



HUMIDITY EXPLAINED

HUMIDITY... What is it? Basically, humidity is a measure of the amount of water vapor present in the air. Most people are familiar with the term, "relative humidity". Often used by meteorologists, relative humidity is the amount of water vapor present in the air compared, or relative to, the maximum amount of water vapor the air could hold.

Relative humidity is expressed as a percentage and is determined by two factors; air temperature and the amount of water vapor actually present in the air. So, when we say 57% relative humidity, what we really mean is that the air is holding 57% of the water vapor it could contain at that temperature. Warm air can hold more wa-

ter vapor than cold air. So, 57% relative humidity at 80°F is not the same as 57% relative humidity at 60°F. Just like 57% full in a 5-gallon bucket is not the same as 57% full in a 2-gallon bucket.

Discovering Water Vapor

You should maintain humidity levels in your home between 30-50% RH for optimal comfort

See "Humidity EXPLAINED" on next page



WATER | MOLD | FIRE | PLUMBING | REPAIRS

(855) 883-4778

ineedhelp@callservicefirst.com

www.callservicefirst.com



Christian Rovsek

CEO & Founder

(949) 610-9251

Humidity continued from page 1

and hair will feel dry and uncomfortable. Certain materials like leather and wood will also begin to dry out. High humidity - 60% or above - for extended periods can cause many problems, including health issues and damage to structural materials, in addition to increased potential for mold and other microbial growth. Signs of high humidity are: a sticky or clammy feeling; wood floors that are "cupped"; sticking doors; condensation on windows, air conditioning vents or walls; musty odors and mold growth on interior surfaces and furnishings.

The Danger of High Humidity

High humidity can be a sign that there is a leak in the structure, or problems with the air conditioning and ventilation

system, building envelope or foundation issues. If you have a basement or crawlspace, a damp musty odor is an indication that there are moisture or humidity problems. Musty odors are more than a nuisance. They could be an indicator of wood rot, mold growth or other damage. Microbes can also pose a health risk to occupants of the structure.

Warm air can hold more water vapor than cool air. This is why condensation occurs on cold surfaces. As air comes into contact with the cold surface, the air gets cooler, and the RH increases. If the surface is cold enough RH reaches 100%. Since the air can no longer hold all of the water vapor condensation forms on the surface of the cooler material. We call this the dewpoint temperature.

If you have a basement, sun room or unfinished area that is sometimes cooler than the rest of your house, temperature variations can lead to excessive humidity, condensation and all of the associated problems. In these areas it may be necessary to use a dehumidifier to control moisture in the air. Remember, if the air is damp so is the structure. Keeping humidity under control is one step toward making your home a healthier place to live.

High humidity is a sign that something is wrong with a structure. If you suspect you have any kind of water damage from a leak, condensation, poor construction or foundation issues, call **ServiceFirst Restoration** today. We can identify moisture and humidity issues and help solve them before you end up with a much bigger problem.

The Good Life

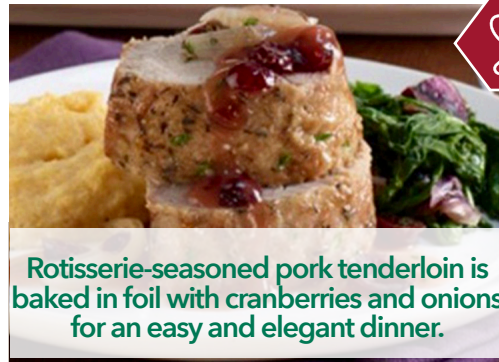


Good Clean Funnies

How did Benjamin Franklin feel when he discovered electricity?
Shocked!

What time is it when people are throwing pieces of bread at your head?
Time to duck.

Where do cows go on Dec. 31st?
A moo year's eve party.



WINTER Cranberry Pork Tenderloin

Directions

Heat oven to 350° F. Place a large piece of aluminum foil onto a baking sheet. Place tenderloin in center of the foil; season with thyme, nutmeg, salt and pepper.

Sprinkle the onions and cranberries over the tenderloin. Pull up sides of the foil creating a pouch but not sealing yet. Whisk cornstarch into chicken stock; pour mixture over tenderloin.

Bring up all edges of the foil to meet. Seal the edges and roll down so it is sealed but not too tightly. Bake at 350° F for 30 minutes.

Remove from oven; let stand 5 minutes before opening the package.

Remove tenderloin and cut into 1 1/2-inch thick slices. Place sliced tenderloin onto a platter and pour onion cranberry compote with juices over top to serve.

Ingredients

- 1 Smithfield® Golden Rotisserie Pork Tenderloin
- 1 teaspoon dried thyme
- 1/8 teaspoon ground nutmeg
- Salt and pepper to taste
- 1 cup thinly sliced onions
- 3/4 cup dried cranberries
- 1 tablespoon cornstarch
- 1 cup low-sodium chicken stock

Recipe courtesy allrecipes.com



5 Things You Don't Know About Dairy MILK



Milk is good for you, but did you know it's becoming better for the planet, too? Delicious and nutritious, milk benefits people and the environment in many exciting ways. Milk is even more nutritious than you think.

Milk has long been considered a powerhouse beverage that delivers nine essential nutrients: calcium, vitamin D, phosphorus, protein, riboflavin, niacin, pantothenic acid, vitamin A and vitamin B-12. Updated data revealed milk is a good or excellent source of four more nutrients: iodine, selenium, zinc and potassium. These upgraded credentials push the beverage to a natural nutrient content level that few other single foods or beverages can match, offering a total of thirteen vital nutrients.

Since 776 B.C., Olympians have relied on milk to power their athletic performance, a tradition that's stood the test of time. Today,

nine out of ten Olympians say they grew up drinking milk, and no wonder.

U.S. dairy supports over 3 million jobs in the U.S., all while investing in local communities and providing nutrients that American diets often lack. In fact, milk is one of the most affordable sources of protein on the market.

What's more, America's dairy companies work in partnership with Feeding America, donating milk to local community food banks.

In 2020, the industry agreed to reach three goals by 2050: Become carbon neutral or better; optimize water use while maximizing recycling; and, improve water quality.

Farmers, processors and retailers plan to achieve these goals by investing in new products and technologies, adopting on-farm practices that promote a more sustainable planet.

Remember, plastic milk jugs, paper cartons and glass jars have always been recyclable or reusable. Just be sure to rinse your containers before dropping them in the bin!

What You Should Know About LIFE Insurance



In today's environment, finding ways to help your family feel more financially secure and protected is important. As anyone who has suffered a loss in their family is likely to tell you, having **life insurance** in place beforehand made a huge difference for their financial situation - and their peace of mind.

What do you need to know about life insurance?

Don't wait – Consumers with life insurance say that they feel less stressed knowing their loved ones were financially protected. Another advantage is that typically, you can secure lower rates for life insurance when you're younger.

Life insurance is a vital part of any financial plan – Your family's financial health may be in jeopardy if you or your

spouse is no longer around to provide income. So when you're making a financial plan, consider whole life insurance as a crucial piece of your overall financial planning puzzle.

It's about more than immediate expenses – Providing life insurance for your family does a lot more than just pay for funeral expenses, debts or medical bills not covered by health insurance that you may leave behind. It can help provide financial stability for your family for years to come.

Nearing retirement? Whole life insurance can be an effective investment.

– Whole life insurance offers benefits that are especially helpful for older Americans, even if they may think that they no longer need life insurance.

Remember, look for affordable, flexible and portable protection.



In a recent study, 44% of families said if the primary wage earner died, they would face financial hardship within 6 months, and 28% would experience financial hardship in 1 month.



What You NEVER Do at a Holiday Dinner

Here are the seven **MOST impolite** things you can possibly do at a holiday dinner or any other dinner.

1. Not acknowledging the invitation. Still show up.

If you are coming, say so. Make a decision and let your host know.

2. Bring a stranger.

If you want to bring your love interest, tell your host long before the dinner.

3. Come late.

Grandma spent \$200 on that standing rib roast and you are an hour late for dinner. No!

4. Come empty-handed.

Ask what you can bring at the time you are invited. If the hostess needs nothing, bring a bottle of wine, if appropriate.

5. Complain.

If you don't like cranberries, don't take any and don't point out that you don't like them. It's also rude to show up and say you aren't hungry.

6. Watch TV.

Sorry your football game is on, but you have to interact with humans. That is why you came. Don't plant yourself on the couch.

7. Ignore the cleanup.

At least offer and if your offer is accepted, then help.

If you ignore every other tip on this list, you'll make up for it in spades by **thanking the host** a couple of days later. A text or email saying thank you... goes a long way.



Don't crowd the oven. If you're bringing a dish to a Holiday dinner, don't surprise your host with a cold casserole. Bring it warm. There's never enough oven space!



WATER | MOLD | FIRE | PLUMBING | REPAIRS

Need a HERO?

CALL (855) 88-FIRST (34778)

EMAIL ineedhelp@callservicefirst.com

ONLINE www.callservicefirst.com

ServiceFirst Restoration, Inc.
27071 Cabot Road, Suite 105
Laguna Hills, CA 92653

Why ServiceFirst?

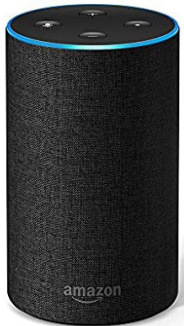
- One-Stop-Shop
- 24/7 Availability
- Same Day Attention
- Free Evaluations
- Mitigation Focused
- Financing Available

Referral Rewards

DID YOU KNOW?

Win An amazon echo

Take home an Amazon Echo, plus a **\$50.00 DONATION** to your favorite charity.



Winners announced every month!

Congratulations to our recent winners:

- Tamara Smith** - Tritz Professional Management Services
- Jerry Estabrook** - State Farm Insurance

You can track your projects through your *website portal!*

- 24/7 access to job status
- Real time, notes and photos
- Fewer emails and phone calls
- Increased transparency and certainty

Ask your account manager for details.

Filing an Insurance Claim

With ServiceFirst, you will not pay a **PENNY** over your deductible on covered claim items!