial tree in memory, please visit our flower store.

Consider a donation, as requested by the family.

Upcoming Meetings and Events

2026

October 30 Meeting is at Little Ferry Hose & Ladder, 124 Main St, Little Ferry, NJ
November 20 Meeting at New Milford Firehouse, 680 Trenton Street New Milford N.J.

No Meeting in December

2027

January 29 Meeting at Piermont Firehouse 554 Piermont Ave Piermont N.Y.
February 26 Meeting at Tappan Fire House 123 Washington Street, Tappan, N.Y.
March 26 Need a location
April 30 Meeting at Moonachie Firehouse 111 Moonachie Road, Moonachie, N.J.
May 16 Memorial Service for Bergen & Rockland County. Fire Academy 281 Campgaw Road, Mahwah N.J. Starts at 2pm
June 4 The Convention. Tappan Fire House 123 Washington Street, Tappan, N.Y.

No Meetings in July and August

September 24 Need a location
October 29 Need a location
November 19 Meeting at New Milford Firehouse 249 Center Street New Milford N.J.

No Meeting in December.

2028

January 28 Meeting at Piermont Firehouse 554 Piermont Ave. Piermont N.Y

If a Department or a Company hosts a meeting, they will get a dues credit the following year. Personal members still must pay their dues.

We need your help, so please notify an Officer of the date you want to host a meeting.

Thank you.

NEW YORK CITY FIRE DEPARTMENT JOBS IN WORLDWIDE.

New York City Fire Department jobs

12 New York City Fire Department Jobs in Worldwide

Director of Public Certification Unit New York City Fire Department Brooklyn, NY Medical insurance +4 benefits

Deputy Director New York City Fire Department Brooklyn, NY Be an early applicant +5 benefits

Director New York City Fire Department Brooklyn, NY Be an early applicant +6 benefits

Associate Commissioner New York City Fire Department Brooklyn, NY Medical insurance +4 benefits

Disability Rights Coordinator New York City Fire Department Brooklyn, NY Be an early applicant +5 benefits

Data Quality Analyst New York City Fire Department New York City Metropolitan Area Medical insurance +5 benefits

Chief Information Security Officer New York City Fire Department Brooklyn, NY Medical insurance +4 benefits

Computer Associate Operations New York City Fire Department Brooklyn, NY Medical insurance +5 benefits

Associate Fire Protection Inspector II New York City Fire Department Brooklyn, NY Be an early applicant +6 benefits

EEO Attorney New York City Fire Department Brooklyn, NY Medical insurance +6 benefits

WTC CASE MANAGEMENT NURSE New York City Fire Department New York City Metropolitan Area Medical insurance +5 benefits

Chief Information Security Officer New York City Fire Department Brooklyn, NY

RIDGE ROAD FIRE DISTRICT EARNS HIGHEST FIRE PROTECTION RATING

Greece, N.Y. (WHAM) — The Ridge Road Fire District has earned the highest rating available through a national evaluation of fire protection services, a distinction officials say could also mean lower insurance premiums for property owners.

The district received an ISO Class 1 rating through the Insurance Services Office's Public Protection Classification program.

"It puts us in a very unique situation where we're one of the top-performing departments in the country," Fire Chief Sean McGarry said.

The district said just 1.4% of communities evaluated nationwide have earned the top rating.

"It measures how well the fire department can protect against and put out structure fires," said Matthew Harding, a partner at Morgan Stern Insurance Services. "There's different tiers within the ISO rating. Tier one through three is considered top tier. Four through eight is adequate, and nine and 10 is minimal coverage."

The evaluation considers three main components:

- The fire protection services provided by the department
- The community's water supply and fire flow capabilities
- Emergency call processing through the 911 center

"All three of those performed very well," McGarry said. "For us specifically, we had to increase some training hours, do more live fire hands-on training, and we looked at our response matrix and tried to reduce call response times."

The improved rating could translate into lower insurance premiums for homeowners and businesses within the district, although the savings are expected to be modest because Ridge Road previously held an ISO Class 2 rating.

"Because this district was already an ISO2 and top tier, moving to an ISO1, they're going to see a minimal change, maybe 2% at most in their premium at the next renewal," Harding said.

While some property owners could see insurance savings, McGarry said that does not necessarily mean their fire taxes will decrease. The district is facing many of the same inflationary pressures as households.

"Much like the homeowner faces, our costs here have gone up on all the same areas: utilities, fuel bills, personnel costs," McGarry said. "Sending people to training has all matched with the pace of inflation, and those costs have all kind of had to be absorbed into our budget."

Officials have not yet determined how much fire district taxes could increase.

The district will celebrate its ISO Class 1 designation with a ceremony Thursday October 1, 2026 at 11 a.m. at its Long Pond Road headquarters.

5 OF THE WORST RATED HOME SECURITY CAMERAS, ACCORDING TO CONSUMER REPORTS

Arlo Essential Indoor Camera Plug-in VMC3070



Arlo's Essential Indoor Camera Plug-in VMC3070 is a 2K (1,296p) security camera that comes with a 130-degree field of view, two-way audio support, and color night vision. The indoor security camera is powered by USB-C, supports dual-band Wi-Fi, and can offer AI-powered notifications of detected events if you're subscribed to the company's Arlo Secure plan. Consumer Reports is generally satisfied with the Arlo camera's performance and notes that it captures fairly sharp and clear images during the daytime with serviceable video quality during the nighttime. The camera is also quick to send detection alerts and has support for popular smart home systems.

However, according to CR, it has a significant vulnerability, making it susceptible to a hack. While CR didn't disclose the exact vulnerability, Arlo cameras, in the past, have dealt with Wi-Fi and network misconfiguration-related security issues. This, combined with the camera's poor overall data security and lack of transparency and control over data privacy, is one of the main reasons the camera is not a recommendation from CR. As of August 2026, it remains unclear whether the vulnerability has been patched by the company or not. Good data security is essential for any security camera, as it helps keep any attackers at bay and stops unauthorized intrusion into your privacy.

While data security concerns are not one of the common problems associated with Arlo cameras, it's something that you should certainly keep in mind before shelling out for the VMC3070. Notably, other experts and buyers are not happy with the need for a premium subscription to get video recordings. The TP-Link Tapo C225 is a good option if you're looking for alternatives. It performed very well in CR's testing, supports video recordings in 1,520p resolution, and has a built-in microSD card slot for local storage. It also offers good data security and response time.

Wyze Cam Floodlight Pro



The Wyze Cam Floodlight Pro is another home security camera that's poorly rated by CR, largely because of its inadequate security and data privacy concerns. Like the Arlo Essential Indoor Camera VMC3070, it suffers from a serious undisclosed security vulnerability, which can result in it becoming a victim of an attacker. Wyze has an unfortunate track record with security issues, and its cameras were found to be containing a flaw in 2022, which allowed hackers to remotely access users' saved videos. Otherwise, the camera offers reasonable video quality with a 180-degree field of view (FoV), can capture in 1440p, and supports an optional microSD card for local storage. There is also the option for paid cloud storage. CR says it's quick to send detection alerts. Other features include three

LED floodlights capable of 3,000 lumens, activity zones, an IP65 rating for dust and water resistance, and support for dual-band Wi-Fi. You can power it using an AC outlet or an optional solar panel.

Other experts report trouble with the company's software, the camera motion detection system, and barrel distortion with the 180-degree FoV. While there are some likable features in the camera, like local storage and capable floodlights, the security concerns and poor software leave a lot to be desired. A floodlight home security camera that you can consider as an alternative is the Eufy Floodlight Cam E340. CR likes its performance. It can record in 3K and has local storage support. More importantly, it's free from any known security vulnerabilities.

Arlo Ultra 3rd Gen VMS5250



Arlo's Ultra 3rd Gen VMS5250 is one of the worst-rated cameras by Consumer Reports, and unlike the other cameras that we have mentioned here, data security isn't the problem with it. Instead, it has poor video quality, with soft images and a lack of detail. The nighttime captures are not really serviceable. It also takes quite a while to send alerts for any detections, which can hamper your ability to respond in time. Moreover, while the Arlo security camera works with popular smart home platforms, it still requires you to install the company's app for smooth functioning, and you may need a premium subscription to enjoy its full feature set.

Otherwise, the camera has a 4K resolution, a built-in spotlight, and support for dual-band Wi-Fi and a wide 180-degree field of view. It can also be powered using the built-in 5,050mAh battery, AC power, or an optional solar panel. More importantly, you can store video locally, thanks to a built-in microSD card slot.

While other experts don't complain about the video quality, they do highlight that you need to subscribe to a premium plan to get 4K recording support and other key features. If you don't pay, the camera will only record in 1080p. It's also an expensive purchase. TP-Link sub-brand Tapo's MagCam C460 can be a good alternative for the Arlo Ultra 3rd Gen VMS5250. It can also record in 4K, has a built-in battery, and packs two built-in spotlights. The Tapo security camera has also received positive reviews from the experts.

Philips Secure Battery Camera



Although the Philips Secure Battery Camera has excellent video quality with a sharp and clear picture, during both daytime and nighttime, this home security camera failed CR's security testing, which revealed the presence of a high-risk vulnerability. Attackers can potentially exploit this vulnerability to hack the smart camera. CR hasn't revealed any details about this vulnerability, and it remains unclear whether Philips has issued a patch for the same. Unlike Arlo and Wyze security cameras, Philips' offerings haven't been a victim of any known major security issues.

Otherwise, the camera has a pretty solid feature set, including 1080p video recording support, compatibility with popular smart home platforms, a built-in battery for wireless operation, a 141-degree FoV, and two-way communication. You also get IP65 dust and water resistance as well as dual-band Wi-Fi support. Moreover, CR says it's quick to deliver detection alerts in the Hue app.

Unfortunately, you need a Philips Hue Bridge to make the most out of it, which is an added cost. That said, if you're already in the Hue ecosystem or are planning to add more Hue devices to your smart home, you'll be able to use the same Bridge. A potential alternative for the Philips Secure Battery Camera is the TP-Link Tapo MagCam C425. It can record in 2K, is recommended by CR, and has good video quality. It also packs all the necessary security protections.

Wyze Cam Floodlight v2



The Wyze Cam Floodlight v2 fares pretty similarly to the company's Cam Floodlight Pro in CR's testing, which isn't surprising given the two cameras share a lot of features, with one major distinction being the presence of an extra floodlight on the Pro model. This 2K resolution security camera has a reasonable video quality with clear and sharp images, but not on the level of some of the better cameras in its price segment. However, it's super quick to send alerts when the camera detects something and has support for popular smart home platforms.

It also supports local storage, has a 160-degree field of view, and can be powered using a wall adapter or an optional solar panel. The camera's built-in floodlights support motion control and can deliver 2,800 lumens of brightness. That said, like other similarly rated security cameras, it has poor data security and has a vulnerability that can be potentially exploited by an attacker. CR didn't share any information about the vulnerability; however, as mentioned, Wyze cameras were found to have major security problems in the past. Wyze's data privacy policies are also not ideal and can be more transparent.

Other experts have generally positive things to say about the camera; however, they note that you'll need to shell out for the premium subscription to get the most out of it. Moreover, some buyers have expressed concerns about the reliability of the Floodlight v2. A possible alternative for the Wyze Cam Floodlight v2 is the Blink Wired Floodlight Cam. It has received good feedback from CR, and doesn't suffer from any known security vulnerabilities.

Read More: <https://www.bgr.com/2232342/worst-rated-home-security-cameras-according-consumer-reports/>

7 MEDICATIONS THAT DON'T MIX WELL WITH COFFEE, ACCORDING TO A PHARMACIST HEALTH NOTICE TO YOU OR ANYONE YOU KNOW ON THESE MEDICATIONS

Coffee is part of many people's daily routine. It provides the energy boost you need to kick-start your day (hello, caffeine!) and boasts potential health benefits as well. One potential drawback to your morning cup of joe is that it may not mix well with certain medications, especially if you take them earlier in the day.

There are many ways coffee may interact with some medications. "Coffee can alter how certain medications are absorbed, metabolized or eliminated by the body," says Jennifer Bourgeois, Pharm.D. "It can speed up gastric emptying, causing the medication to move through your system before it's fully absorbed. It also competes with medications that rely on liver enzymes, like CYP1A2, potentially increasing or decreasing drug levels in the bloodstream."¹

Thankfully, this doesn't mean you have to give up coffee completely, but you may need to adjust the timing of taking your medications and sipping on your coffee. Read on to find out which medications Bourgeois warns may interact with your morning cup of joe.

1. Antidepressants

If your doctor has prescribed an antidepressant, you'll want to make sure you aren't drinking coffee too soon after taking one of these medications because it can make them not work as well as they're supposed to. For example, the caffeine in coffee can form a complex with the antidepressant drug escitalopram (Lexapro), making it harder for your body to absorb the medication. Since less of the drug is absorbed, it may be less effective.¹²

Other antidepressants like clomipramine and imipramine are broken down by the same enzyme (called CYP1A2) as caffeine. So if you're taking these medications with coffee, they may not be metabolized as quickly, which can lead to higher levels of the drug in your blood for a longer period.¹² In addition, this interaction could increase the effects of caffeine, leaving you feeling jittery and restless.

2. Thyroid Medication

Hypothyroidism is a condition where your thyroid (a butterfly-shaped gland in the front of your neck) doesn't produce enough thyroid hormones. Without adequate hormone levels, you may start to experience excessive tiredness, joint and muscle pain, depression or weight gain.³

Bourgeois explains that the absorption of levothyroxine, used to treat hypothyroidism, can be significantly reduced by coffee. In fact, some studies found that it reduces your absorption of the medication by as much as 50%. "This may lead to inconsistent thyroid levels and persistent symptoms like fatigue or brain fog," says Bourgeois. "That's why patients are advised to wait 30 to 60 minutes before drinking coffee after taking thyroid medications."¹

The same may also apply to tea, as one study found that tea drinkers had the same effects as coffee drinkers, with less absorption of their levothyroxine when taken within 4 hours of drinking tea.⁴

3. Osteoporosis Medication

Medications used to treat osteoporosis, like risedronate and alendronate, shouldn't be taken with coffee. "Whether it's caffeinated, decaf or even just milk or juice, these can all reduce absorption due to how the medication binds and dissolves. The safest practice is always to take this medication with plain water only," says Bourgeois.⁵⁶

4. Cold & Allergy Medications

Pseudoephedrine (Sudafed) is a nasal decongestant that can be purchased over the counter to help treat a stuffy nose from the common cold or allergies. Like caffeine, pseudoephedrine is also a stimulant. So when taken together with coffee, it may compound the side effects, making you feel more jittery and restless.⁷ Those with diabetes should be extra cautious when consuming caffeine on this medication—some studies found that combining the two can raise blood sugar and increase body temperature.⁸

5. Antipsychotic Medication

People who take antipsychotic medications like phenothiazine, clozapine, haloperidol or olanzapine may need to adjust the timing of their morning coffee. Coffee can interfere with your body's ability to metabolize these medications.¹

6. Asthma Medication

If you have asthma, a condition that can make your airways inflamed and irritated, your health care provider may prescribe a bronchodilator like aminophylline or theophylline. These medications relax the muscles in your airways, making it easier to breathe. Common side effects of this medication include nausea, headache, restlessness and irritability. Consuming too much caffeine (from coffee, tea or energy drinks) can increase the side effects you may experience while taking this medication.⁹¹⁰

7. Blood Thinners

Blood-thinning medications are often recommended for those who may be at risk for blood clots after surgery or have certain heart or blood conditions. Since these medications prevent blood from clotting, the most common side effect is the risk of bleeding. Taking these medications with coffee is risky since the caffeine in coffee can also slow blood clotting, which further increases your risk of bleeding or bruising.¹

In addition, research has found that coffee can lower the pH in your stomach, which can increase the absorption rate of other blood thinners like aspirin. Since it's absorbed faster, more is available to the body all at once, which can enhance the potential for bleeding.¹

Our Expert Take

4 SIGNS YOUR RECHARGEABLE BATTERIES ARE NO LONGER SAFE TO USE



There's a limit to how many times you can use rechargeable batteries before they stop working entirely. After going through a certain number of charge cycles, a battery will reach a "failure point" where its health and per-cycle capacity will start degrading much more rapidly. However, just because your battery's charge capacity is degrading doesn't mean it's dangerous to use, right? Well, that may be true some of the time, but you should constantly watch out for a few telltale signs that your rechargeable batteries are no longer safe to use.

Defective batteries often show signs like overheating and might not be able to power your device optimally. In extreme cases, the battery might even show physical damage or start leaking chemical odors. A faulty battery can eventually pose a risk of damaging the device or even harming the user. There are times when it may be better to err on the side of caution by recycling that old battery early and slotting a new cell instead. But if you stay vigilant for these four danger signs, you can prevent a disaster stemming from faulty rechargeable batteries.

The battery is overheating



Lithium-ion batteries can heat up because of the chemical reaction that occurs when the battery is charging or discharging energy. Certain actions, like running intensive apps on a smartphone or using a device's "fast-charging" feature, can cause the battery to warm up even more. But if the device gets unusually warm to the point that the battery itself is too hot to touch, then you might be in a dangerous situation. Be mindful of your device's shape, too, because any swelling or bulging might indicate that the heat has caused a gas buildup. This might even be a sign that your lithium-ion battery could catch fire.

This is also the reason why lithium-ion batteries should not be disposed of by throwing them in a typical garbage can or recycling bin, especially if the battery itself is damaged or faulty. Even small lithium-ion batteries present some risk of entering thermal runaway. Unlike traditional fire, a thermal runaway is a self-sustaining chemical fire that could escalate quickly.

Physical damage to the battery



Watch out for cracks or bulges in the battery's casing. These are types of physical damage that you should never ignore, even if the battery still seems to be working just fine. Be extra cautious of corrosion to the battery caused by heat, pressure, or chemical reactions. If you notice a clear or white deposit on or around the battery, it likely means that corrosive electrolytes are leaking out. These chemicals may eat away at metal or electrical components within a device. Worse yet, they can cause skin irritation or even vision loss if the chemicals make contact with your eyes.

It's not a bad idea to regularly check your battery for damage, especially if it's getting old or if you keep a protective case on your device. If you notice a swollen battery, don't try to puncture it, as it could trigger a thermal runaway. Instead, cautiously dispose of your old battery and replace it with a new one immediately.

You notice a distinct chemical odor



A healthy lithium-ion battery shouldn't give off any particular smell. If anything, it might have a plastic-y or "clean" smell if you inspect it closely. But if you detect a sweet, pungent, fruit-like smell coming from an electronic device, it might be coming from a rechargeable battery that's no longer safe to use. This is the chemical odor of electrolytes leaking from the battery casing. It's often compared to the solvent scent of acetone in nail polish remover.

Other odors to be aware of include smoky or burning smells that might indicate that internal components are being affected by heat damage. And in fact, heat damage is more likely if there is a leak in the battery because it means that chemical stability has been compromised and flammable gases might also be escaping. If you notice the smell of overheating electronics accompanied by the acetone-like smell of battery acid, then stop using the device immediately.

The battery-powered device isn't working properly



If your battery-powered device has a light that's flickering, a motor that's stuttering, or any function that's not working as consistently as it should, it could be a battery problem. A malfunctioning battery might be outputting inconsistent voltage, which is unsafe because voltage fluctuations can harm the device or cause dangerous overheating. This could also be a sign that the battery is degrading, which can of course lead to chemical leaks.

As a rule of thumb, there are certain devices you should never put rechargeable batteries in. These include devices that you use infrequently or ones that you only use in very short bursts, like a TV remote. This is because rechargeable batteries constantly discharge energy even when not in use, and may eventually reach a "deep discharge" state that will make it difficult for the battery to power any device properly. In the worst case, the steady discharge of energy may eventually result in a corrosive chemical leak from the battery.

7 THINGS YOU SHOULD NEVER USE ALUMINUM FOIL FOR

1. Avoid Using Foil with Acidic Foods

"Aluminum foil is one of the most widely used items in American kitchens. It's convenient, versatile and easy to grab when you're cooking, baking or storing leftovers," said Dr. Darin Detwiler, an associate professor at Northeastern University's College of Professional Studies and a food safety advocate and educator. "But there are certain situations where using foil can actually pose risks to your health and food safety."

Acidic foods—like tomatoes, vinegar or citrus—can corrode or discolor aluminum. That means if you are marinating chicken breasts in lemon juice and oil, use a glass or ceramic storage container instead of aluminum foil. According to Detwiler, acidic ingredients can trigger a chemical reaction that not only produces a metallic taste but also releases aluminum into the food. There is a fairly high likelihood of this reaction, and the health risks could include gastric irritation or long-term neurological concerns, Detwiler explains.

2. Don't Use It for Storing Leftovers Long-Term

While wrapping room-temperature leftovers (such as steamed ears of corn) in foil is generally safe, you should not use aluminum for long-term storage. "Aluminum foil is not airtight," Detwiler says. "Wrapping leftovers in foil allows air and bacteria to enter, which increases the risk of spoilage and foodborne illness." Of course, if the food is acidic, you also run the risk of aluminum leaching into the food over time. Instead, use an airtight glass or ceramic container for longer-term storage.

3. Skip the Foil When Baking

Aluminum is a good conductor of heat, so if you use an aluminum-foil-lined baking sheet to make cookies or other baked goods, the bottoms may brown or even burn. If you use standard gauge foil, it may tear easily and cause sticking. If your baked goods happen to be acidic, like lemon drop cookies, they could taste metallic. Instead, opt for a reusable silicone baking mat or parchment paper for more even heat distribution.

4. Never Microwave It

You should never put metal in a microwave, as it could cause sparks or a fire. Since aluminum foil is a metal, avoid wrapping your russet potatoes in aluminum foil (as you might when baking them) before microwaving them—use wet paper towels instead. When covering plates or bowls, reach for parchment paper or microwave-safe covers to prevent splatters or spills.

5. Avoid Using It at Very High Temperatures

One of the key selling points of aluminum foil is its ability to withstand high temperatures. However, cooking at very high temperatures for extended periods, whether in the oven or on the grill, can cause the foil to break down, especially when it's in direct contact with food or exposed to an open flame. Detwiler explains, "This can cause aluminum to migrate into your food, a process where small amounts of the metal dissolve into what you're eating."

Reynolds Wrap makes foil for the grill that is heavier-duty than its everyday foil.¹ The company says, "Reynolds Wrap Grill Foil is designed to take the high heat of the grill as well as the low temperatures of the freezer. It is safe at any temperature ranging from -40°F to 650°F."

Foil degradation or breakage is more likely above 400°F and when the foil comes into contact with foods that are acidic or especially salty, says Detwiler. "Although occasional use may not cause harm in healthy individuals, repeated exposure can lead to a gradual buildup of aluminum in the body, especially for people with reduced kidney function," he adds.

6. Don't Line an Oven or Grill with It

While not a food safety concern, lining the bottom of a grill or oven with aluminum foil can be problematic. The foil may not withstand high heat and could scratch your oven. In addition, it could damage heating elements or interfere with the open flames of a gas oven.

A layer of foil on the bottom of the oven could block airflow and result in uneven heating. Grease could build up on the foil and ignite a fire. The same concerns apply to a grill: Airflow is critical for grilling, so it's best to save foil for quick-cooking grilled vegetable packets.

7. Recycle, Not Reuse

Aluminum foil is recyclable and, in some cases, reusable. However, do not reuse it if it comes into contact with raw meat or seafood, as it may carry foodborne pathogens. When you are ready to dispose of it, clean it well, ball it up, and find a local recycling program that accepts aluminum foil.

The Bottom Line

There is no doubt that aluminum foil is convenient, but it was never meant to be the Swiss Army knife of kitchen tools, according to Detwiler. There are a number of everyday uses that "carry hidden risks that can add up over time," he said. "By understanding where those risks lie and choosing safer alternatives, home cooks can protect their health and food quality without sacrificing convenience."

Aluminum is not just found in foil; it's also in some baking powders and medications.² Small amounts are typically excreted by the body, but overexposure could pose health risks—especially in those with kidney problems, warned Detwiler. In almost all cases, opting for glass containers, parchment paper or silicone mats for cooking and storing food may be a healthier and safer choice.



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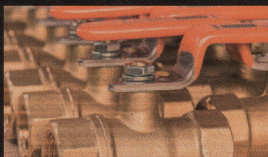
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