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# comfortable LIVING

FALL  
2018

## Fall Drainage Tips:

### HOW TO KEEP YOUR SYSTEM CLEAR

As the temperature drops and you're preparing your home for the colder temperature, it's important to remember your home's drainage system. In addition to tuning your heating and cooling system, keeping your drains working will prevent future headaches as the season changes. Here are some items you need to take care of this fall:



#### **Clear leaves and other debris from your yard**

While it's true that leaves will do a great job of fertilizing the soil, they don't serve your drainage system well. Fall rains coupled with large amounts of neglected leaves will clog drains and can cause flooding. Even if you avoid this extreme situation, water that isn't drained will turn into

dangerous ice when temperatures drop below freezing. Even if fall debris manages to get washed away, it *will* cause problems later on. You might find yourself with a spring flood without even realizing that the problem originated the previous fall. Take care of this task and save yourself the hassle.

#### **Watch what you put down the drain**

With holidays like Thanksgiving and Halloween, extra family gatherings happen, often with extra cooking. Some of that cooking involves grease and ingredients that can easily accumulate and block drains. Be vigilant about what goes down the drain during the good times and you won't have to worry about backups causing you bad times.

#### **Have your drainage system inspected**

Preventative maintenance is always preferable to dealing with disasters that could be avoided. Take the time to inspect your system before the winter comes so you can deal with issues while they are more

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## WORD SCRAMBLE

What month does every tree dread?

SECPIT

DEGCOGL

PUEMLRB

WERTA

DRAGEANI

MUTNUA

BRLEOI

KLAE

REATEH

ANSWER: \_\_\_\_\_!

A: Septic, Clogged, Plumber,  
Water, Drainage, Autumn,  
Boiler, Leak, Heater  
SEPTIMBER!

## Fall Drainage Tips:

### How To Keep Your System Clear (Cont.)

manageable. If you have ongoing issues with drains backing up, hire a professional to check for blockages, misaligned, broken or collapsed sections of pipe.

### Last chance to replace any broken pipe before winter

Once you do a thorough check, you may discover some pipework that needs to be replaced. Have this work done before the cold weather sets in and you're stuck with a flooded basement (or bathroom or kitchen) while the ground is frozen outside.

### Clear any slow drains before they get worse

Sometimes in the rush of everyday life, you may get used to sinks that smell, gurgle or drain slowly, procrastinating because you just don't have the time. Make it a point to deal with any of these seemingly small problems in the fall rather than waiting for a disaster to strike at the worst time which usually occurs during celebrations.

If you need help maintaining your drainage system this fall, give us a call.



## How Colour CAN AFFECT MOOD

Whether you're thinking of repainting a room, changing the curtains or buying new furniture, colour is a critical aspect of your decision. Believe it or not, the colour choice you make has an impact on your mood. Here are some ways the colours around you have an impact on your emotions.

### Warm vs. cool colours

One way to classify colours is into warm, cool and neutral colours.

Warm colours containing red and yellow are associated with energy and passion while cool colours containing blue tend to be calming. Neutral colours are just that: neutral.

### WARM COLOURS: red, yellow, orange, pink, some purples, some greens

Red has multiple associations and all are high-energy: love, anger, passion. Yellow is a happy colour (think sunshine and yellow roses) while orange is a combination that boosts energy. Pink is a tint of red and represents the softer

side of love.

Purples and greens are mixes of warm and cool colours. A purple containing more red will be warmer than a balanced or blue purple. Similarly, a yellow green gets its warmth from the larger amount of yellow versus the cool blue in it. Warm colors come forward so use them to draw attention.

### COOL COLOURS: blue, some purples, some greens

Blue is associated with calm

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## JOKE CORNER

Sinks can't open doors.  
*Let that sink in...*

A race between a tomato, lettuce,  
and a tap faucet.  
*The lettuce was a head, the faucet  
was running, and the tomato was  
trying to ketchup!*

Did you hear the joke about the  
toilet?  
*Nevermind, it's too dirty!*



## How Color

### CAN AFFECT MOOD (Cont.)

(think blue skies and sea) and stability. Colours containing blue are cool so greens and purples are also cool depending on how much blue is in them. Purple generally represents royalty and wealth. Green is common in nature and represents harmony. It is also the most restful colour for the eye.

#### Neutral colours: brown, black, white, beige, gray

Neutral colours are easier to match than warm and cool colours. Most neutral colours like beige, cream and different shades of brown are

found in nature and bring stability to a space. Neutrals can form the backbone for warm and cool colours to have their maximum effect.

Since neutral colours are so... well, neutral, the shade is the main property that affects mood. Lighter neutrals convey a happier mood while darks bring a more sombre feeling to a space. Darks are also more powerful so aim for the right mix of darks and lights to bring balance.

Dealing with colour isn't black and white. Too far in any one direction

can overwhelm while a mishmash of shades can confuse. When deciding on colour for your home or office, keep in mind the impact it will have on you, your mood and that of others around you, even as you pick your favourite colours.





# Spaghetti Squash

## Pepperoni Pizza Boats

### INGREDIENTS:

- 2 whole spaghetti squash
- Kosher salt
- Freshly ground black pepper
- Extra-virgin olive oil, for drizzling
- 1 c. chopped pepperoni
- 1-2 c. marinara sauce
- 2 c. shredded mozzarella cheese
- 1/4 c. chopped parsley



Preheat oven to 400°. Place spaghetti squash on a plate and microwave 5 minutes. Halve each lengthwise and remove any seeds (be careful of hot steam!). Transfer to a parchment-lined baking sheet, season with salt and pepper, and drizzle with olive oil.

Bake, cut-side down, for 30 minutes. Remove from oven and heat broiler. Meanwhile, in a small skillet over medium heat, crisp pepperoni, stirring occasionally. Transfer to a plate.

Loosen spaghetti strands using a fork. Mix together 1/2 cup marinara sauce, 1/2 cup mozzarella cheese and 1/2 cup of the crispy pepperoni with a fork and add to *each* baked squash half. Top each with 1/2 cup more mozzarella and parsley. Return to baking sheet.

Broil until cheese is melted and golden, 4 to 5 minutes. Serve immediately.



