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# Summer 2021

# Comfortable LIVING

## YOUR SUMMER PLUMBING TASK LIST

Summer is finally here again with hot weather, backyard barbecues and long days of sunshine. Your plumbing system might have endured the winter and come out unscathed, but even in the warm temperatures, you have issues that may need to be addressed. Here are six items to put on your early summer plumbing to-do list.

### Check for leaks

Over the winter, you may have had pipes that froze and cracked unnoticed. Even if you avoid a complete pipe break, small internal pipe damage can turn into something worse as time goes on. Inspect walls for signs of moisture and do visual inspections of visible pipe, especially those close to outer walls and areas that are poorly heated.

### Lower your tankless water heater's temperature

This applies only to tankless heaters which don't store water that can grow bacteria if the temperature isn't just right.

For tanked heaters, never set your temperature below 140 degrees to prevent the excess growth of bacteria.

### Consider solar water heating

Let this be the year that you stop paying so much for hot water in the summer. Depending on the type of solar collector, you can benefit from it on sunny days even at lower outdoor temperatures.

### Inspect soil near buried pipes

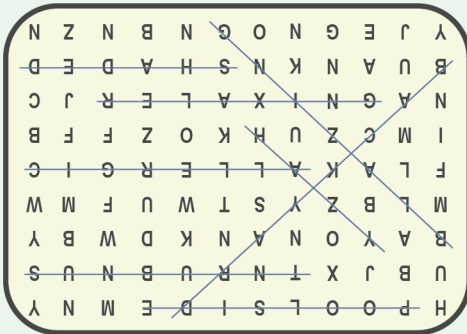
If you notice soggy soil or lawn near your home's main pipes, this could indicate a leak in your piping. For a cracked sewage line, you would probably notice a smell before anything else, but even if you don't, inspect the soil in the area where you could potentially have a leak. Brighter, healthier grass along the pipe route might also indicate a cracked sewage pipe.

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# SUMMER TIME WORD SEARCH

1. BACKYARD
2. ALLERGIC
3. BLAZING
4. RELAXING
5. POOLSIDE
6. SUN BURNT
7. HAZY
8. SHADED



Answer key:

H P O O L S I D E M N Y  
 U B J X T N R U B N U S  
 B A Y O N A N K D W B Y  
 M L B Z Y S T W U F M W  
 F L A K A L L E R G I C  
 I M C Z U H K O Z F F B  
 N A G N I X A L E R J C  
 B U A N K N S H A D E D  
 Y J E G N O G N B N Z N

## Joke Section

Why was it so hot in the stadium after the baseball game?

All of the fans left!

What did the pig say at the beach on a hot summer day?

I'm Bacon!

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## YOUR SUMMER PLUMBING TASK LIST

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### Install a leak detection system

Consider taking some of the load off your mind in looking for leaks, and have a leak detection system do the work for you. Of course, you still have to remain vigilant, but with the added benefit of an early warning system to ensure that you can deal with a leak as it happens. There are even water shut-off systems that will automatically turn off your main water supply if a major leak is detected.

### Inspect your sump pump

Summer frequently brings heavy downpours as storms roll in, and your sump pump keeps rainwater where it should be out of your home. Inspect your pump to ensure that it works. Simply add a bucket of water to the pit to see if it comes on. If you're concerned, consider installing a backup battery or water operated system to minimize the risk of a flooded basement during a power outage.



## TIPS FOR LIMITING SCREEN TIME

You've probably heard that too much screen time is detrimental to your health and kids are even more susceptible. With the recent increase in online learning and remote working, the additional screen time and its long term effects are still being studied. However, you can guess that the results won't be encouraging. Screen time needs to be limited as much as possible to work and some small recreational use. Here are some tips for accomplishing that.

### Pay attention to the symptoms

Screens are so ingrained in our lives, it's hard to connect it to our tiredness, depression, irritability or any other symptom. This is especially true for children who can suffer lethargy, anxiety and a loss of motivation. Reducing screen time is no small matter and should be monitored.

### Schedule time to be bored

Screens tend to naturally fill the blank spaces in our days, with cell phones and tablets always within reach. Make time specifically to do nothing but let your mind wander. Go outside or sit by the window or even lay on the couch and banish the electronic devices. Let silence fill the air and you'll notice a boost in your mood and creativity.

### Get outside

There's nothing like fresh air and nature to calm you down and take you away from the internet, videogames and scrolling through social media. Go for a walk without your phone, spend an hour in the woods, or simply hang out in your backyard without a device in hand. Leave the laptop on the desk and enjoy the sunshine (or play in the rain... why not?).

### Start late, finish early

The first thing you do in the morning sets the tone for the day so leave your phone alone and don't pick up the tablet right away. Write in a gratitude journal, take a few minutes to pray or meditate and have coffee with your spouse before starting the hectic day in front of a screen. Of course, start work on time but don't spend time before that watching sports recaps or playing a quick video game. Shut down all screens at least an hour before bedtime, if not more, and stick to it. You'll sleep better, be healthier and your days will be more productive.

### Turn it off

All devices have an "off" button and if you find that extracting yourself from their spell is painful, turn them off completely and walk away. Aside from work-related items, take a week or two off the recreational screen time to lower your screen time and improve your mood, creativity and overall health.

Hopefully, these tips help you and your family to put screens in their place: as servants rather than as masters.

## COUPON CORNER

**LEAK  
INSPECTION**

SINGLE USE ONLY. CAN NOT BE  
COMBINED WITH ANY OTHER OFFER  
CALL FOR MORE DETAILS.  
EXPIRES Aug. 31/21

**\$30  
OFF**

**DRAIN  
CLEANING**

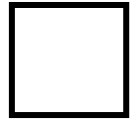
SINGLE USE ONLY. CAN NOT BE  
COMBINED WITH ANY OTHER OFFER  
CALL FOR MORE DETAILS.  
EXPIRES Aug. 31/21

**\$15  
OFF**

**TOILET  
REPLACEMENT**

CAN NOT BE COMBINED WITH ANY  
OTHER OFFER. \$30 OFF ONLY TOILETS  
SUPPLIED & INSTALLED BY US.  
EXPIRES Aug. 31/21

**\$30  
OFF**



TO:

## Greek Pasta Salad

### DIRECTIONS:

- In a large pot of salted boiling water, cook pasta according to package directions until al dente. Drain and transfer to a large serving bowl.
- Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano, and garlic powder.
- To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta..

### INGREDIENTS:

- 1 lb. Spiral pasta
- 1/4 c. Extra-virgin oil
- 2 tbsp. Red wine vinegar
- 1/2 tsp. Dried oregano
- 1/2 tsp. Garlic powder
- 1 Large cucumber (chopped)
- Freshly ground black pepper
- 1 c. Cherry tomatoes (halved)
- 1/3 c. Kalamata olives (chopped)
- 1/2 Red onion (chopped)
- Kosher salt
- 2 tbsp. Dill (chopped)
- 1/2 c. Crumbled Feta

