

HEALTHY, WEALTHY & WISE

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A young girl with brown hair in pigtails, wearing a light blue t-shirt, lies on a carpet. She has a wide-eyed, surprised expression. The carpet is divided into three horizontal sections: orange at the top, green in the middle, and grey at the bottom. Various painting supplies are scattered around her, including yellow and blue paint containers, brushes, and a pink stuffed rabbit.

Carpet Buckles and Wrinkles?

It happens to old carpet, new carpet, high traffic and low traffic. Sometimes carpet develops ripples or buckles, causing tripping hazards that are dangerous and look terrible. It could happen any time and prevention is the best medicine.

Ripples can occur throughout the life of a carpet. Ripples are small waves that usually appear sometime after the carpet is installed. They can happen in a localized area or throughout the entire room. Installer error is the most common cause. Though ripples can also develop from excessive rolling traffic, improper carpet cushion, delamination of the primary and secondary backings and even some manufacturing defects.

To avoid ripples carpet should be installed using a power stretcher. Too often installers save time by using a knee-kicker. This results in inadequate stretch and the potential for ripples to develop as the carpet relaxes.

Ripples also occur to carpet that is not properly acclimated to the environment prior to installation, especially if the carpet is installed in cold weather. A carpet needs to acclimate to normal room temperature

See "CARPET" on next page



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CARPET continued from page 1

and humidity for at least 48 hours before installation.

Wrinkles are usually seen in new carpet immediately after installation. Carpet wrinkles are areas where the carpet has been folded or crushed during storage. Wrinkles not only affect the surface yarns, they go all the way through the carpet backings and may be permanent.

It is best if this condition is identified before the carpet is installed. If possible the wrinkled portion of the carpet roll should not be used. Wrinkles may be improved by steaming and grooming the carpet, but the results will vary based on the type of carpet yarn, backing, and the severity of the wrinkles.

Occasionally, carpet will develop ripples immediately after cleaning. This can be quite disturbing to both the homeowner and the cleaner. The cause is moisture absorption

into the adhesive layer between the primary and secondary backings of the carpet. Even though the ripples appear after cleaning, the root cause is improper stretch of the carpet during installation. Usually once the carpet dries completely and acclimates to the normal temperature and humidity of the home the carpet will lie flat again. This can take up to 48 hours, though in rare cases the ripples may persist.

The only way to fix rippled carpet is to re-stretch the carpet. Re-stretching requires training, skill and patience. It is more difficult to re-stretch a carpet than it is to stretch it right the first time. If ripples are ignored for too long, the carpet will develop buckles.

Buckles are large ripples that form breaks and/or wrinkles through the face yarns and carpet backing. If buckles are not corrected permanent damage to the texture and

structure of the carpet results. Even if the carpet is re-stretched the damage from buckles may still be apparent.

So what should you do if your carpet develops ripples? If the carpet is still under warranty, it's best to contact the installer and the retailer where you purchased the carpet. If you don't get any help there, the manufacturer would be the next logical step.

You may have to be persistent and patient to get results, so keep track of names, dates, and times of all calls or e-mails. If your carpet is out of warranty and has ripples or buckles, steaming and grooming the pile yarns may help minimize the appearance of the damage.

Call **Service First Restoration** for recommendations, tips or to schedule your next service.

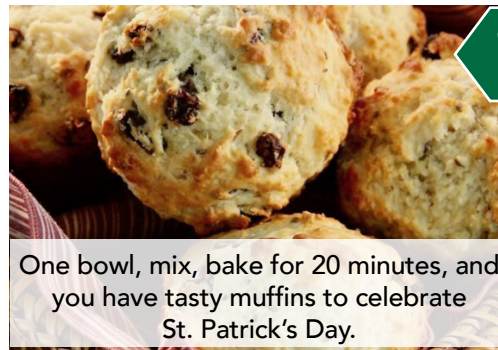
The Good Life



Good Clean Funnies

What do you get when you cross a four-leaf clover with poison ivy....A rash of good luck on St. Patrick's Day.

I bought the world's worst thesaurus yesterday. Not only is it terrible, it's terrible.



Irish Soda Bread Muffins

Directions

Preheat oven to 400 F. Line a muffin tin with paper liners.

Mix flour, raisins, 1/2 cup plus 2 tablespoons sugar, caraway seeds, baking powder, salt, and baking soda in a large bowl.

Whisk buttermilk and egg together in a small bowl. Stir into flour mixture. Fold butter into the batter.

Spoon batter into the prepared muffin tin.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20 to 30 minutes.

Recipe courtesy allrecipes.com

Ingredients

- 3 cups all-purpose flour
- 1 cup raisins
- 1/2 cup white sugar
- 2 tablespoons white sugar
- 1 tablespoon caraway seeds
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/4 teaspoon baking soda
- 1 3/4 cups buttermilk
- 1 egg
- 1/4 cup butter, melted



Dealing with Seasonal ALLERGIES



If symptoms are bad enough, visit your doctor. Tests are available to determine what you are allergic to in order to avoid or treat those specific triggers.

The impending arrival of spring also means the arrival of sneezing, sniffing, and brain fog for millions of people afflicted with seasonal allergies.

The Mayo Clinic offers a variety of tips to help people deal with allergies. They include minimizing your exposure by staying inside on dry, windy days to delegating lawn mowing duties.

Some other tips include: avoid outdoor activity in the early morning when pollen counts are highest.

Use the air conditioning in your house

and car and use a dehumidifier to keep the indoor air dry.

Rinse your nasal passages with a saline solution, either via a squeeze bottle or a neti pot. Make up the saline solution using water that's distilled, sterile, previously boiled and cooled, or filtered with an absolute pore size of 1 micron or smaller. Also make sure to rinse the irrigation device after each use with similarly distilled, sterile, previously boiled and cooled, or filtered water and leave open to air-dry.

Spring CLEAN Your Car

Why should spring cleaning be relegated to our homes? Our cars need a thorough scrubbing as well. Here are some tips from professional detailers to help you give your car a makeover without spending the big bucks:

To clean cup holders, put an old sock over the bottom of a travel cup, spray with window cleaner and twist. Then, get into the corners with a wooden barbecue skewer.

Wood skewers, cotton swabs, old makeup brushes and soft-bristled

tooth brushes work great for those hard-to-reach spots.

Other tricks, according to dmv.org, include using a plastic knife covered with a thin cloth to get into crevices, canned air to blow out dust, and using tape wrapped around your hand to grab pet hair off the upholstery.

Start with the wheels when doing the exterior, then change the water and rags for the rest. The DMV recommends newsprint to give windows and mirrors a streak-free shine at the end.



The final step is to polish and then wax your car exterior. You can invest in a polisher or do it yourself.



A Little Bit of LUCK



The four-leaf clover is a rare variation of the most commonly found three-leaf clover.

Like the discovery of a heads-up penny or the act of tossing spilled salt over your left shoulder, finding a four-leaf clover is considered good luck to those though it is not clear when or how this superstition began.

But while your chances of stumbling upon the penny are 50-50 and you can toss that salt any old time, what are the odds of finding the four-leaf clover?

About 1 in 10,000. Dr. John Frett, professor of Landscape Horticulture and Director of the University of Delaware Botanic Gardens, was quoted

on marthastewart.com as saying the 1 in 10,000 chance is for a typical group of plants that represents the statistical norm for the population. On the other hand, in 2014, a woman in Sydney, Australia, happened upon 21 of the lucky clovers in her front yard. So there's that.

One website devoted to clovers warns against buying impostors. The real deal, according to clovers.com, comes from the White Clover plant, or the trifolium repens. The site even includes diagrams to educate the public on genuine versus fake four-leaf clovers.



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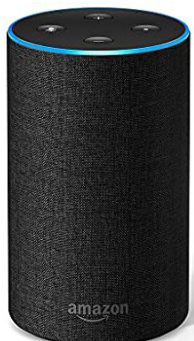
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