

HEALTHY, WEALTHY & WISE

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WATER Intrusion...

An **ABSORBING** Subject!



Water intrusion into your home or business can quickly cause significant damage from water absorption into structural materials, furnishings, cabinetry and woodwork. Act fast and call ServiceFirst Restoration if your home or business should suffer a water intrusion. Waiting only increases the severity of the damage and expense.

One of the first things we do when we arrive is to remove as much water as we can. After removing bulk water, our focus turns to drying wet structural materials and contents. This requires an understanding of how water affects different materials.

Concrete, ceramic tile and stone are examples of materials that can remain wet indefinitely without damage. Other materials like structural wood framing and

wood subfloors can be saturated for hours or even a few days without permanent damage if they are properly dried and cleaned.

Hardwood floors will show signs of swelling and damage within the first few hours of a water intrusion. If not addressed quickly and properly, hardwood floors begin to swell, cup and eventually buckle, requiring replacement or expensive repairs.

See "WATER Intrusion" on next page



WATER | MOLD | FIRE | PLUMBING | REPAIRS



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WATER INTRUSION *continued from page 1*

The rate at which building materials absorb and hold moisture depends on porosity and permeability.

Porosity is a measure of how much open space there is within a material. These open spaces can be large and visible, such as in a sponge, or much smaller such as in a piece of wood. Even granite and marble are somewhat porous, so water can pass into and through these seemingly impenetrable materials.

Permeability is a measure of how easily moisture or water vapor can be absorbed into materials. Highly permeable materials like drywall absorb water quickly. Semi-permeable materials like wood studs and floors take longer to absorb water. Low permeance materials such as concrete, hardwoods and natural stone resist moisture absorption the longest.

Generally, highly permeable materials that readily absorb moisture

can be dried quickly and easily. Low permeance materials like marble and granite absorb moisture slowly, but once they do, it is much harder to remove absorbed moisture.

Drywall is very absorbent due its high permeability and porosity. Water on the floor can wick up two feet or more into drywall through capillary action. Absorbed water reduces the integrity of drywall making it soft and easily damaged.

Mold is another concern. Most drywall has a layer of thick paper on the outside. When drywall remains moist for an extended period, mold grows on the surface and inside wall cavities, creating a health risk to occupants in the building.

Structural wood can absorb up to 30% of its weight in water. If this water is removed quickly and properly, damage is minimal. Mold will begin to grow on wood that remains abnormally moist for an extended period. Drying materials as quickly as is practical minimizes damage and prevents mold growth.

Hardwood floors, cabinets and woodwork require special care. Permanent damage such as shrinking, cracking and warping will occur if hardwood materials are dried too rapidly. We use specialized drying equipment and methods to remove moisture from these deeply saturated, low-permeance materials to avoid causing additional damage.

The trick in managing all of these drying challenges lies in understanding the different materials and how water affects and moves through them. We use electronic moisture meters to monitor material moisture content, surface temperatures, humidity levels and air temperature along with professional drying equipment. This level of expertise enables **ServiceFirst Restoration** to dry structures and contents effectively, saving expensive replacement and rebuilding costs. That's why we should be your first call if your home or business ever suffers a water intrusion.

The Good Life



Good Clean Funnies

Why did the computer go to the dentist?

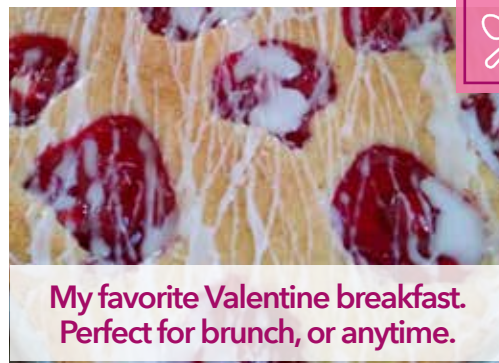
It had a blue tooth.

What did one wall say to the other wall?

I'll meet you at the corner!

What did one eye say to the other?

Between you and me something smells.



Cherry Glazed SPONGE Cake

Directions

Preheat oven to 350°F. Grease and flour a 10x15 inch jellyroll pan.

In a large bowl, cream together the margarine and sugar until light and fluffy. Beat in eggs, one at a time, then stir in almond extract. Fold in flour until just blended. Spread batter into prepared pan. With the tip of a knife, mark squares in the batter. Spoon equal portions of pie filling in the center of each square.

Bake in preheated oven for 35 to 40 minutes, or until golden brown, and a toothpick inserted into the center comes out clean. Allow to cool, then dust with confectioners' sugar.

Ingredients

- 1 cup margarine
- 1 1/2 cups white sugar
- 4 eggs
- 1 teaspoon almond extract
- 2 cups all-purpose flour
- 1 (21 ounce) can cherry pie filling
- 2 tablespoons confectioners' sugar for dusting

Recipe courtesy allrecipes.com

Top 2022 Food Trends Everyone's BUZZING About



Spice is nice - People's love of spice is soaring, and they are searching for new recipes bring on the heat from India, Jamaica, and Thailand and making them at home. Adding spice for flavor is a healthier alternative to salt and butter, plus hot foods may also stimulate your metabolism.

Powdered nut butters - Nut butter lovers rejoice - you can enjoy your favorite flavors without the fat and unnecessary ingredients. PB2 Foods, the creator of powdered peanut butter, now offers a variety of plant-based products that are gluten-free, kosher, vegan, Pre+Probiotic, and non-GMO project verified. From flavoring a smoothie to baking and cooking, powdered nut butters have many healthy uses in your kitchen.

Super premium beer - When it's time to enjoy a cold one, more people are thinking about what's in their glass. Island Brands USA is an example of a company that's churning out better brews, using only all-natural ingredients, no GMOs, and zero fillers or artificial flavors to create their beers. Their Island Active brand has just 88 calories and 4.2% alcohol by volume. Cheers to the good life!

Reducitarian diets - Many people want to eat less meat and animal products but don't want to go fully vegetarian or vegan. This is called reducaritarians. When reducaritarians do purchase or consume meat or animal products, they opt for organic dairy and grass-fed meats. Try new recipes that feature mushrooms, beans, or eggplant instead of meat.

As people continue to put renewed focus on wellness, they are seeking out foods and beverages that are wholesome, directly influencing the top food trends for 2022.

Get Rid of Those RECURRING Charges and SAVE

That \$3.99 charge pops up every month and we say: "As soon as I get a chance, I'm going to cancel that."

But life keeps you busy and pretty soon it is next month and that gym membership starts to be annoying. As if paying for it will make you use it.

Fact is, people spend more money than they realize for subscriptions. Think about the categories: Online news, Netflix, music streaming, premium television services, delivery, dating apps, advice services -- the list goes on and on.

A recent survey was done of 2,500 consumers. People were given 10 seconds to guess how much they spend on subscriptions every month. The average guess was **\$79.74** per month. Then they were asked

to go through a category checklist and find out exactly how much they spent for subscriptions. The true cost was an average of **\$237.33** or about **\$1,900 per year**.

A good tip is to set aside an hour to do an audit. Go through your checking account and total monthly subscriptions plus annual ones, like Amazon Prime.

Consider: phone, wi-fi, tv-movie services, streaming services, subscription boxes, cloud storage, news apps, diet and fitness, security apps, web hosting, and gaming.

After you make your list, consider which services give you actual value.

Are the subscriptions adding clutter to your home? Can you find a cheaper service? How much do you use it? How much will you miss it?



Do you have something else you really want to use the subscription money for (retirement, a college fund, emergency fund, vacation)?



Probiotic Products Can Help Clean Your HOME

When you think of probiotics, gut health likely first comes to mind. Whether it's fermented foods like yogurt, kombucha and sauerkraut, or vitamin supplements and skin care, probiotics are widely accepted as microscopic powerhouses. What may surprise you is that probiotics are beneficial in your home as well, thanks to their long-lasting cleaning power.

Probiotics are naturally occurring friendly bacteria present all around us and inside us. The good bacteria in probiotics have inherent cleaning properties that can be used to efficiently clean interior spaces.

Digestible and supplement probiotics are good for the gut, eliminating and balancing out unhealthy bacteria. But probiotics can also be used in products to help clean your home and are becoming popular because of their long-lasting cleaning benefits and as a greener way to clean your home.

One effective, long-lasting daily probiotic cleaner is CLR® Active Clear, a USDA Certified Biobased Product. This multi-purpose cleaner is safe to use on 30+ surfaces, including ceramic, granite, stainless steel and more.

Probiotic cleaners can tackle dirt and grime to help clean a home more efficiently and safely. When you use a biobased cleaner you are not putting toxic chemicals into your home or into Mother Nature, unlike more traditional bacteria-tackling household cleaners that use harsh ingredients and are sometimes considered pesticides.

And to top it off, probiotics don't stop cleaning when you do. CLR Active Clear's 3-in-1 action cleans dirt and grime, fights odors and continues working for up to three days after applied.

BPT

Whether you're tackling the bathroom, the kitchen or the playroom, think before you spray. Probiotics help keep surfaces clean long after you've cleaned.



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Need a HERO?

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Why ServiceFirst?

ServiceFirst Restoration, Inc.
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One-Stop-Shop
24/7 Availability
Same Day Attention
Free Evaluations
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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:

Theresa Hirschman,
Cardinal Property Management

Diane Thompson, 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!