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PLUMB PERFECT
Coupon Corner

Recipe:
Honey Whole
Wheat Peanut
Butter cookies

Tips for Avoiding Basement Flooding

Basement flooding is costly, inconvenient and can make you sick. Water damage can destroy your belongings, your equipment and your home's structure. It can create the ideal environment for bacteria and mould even if your belongings escape unscathed. Some repairs from a basement flood aren't always covered by insurance so it can cost you a pretty penny.

You may avoid the disaster of a flooded basement with these tips:

Maintain your yard for proper drainage

Keep your yard clear of debris to ensure that the drainage system can clear water and melted snow.

Remove leaves in fall and make sure you don't leave other debris in your yard. Maintain slopes to city storm drainage to prevent pooling of water that can make it to your basement.

Inspect supply piping

A leaky pipe can turn into a full blown disaster if left unchecked. Make it a habit to check all of your water supply piping and shut off valves for small leaks or cracks that can worsen. Call a plumber to fix it right away before you're faced with a flooded basement. Video inspect your sewer line every 2 years to ensure it's not been damaged by roots or other factors. Consider having a section of the line replaced if roots have caused an issue. Once roots get into a sewer line, they will always be a problem. Eventually the roots will break your line causing a back up and damage

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Tips for Avoiding Basement Flooding

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and the need for an emergency repair. After clearing line of roots, you could treat your line with RootX to prevent any further root growth, saving you money by not having to replace the whole line. While renovating your basement, replace very old drain lines that may be under the floor. It's costly after a renovation to pull up new flooring in order to dig up old drain lines that have deteriorated and can no longer be unplugged.

Insulated pipes

Protect piping from freezing and bursting by insulating pipes in unheated areas of your basement. Even a fully heated basement is at risk if any of your pipes are routed in external walls. During frigid temperatures, keep cupboard doors open so heat can reach susceptible piping. If you're not sure, have a plumber inspect your system to see where uninsulated pipes may pose a threat.



Extend your roof drain discharge away from your home

The further away your rain water is discharged, the less likely it is to endanger your basement. Ensure your roof drain discharges in a spot that slopes into the city's storm drainage system so your basement is protected.

Look for early signs of moisture

The unexplained appearance of moisture can be the first sign that you are at risk for a full-on basement flood. If you observe wet spots in your basement walls, ceiling or anywhere with piping, attend to it as soon as possible before it gets worse and the associated cost multiplies.

Install a backwater valve (if your city allows it)

Backwater valves are placed on sanitary lines from your home to prevent flooding water from the city's main sewage system from entering your home. Some municipalities don't allow it so talk to your plumber to see if this option is right for you.

SUMMER TIME MYSTERY PUZZLE

Solve the clues to reveal the summer words in the white boxes.

1. Beaches are covered with _____
2. _____ boat ride on the sea.
3. She deep dove into the swimming _____
4. Sam shot the _____ & made a last second 3 pointer.
5. Knowing how to do this prevents you from drowning
6. Plan a summer _____ to a different state.

	A	N	
S			L
	O		L
B		L	
	W		M
		I	P

Answers: 1. Sand, 2. Sail, 3. Pool, 4. Ball, 5. Swim, 6. Trip.

Joke Section

What did the left eye say to the right eye?

SOMETHING BETWEEN US SMELLS!

What do plumbers have when they finally fall asleep?
PIPE DREAMS!

COUPON

CORNER

\$40.00
OFF

MAIN LINE CLEARING

SINGLE USE ONLY. CANNOT BE
COMBINED WITH ANY OTHER OF-
FER. NOT VALID OFF SERVICE FEE.

EXPIRES Aug. 31/20

\$25.00
OFF

NEW SUMP PUMP

SINGLE USE ONLY. CANNOT BE
COMBINED WITH ANY OTHER OF-
FER. NOT VALID OFF SERVICE FEE.

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EXPIRES Aug. 31/20

Ways to Boost Your Immune System

Keeping your immune system healthy is the first step in avoiding colds, flus and other illnesses. It also helps to minimize the symptoms and duration when you do get sick. Here are some ways you can boost your immune system through

Skip the junk food

Besides keeping your weight down, eating healthy will give your body the nutrients it needs to maintain healthy organs and immune systems. Make choices based on nutritional value rather than going for tasty treats that do little for your health. Have fruits for dessert rather than ice cream and fill your plate with vegetables instead of extra gravy.

Sleep

Sleep deprivation does terrible things to your immune system. If you've ever pulled an all-nighter, you may recall getting a terrible cold soon after. Long term sleep deprivation is even worse, with your body accumulating sleep debt and lowering your immune system's function in the process. In addition, your stress level increases with less sleep, further weakening your immune system.

Pray

Prayer calms the mind and body, chasing anxiety and bringing you strength to handle life's challenges. With this boost comes a healthier body as well, including your immune system.

Exercise

The right mix of cardio and weight training helps strengthen your heart, delivers more oxygen to your organs and boosts your immune system. If you want to resist nasty bugs, make exercise a regular part of your day. You don't have to go to the gym six times a week to benefit. Simple home workouts from jumping jacks to pushups will benefit your body (and your mind).

Laugh

The feel-good hormones released during a good laugh will bring your stress levels down and raise your immune system's ability to fight illness. There's a reason for the saying "laughter is the best medicine". Take time to enjoy a joke or watch a funny movie.

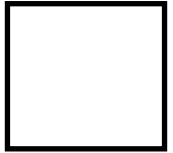
Listen to music

Music soothes the savage beast... and those who are stressed. Choose up-beat tunes to dance to or soothing melodies to calm you down. Both will help your stress levels go down and improve your body's ability to fight disease.

Play

Taking care of your body and meeting your responsibilities can be overwhelming to say the least. Take the time to play, physically and mentally. Chase your toddler, sit down for a board game or tickle your spouse. Having fun keeps you positive and a positive attitude is linked to a healthier immune system.

There's no way to avoid sickness, but you can do your best by preparing your body for the fight with a healthy immune system.



TO:

Honey Whole Wheat Peanut Butter Cookies

Directions:

Preheat the oven to 350 degrees F. Line a cookie sheet with parchment paper or use cooking spray.

Combine peanut butter, honey, and brown sugar in a large bowl and beat with an electric mixer until creamy. Add Greek yogurt, egg, and vanilla; mix well. Add whole wheat flour, baking soda, and salt. Mix until dough is blended together. Refrigerate dough for 20 minutes.

Scoop 1 tablespoon of chilled dough and roll into a ball. Place cookie balls 2 inches apart on the prepared cookie sheet. Press down with a fork in a crisscross pattern.

Bake in preheated oven until edges firm up and start to brown 8—10 minutes. Enjoy!

NOTE: Can substitute other seed or nut butter for the peanut butter. May also use non-dairy ingredients or “cup-4-cup” gluten free flour.



Ingredients:

Cooking spray	1/4 Cup Brown Sugar	1 Egg
2/3 Cup peanut butter	1/4 Cup nonfat Greek yogurt	1 Cup whole wheat flour
1/2 Cup honey	1 teaspoon vanilla extract	1/2 teaspoon baking soda
		1/8 teaspoon salt