



Comfortable **LIVING**

How to Reduce Your Risk of a Winter Sewage Backup

Winter sewage backups can turn a wonderful holiday into a terrible and expensive memory (just after you splurge on presents). And that's the best case. Most times it'll turn a cold, miserable day into a cold, miserable, smelly month. You probably don't need any more convincing that a sewage backup is one of the worst things to happen.

Here are some causes and tips for preventing it.

Ice Buildup

Your sanitary water inside the piping doesn't flow continuously. There will be periods of stagnant water and when the temperature drops during a cold snap, this water can freeze. It might take a few days or it might happen overnight depending on the depth of the buried pipe. Either way, your sewage won't be able to flow freely in the right direction and will back up into your home. If the cold weather is a one off event there's not much you can do to prevent it. If you're in an area prone to extreme weather, talk to a professional about heat tracing.

Extra Grease

With the extra cooking that goes on during the holidays, you may end up losing more grease and oil down the sink than you should. Coupled with cooler temperatures hardening it faster, you may find your kitchen sink backing up more than usual. Even worse, the grease buildup can be further down the pipes, causing backups throughout your plumbing. Be vigilant about what you put down the sink and dispose of oil, grease and food particles in the garbage.

Collapsed Pipes

Ice buildup inside the pipes is one problem. You also have to worry about the weight of ice and snow outside your pipes causing it to collapse. If it's buried at the right depth and your soil drains properly, you have a reduced risk of this happening. Replacing your older pipes with new, sturdier pipes further reduces the likelihood of this situation.

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1. Slush 2. Quilt 3. Pipes 4. Glove 5. Boots 1. SLEET
Answer Key

| | | | | | |
|---|---|---|---|---|---|
| S | B | O | O | T | S |
| 4 | G | L | O | V | E |
| 3 | P | I | P | E | S |
| 2 | Q | U | I | L | T |
| 1 | S | L | U | S | H |

Solve the clues to reveal the WINTER words in the boxes.

Be sure to combine the letters in the gold boxes to finish message below puzzle.

| | | | | | |
|---|--|--|--|--|--|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |

Snow turns into this once it begins to melt.

A covering made to keep warm.

Tubes to convey water, gas, or oil.

Protects your hand from the cold.

Type of footwear made for winter.

Weather man predicts there will be a cold winter with chance of _ _ _ _ _ .

How to Reduce Your Risk of a Winter Sewage Backup

CONTINUED FROM PAGE 1

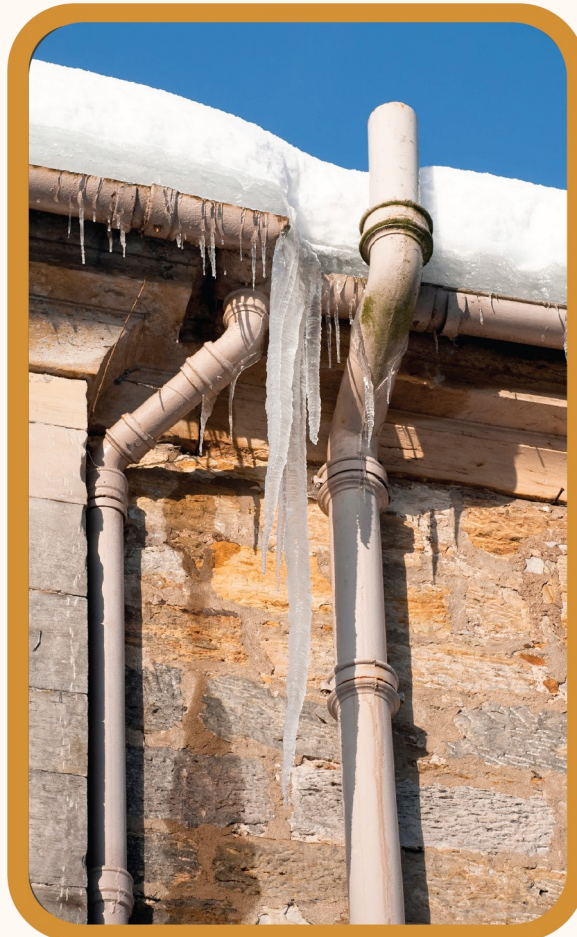
Snow Melt

Snow melt isn't restricted to spring. As long as the temperature goes above the freezing mark, a storm and sewage system can get overwhelmed by melting snow. This is less of an issue in areas with separate storm and sewage but many towns still combine the two. Do your part to keep your yard clean from fall debris to give melting snow somewhere else to go besides your sewer system.

Iced Sewer Vent

While an up vent doesn't directly block sanitary flow, it does prevent air from entering the system. This slows your entire system and can cause backups and sink overflows if you're not careful. Avoid this situation with increased insulation around your vent pipe.

Give us a call and we can help reduce your risk of a sewage backup this winter.



Joke Section

Why shouldn't you play poker with a plumber?

A good flush beats a full house every time.

Why was the snowman sad?

Because he had a meltdown.



TIPS FOR STAYING POSITIVE DURING STRESSFUL TIMES

In the midst of dark times, it's sometimes impossible to imagine that the light will return. But just as the darkest night gives way to dawn and winter gives way to spring, these days will pass (eventually!).

While you're facing what feels like an onslaught of bad news, on top of your own challenges, here are some ways to stay positive.

Count your blessings

You may be faced with challenges now, new challenges and ones you couldn't begin to anticipate a few months ago. Take the time daily to purposely think about your blessings. Whether it's food on your table or an active toddler's spontaneous dance, pay attention. Better yet, write it down. It may not change the circumstances but it certainly makes the journey easier.

Fast from news

Like junk food, too much information can be detrimental to your health. Take in just enough so you're not completely in the dark but know your limits. When you start losing sleep over events you can't control, that's a sign to dial back the news consumption.

If you get easily obsessed, take a break for a few days before letting the world back in.

Ignore social media

Social media is addictive and comes with the burden of too many negative interactions and angry "discussions". For your own sake, shut it down for a week, a month or longer. You know your own personal limits to make this decision.

Play

Playing isn't just for children. It will benefit you to be focused on something other than everyday responsibilities and tasks. Spend time having fun with your kids or pets and learn how to live in the moment and experience joy.

Stay busy

Keep your mind occupied just enough to prevent you from ruminating on the world's issues but be careful not to use it as a way to avoid dealing with challenges. Spend time working on a previously ignored goal, learning something new or helping some in need. This last one will do wonders for your mood in addition to bringing light to someone in darkness.

Take care of the basics

Eat right, get enough sleep and take care of your body so your mind can deal with any issues that may arise. Solving problems while you're groggy from a lack of sleep or sluggish from watching too much TV is more difficult than after a healthy meal and a nap. Pray and meditate for your spiritual health and you'll find yourself less stressed overall.

Remember that no matter what happens, this too shall pass. Have the faith that you can endure the trials that come with life and stay strong, even when things get stressful.

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SLOW COOKER POT ROAST

DIRECTIONS:

- In the bottom of a slow cooker, whisk together broth, tomato paste, Worcestershire and cornstarch. Add potatoes, carrots, onion, garlic, and rosemary.
- Season beef with salt and pepper, then nestle into vegetables. Cover and cook on high until roast is fork-tender, 5 hours (Or 8 hours on low).
- Thinly slice roast and arrange on top of vegetables on a platter. Skim fat from extra juices in slow cooker and drizzle over top. Serve warm.

INGREDIENTS:

- 3/4 c. Low-Sodium Beef Broth
- 2 tbsp. Worcestershire Sauce
- 2 tbsp. Tomato Paste
- 1 lb. Potato halves
- 1 tbsp. Cornstarch
- 4 Cloves Garlic
- 1 Yellow Onion (cut)
- 1 Sprig Rosemary
- Kosher Salt
- 3 Carrots cut into 2" pieces
- Ground Black Pepper
- 3.5 lb Beef Chuck Roast

