

# THE BUZZ...News You Can Use

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## water damage... *An Absorbing Subject!*

**W**ater 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 fram-

ing 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 Damage..." on next page*

## Need a HERO?

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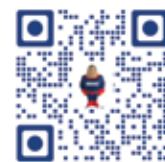
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## Water Damage... continued from page 1

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 is a snake difficult to fool?**  
You can't pull its leg!

**What kind of socks do grizzlies wear?** None, they have bear feet!

**Why couldn't the sesame seed climb up the hill?** Because it was on a roll!

**Why are spiders so smart?**  
They can find everything on the web!



## EASY Lemon Pie

### Directions

Mix together the cream cheese, milk and lemon juice. Mix well and spread in graham crust. Chill until set, at least 2 hours, and top as desired

**Prep Time:** 10 mins

**Additional Time:** 2 hrs

**Total Time:** 2 hrs 10 mins

**Servings:** 8

**Yield:** 1 9-inch pie



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

### Ingredients

- 1 (8 ounce) package cream cheese, room temperature
- 1 (14 ounce) can sweetened condensed milk
- 1/2 cup lemon juice
- 1 (9 inch) prepared graham cracker crust
- 1/2 cup whipped cream for serving

## Do Your Feet SWELL? Go Get Checked!



**The puffiness and tight skin that come with swelling is considered normal if it occurs occasionally. But if it happens more often, it might be a red flag.**

If you've ever experienced swollen feet and ankles, you know just how uncomfortable they can be. While it's common, especially if you've been standing, walking, or sitting all day, they can also signal something may be off with your body.

If you can hardly get your swollen feet into your shoes after a long airplane flight, but can put them on easily within 24 hours, you're probably OK.

Edema (the medical term for swelling) can occur in any part of the body or in the entire body, but it's usually noticed in the legs and feet. There are many causes, both benign and serious.

Sitting still or standing for a long period of time can cause temporary swelling. Swelling even could be caused by eating a very salty dinner. But, if your feet and ankles

are still swollen days later, it's time to see your doctor.

The cause could be one of these more serious conditions.

**A blood clot.** This is suspected if swelling occurs only in one leg.

**Heart failure.** The right side of the heart becomes weakened, losing its ability to effectively pump blood, which leads to swelling.

**Liver damage (cirrhosis).** Swelling caused by cirrhosis occurs in the abdomen.

**Kidney problems.** Damaged kidneys may not properly remove water and sodium from your blood. The result could be swelling throughout the body.

Common swelling can be treated by limiting salt, diuretic drugs, exercise and elevating the limb. Whatever the cause, it is worth getting it checked out.

## What Does the Renewed TRADE Schools Mean?



According to recent studies, U.S. undergraduate enrollment declined 15% from 2010 and 2021. On the other hand, trade schools are experiencing significant growth, with enrollment growing by 4.9% from 2020 to 2023 and an even sharper 16% increase at vocational-focused community colleges in 2022-2023. And, enrollment is expected to grow even faster from 2024 to 2030 at a projected rate of 6.6%.

But why are younger generations joining the trades? Perhaps one of the most compelling reasons is that young people are rethinking what makes a good job. Driven by Gen Z ("the tool belt generation") seeking to avoid student debt, interest has nearly doubled since 2017. Debt-laden, desk-bound jobs without a clear impact or purpose are less appealing to younger generations. A recent report found that roughly nine in 10 Gen

Zers (89%) and millennials (92%) consider a sense of purpose to be important to their job satisfaction and well-being.

### Key Reasons for the Surge -

**Lower Costs & Faster Income:** Trade programs are often much cheaper than four-year degrees and offer a faster, direct path to high-paying, in-demand careers.

**High Demand for Skills:** With over a million unfilled jobs in skilled trades (e.g., welders, masonry, electricians, plumbers, HVAC), these roles provide strong job security, particularly as AI threatens to automate many office jobs.

**Shifting Perceptions:** There is a growing cultural shift moving away from the "four-year degree is the only path" mentality.

**ROI Focus:** Students are increasingly prioritizing investment value over traditional university experiences.



**Gen Z is increasingly taking up trade jobs in an attempt to gain stability and avoid debt that may come with a college pursuit.**



## 7 Fun Facts You May NOT Know About Easter

**1. Easter baskets have special symbolism.** The woven treat containers represent birds' nests and new life, especially when filled to the brim with eggs.

**2. There's a reason many Americans eat ham for Easter dinner.** It is because of the timing of the holiday. Years ago, hams cured over the winter months would have been ready to serve in the early spring.

**3. Easter lilies originated in Japan and arrived in England in the late 18th century.** They came to the US after World War I. The transition from dormant bulbs to delicate flowers brings to mind hope and rebirth, two important themes of the Easter celebration.

**4. Easter eggs date back way before Easter.** There's evidence showing that Easter eggs originated from Medieval Europe and Christians may not have actually been the ones to start the tradition of giving eggs.

They're a symbol of fertility and rebirth in many cultures around the world.

**5. The holiday was named after the Anglo-Saxon goddess Eostre.** Scholars believe that Easter was named after a festival celebrating Eostre and the coming of spring. Her sacred symbols are thought to have been the hare and the egg, which is why they are so significant in Easter symbolism as well.

**6. Eggs are dyed to represent the blood of Jesus Christ, stemming from early Christians in Mesopotamia.** There isn't a concrete reason behind the tradition, but that's one of the theories. They also look pretty – and kids might be more likely to eat the dyed ones!

**7. Americans consume over 16 million jelly beans during Easter.** That's enough jelly beans to circle the globe three times. First introduced as an Easter treat in the 1930s, we can't imagine this day without them.



**Between the adorable bunny rabbits, spring-forward decorations and copious amounts of chocolate, Easter has evolved over the years with a whole host of customs both new and old.**

**Upcoming Events...** *Don't miss out!*  
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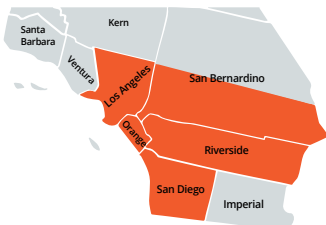
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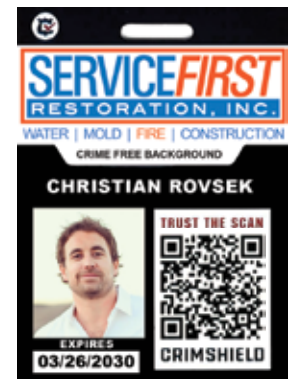


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