

## Understanding **HUMIDITY** in Your Home

**W**ater is an important part of our lives. It covers 70% of the Earth's surface and makes up most of our body weight. Water exists underground, as mountain snow, as glacial ice, as clouds above us and so much more. What we rarely consider is that there is also water in the air all around us. This water, in the form of vapor, is called humidity and while too little is bad for our health too much can be bad as well.

### Discovering Water Vapor

The most common measure of humidity is relative humidity (RH). Relative humidity measures the amount of water vapor in the air compared to the maximum amount of water that could be suspended in the air at that temperature. RH is always expressed as a percentage. At 100% relative humidity, air can hold no more water vapor

at that temperature. At 50% RH, the air is holding half the amount of water vapor that it could suspend at that temperature.

You should try to keep humidity levels in your home between 30-50% RH for optimal comfort and health. If humidity is too low, say below 20%, your skin, eyes and

*See "Understanding HUMIDITY" on next page*

## Need a HERO?

CALL (855) 88-FIRST (34778)

EMAIL [ineedhelp@callservicefirst.com](mailto:ineedhelp@callservicefirst.com)

ONLINE [www.callservicefirst.com](http://www.callservicefirst.com)

## REFER US TO YOUR FRIENDS...

Every job you refer enters your name into our monthly raffle...

**WIN \$250 and**



SCAN  
ME

**We are the #1 Restoration *HERO* servicing your Industry!**

**... \$100 Donation to your favorite charity**

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. If relative humidity remains above 60% for very long, there is an increased potential for mold on wood, drywall and other interior surfaces.

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 Causes 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 may

be moisture or humidity problems. Musty odors are more than a nuisance. They are an indicator of wood rot, mold growth or other microbial issues. 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.

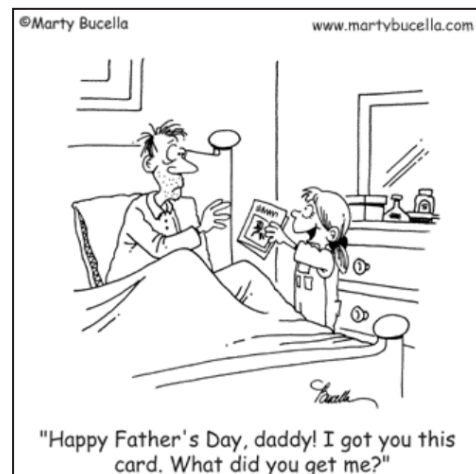
If you have a basement, sunroom or unfinished area that is sometimes cooler than the rest of your house, temperature variations can lead to excessive relative humidity, condensation and all of the associated problems. In these areas it may be necessary to use a dehumidifier to control moisture in the air. Remember, if the air is damp

so is the structure. Keeping humidity under control is the first step toward preventing mold growth, extensive secondary damage and making your home a healthier place to live.

High humidity is a sure sign that something is wrong with a structure. Remember where there is odor, there is usually mold. And, mold is an extremely hazardous and frustrating consequence to deal with after water damage, especially since you need to begin mold clean up within 48 hours of the incident to prevent extensive mold growth and extensive remediation to make your home safe again.

If you suspect you have any kind of water damage from a flood, water leak, condensation, construction or foundation issues, call **ServiceFirst Restoration** today. We can help identify the problem, prevent further damage and assist you in finding the right solution.

### The Good Life



### Good Clean Funnies

**What gets wetter the more it dries?**  
A towel!

**Why was the broom late?**  
It overswept!

**How can you tell that a tree is a dogwood tree?** By its bark!

**What do you call a sleeping bull?**  
A bulldozer!



These pineapple upside down cupcakes are great to make for family gatherings or as treats to pack into lunches. Here is a yummy simplified version!

### Pineapple Upside Down Cupcakes

#### Directions

Gather all ingredients. Preheat the oven to 350°F. Move an oven rack to the middle of the oven. Spray 24 muffin cups with cooking spray.

Spoon 1 teaspoon melted butter into the bottom of each sprayed muffin cup.

Spoon 1 tablespoon brown sugar into each muffin cup. Press a maraschino cherry into the center of the brown sugar in each muffin cup.

Spoon a heaping tablespoon of crushed pineapple on top and compact it with the back of a spoon into an even layer (or substitute with chunks or slices)

Mix cake mix, pineapple juice, vegetable oil, and eggs in a large bowl with an electric mixer on low speed until moistened, about 30 seconds. Increase speed to medium; mix for 2 minutes.

Pour batter into the muffin cups, filling them to the top; do not overfill.

Bake in the preheated oven until a toothpick inserted into the center of a cupcake comes out clean, about 20 minutes. Line a work surface with waxed paper. Allow cupcakes to cool at least 5 minutes before inverting muffin cups onto the waxed paper; serve with pineapple and cherry sides up.

Sprinkle cupcakes lightly with confectioners' sugar before serving.

Recipe courtesy [allrecipes.com](http://allrecipes.com)

#### Ingredients

- cooking spray
- $\frac{1}{2}$  cup butter, melted
- $1 \frac{1}{2}$  cups brown sugar
- 24 maraschino cherries
- 1 (20 ounce) can crushed pineapple
- 1 (15.25 ounce) package pineapple cake mix
- $1 \frac{1}{2}$  cups pineapple juice
- $\frac{1}{2}$  cup vegetable oil
- 3 large eggs
- 1 tablespoon confectioners' sugar for dusting, or as needed



## 5 EASY Ways to a Healthier Heart with OMEGA-3s!



Omega-3s help reduce inflammation in the body, lower the risk of chronic diseases, help to maintain healthy skin, and even help improve mood and reduce stress.

One of the easiest ways to support your heart health is by adding more Omega-3 fatty acids to your diet. Omega-3s are essential nutrients that support brain health, heart function and overall well-being.

Here are some simple and practical tips for including more Omega-3s in your daily routine.

**1. Put Omega-3s on the menu** - Omega-3s are found primarily in fatty fish like salmon, mackerel, anchovies, sardines, herring and tuna. Consider experimenting with fish heart-healthy recipes once or twice a week, like baked salmon bites or mackerel & avocado tacos. For a quicker option, add canned tuna or sardines to salads or pasta to boost your Omega-3 intake.

**2. Harness the power of smarter snacking** - Add a mid-day snack like hard-boiled eggs, walnuts, or edamame for a boost.

**3. Do an oil change** - Switch up your kitchen oils to add more Omega-3s to your meals. Replace your usual salad dressing with an easy vinaigrette made with lemon juice and flaxseed oil or walnut oil.

**4. Sneak it in** - Add Omega-3s to your favorite recipes easily. Ground flaxseed or chia seeds can be added to smoothies, pancake batter or baked goods without altering their taste or texture.

**5. Make every morning count** - Breakfast is the most important meal of the day, and the perfect time to start incorporating Omega-3s. Trying a new recipe with heart-friendly ingredients like chia seeds, nuts and eggs, is an easy way to kickstart your day with essential nutrients.

By implementing these tips into your day-to-day life, you can easily make heart health a priority and support your overall well-being.

## WARM WEATHER Home Maintenance Checklist

Inspect gutters and prepare your roof for summer storms: Winter weather can leave gutters clogged with debris. Clear out your gutters and ensure downspouts are secure to prevent water damage. It's also a good time to check for visible roof damage and trim overhanging branches. These steps can help reduce water intrusion and better prepare your home for severe spring weather.

Check for exterior damage: Look for cracks in your foundation, siding or driveway that may have developed due to freezing and thawing cycles. Repairing them early can prevent further deterioration.

Service your HVAC system: Before warm weather arrives, schedule an HVAC tune-up to ensure your air conditioning system runs efficiently. Replace air filters and check vents for proper airflow.

Test smoke and carbon monoxide detectors: Spring is a great time to test alarms and replace batteries to keep your home safe.

Examine windows and doors: Check for drafts and reseal or replace weather stripping as needed. This helps improve energy efficiency and keeps allergens from entering your home.

Inspect outdoor plumbing: Freezing temperatures can cause pipes to crack. Turn on outdoor faucets and irrigation systems to check for leaks before regular use.

Clean and seal decks and patios: Winter moisture can lead to wood rot and mold. Power wash, reseal and inspect for damage to keep your outdoor spaces in great condition.

Prepare your landscaping: Trim overgrown branches, remove dead plants, and refresh garden beds with new mulch to encourage healthy spring growth.



The transition from cold to warmer weather is the perfect time for homeowners to inspect their property for any damage caused by cold weather



Changing from pellets to charcoal may seem much more complicated, but it's like riding a bike; once you do it you never forget it, and it's never as scary after the first time.



## Charcoal or Pellets...What's BETTER?

**Charcoal vs. pellet grilling??** Here is one of Masterbuilt's chef partners and star of the Netflix series "American BBQ Showdown," Rasheed Philips, to answer your questions.

**What first drew you to charcoal grilling?** The aromas. Cooking with coals just imparts such a deeper level of flavor than using something like propane or pellets, providing a much higher BTU output, making it perfect for grilling.

**How does the flavor differ between wood pellet and charcoal grilling?** Pellets are compressed sawdust particles. Though it is technically wood, it loses so much of the flavor and cooking attributes that are found in cooking with an actual piece of wood.

**When it comes to temperature control, is charcoal or pellet preferred, and why?** I prefer charcoal for several reasons, including the level of consistent burn and heat output. Charcoal also adds a true char and smoke flavor.

**Besides flavor and temperature control, are there other benefits of one over the other?** The answer is simple: Damp or wet coal can still be lit and cooked with, but if pellets get moist, they immediately turn to sawdust.

**Many people think charcoal is more complicated. What do you think?** Charcoal allows you to impart amazing flavors, while giving you a consistent and even cooking experience.

**Tips for transitioning from pellets to charcoal:**

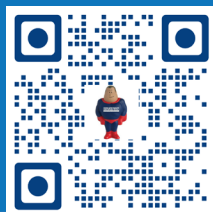
1. You don't need nearly as much coal for a cook as you do pellets. Most cooks can be done with one-half to one full chimney of charcoal.
2. Experiment with flavors. Adding wood chunks also adds additional depth of flavor.
3. Safety first: Make sure to have proper heat/fire handling equipment.
4. Lastly, have fun. Cooking should be an enjoyable experience, not one that you stress over.

**Upcoming Events...** *Don't miss out!*  
Register at [callservicefirst.com/events](http://callservicefirst.com/events)

## BACKPACK/SCHOOL SUPPLY DRIVE

supporting the Boys and Girls Club  
**July 1-Aug 10**, more information at  
[https://callservicefirst.com/  
BACKPACKDRIVE](https://callservicefirst.com/BACKPACKDRIVE)

Request info @  
[events@callservicefirst.com](mailto:events@callservicefirst.com)



# Need a HERO?

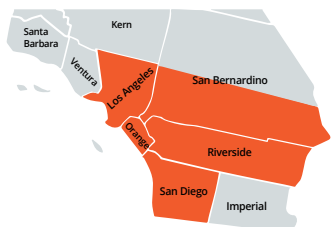
**CALL** (855) 88-FIRST (34778)  
**EMAIL** [ineedhelp@callservicefirst.com](mailto:ineedhelp@callservicefirst.com)  
**ONLINE** [www.callservicefirst.com](http://www.callservicefirst.com)

ServiceFirst Restoration, Inc.  
23192 Verdugo Dr., Suite D  
Laguna Hills, CA 92653

## SERVICE

### Save Time – Save Money Make your life easier!

- 5-Star communication through frequent job status emails
- Tailored service for each client through personalized vendor profiles
- Mitigation focused w/ fair and ethical billing practices
- One-Stop-Shop w/ free evaluations
- Servicing OC, LA, SD and IE



## TRANSPARENCY

Our **Transparency Promise** is one of our most unique and powerful benefits.

Our password protected job portals allow you instant access to job status, notes, photos and more.

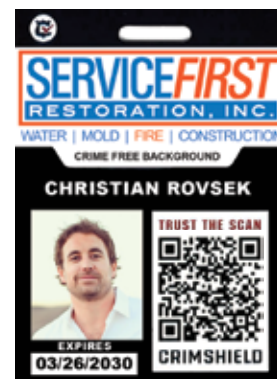


- 24/7 Instant access
- Transparency & certainty
- Increased workflow & efficiency
- Fewer phone calls & emails

## SAFETY

### YOUR SAFETY IS OUR PRIORITY

We **Crimshield** background check every employee, just ask to scan their badge!



SCAN  
ME

**We are the #1 Restoration HERO**  
Servicing Your Industry!

**SCAN** →  
to find out more!

