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WINTER 2016

Comfortable LIVING

Water Damage - Not Just Bad for Your House

According to US industry estimates, every day 14,000 people have to deal with a water damage emergency. In Canada, it's not much better with 40% of house insurance claims caused by water damage.

There are three classes of water damage:

1. Clean water from leaky faucets or supply pipes
2. Grey water from sink drains and washing machines
3. Black water from contaminated sources like sewage or floodwater.



All these categories have a price, costing owners billions of dollars annually in North America alone.

In addition to the financial burden,

water damage is the facilitator for several health issues.

Moist surfaces encourage mold growth, not just at the soaked locations. Overall humidity increases, turning other parts of your home into breeding grounds for mold.

There are many types of mold with varying degrees of toxicity. The worst is "toxic mold" known in the scientific world as *Stachybotrys chartarum*. Health impacts include breathing problems, rashes, watery eyes, runny noses, coughing and, for those with a weakened immune system, fungal lung infections.

Dust mites cause another set of health issues. While they're common, they need moisture to thrive. Increased moisture due to water damage is just what this microscopic arachnid needs to get comfy in your home.

Like all living creatures, dust mites

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eliminate waste. Many people are allergic to dust mite droppings, causing itchiness, stuffiness, watery eyes, coughing, asthma and other respiratory illnesses.

Water damage also promotes **bacterial growth**, particularly black water, which is full of bacteria to begin with.

Gastrointestinal diseases like cholera and typhoid and **viruses** like hepatitis cause vomiting, diarrhea, stomach pain and fever.

So what can you do to minimize water damage risks?

Install water leak sensors to detect flow rates. These are coupled with shutoffs in **leak prevention systems**. When the system detects the irregular flows associated with leaks, it shuts off

the supply and triggers an alarm.

Leak prevention systems and flood alarms can be installed where water supply enters your home to protect your entire house or at specific appliances to minimize the risks at those locations.

Shutoffs for appliances like washing machines use an electronic controller to monitor flow and turn on supply only when needed. They shut off the water between uses or when they detect flow synonymous with leaks.

Some water damage happens slowly so **address small leaks** as soon as you discover them.

Prevent water from turning your house into a habitat for harmful organisms. Call Associated Plumbers today to make sure you're safe!



7 Things to Take Care of Your New Home

Finally the move is over! The boxes are (mostly) unpacked, the kids' rooms are in order (for now) and you can rest your weary bones.

Not so fast.

Here are some things you have to do first:

1. Change the locks

Or the passcode for electronic locks. While it's unlikely the previous owner will break in to rob you, there's still a security risk if your locks are the same as they were for past residents.

2. Find out locations of water mains shut-off, power panel and gas shut-off

If your new home develops a leak, has electrical problems, or has a gas supply issue, you need to shut it off quickly. Don't wait until something happens to start fumbling around.

3. Prepare an emergency escape plan

This is one of those things that often get placed on the "tomorrow" list, which turns into the "I didn't get around to it" list. Before you need it, have it. Practice it until everyone knows what to do in a real emergency.

4. Find out when garbage pick-up days are

You undoubtedly have tons of garbage from those boxes you used or from cleaning out the place. Find out the protocol for garbage separation



and pick up. Check out the city's website or ask the real estate agent.

5. Figure out the best route to work/school to avoid traffic

If you're starting a new job, you should stick to the main roads on the first day. After that, talk to your coworkers, use Google Maps or drive around after dinner to get a feel for the neighborhoods and street layouts. Vary your route until you figure out the least traffic-ridden (and most scenic) routes.

6. Meet the neighbors

Neighbors can look out for you, help jumpstart a dead battery, make sure your home is secure when you're not there, call for help in emergencies, and sit on the porch and chat when the kids move away. Don't overlook this simple task when you move into your new home.

7. Find a good plumber, contractor, landscaping professional

And anyone else you'll need to maintain your new home. You need to know who to call for emergencies like a sewage backup or a broken furnace. Research online, look at reviews, and talk to coworkers and parents of other children at your kids' school to get recommendations. Call and have an initial chat so when you need their services, you're comfortable with them and aren't scrambling.

If you need a contractor you count on for your new home, give Associated Plumbers 501-666-9483 a call to talk about how we can help you.



DID YOU KNOW?

- The toilet is flushed more times during the Super Bowl halftime than at any other time during the year.
- More than \$100,000 was spent on a study to determine whether most people put their toilet paper on the holder with the flap in front or the back. The answer: 3 out of 4 people have the flap in the front.
- The average person spends three whole years of their life sitting on the toilet. We hope you brought some good books!

Source: <http://www.foxph.com/10-plumbing-facts/>

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WATER HEATER INSTALLATION

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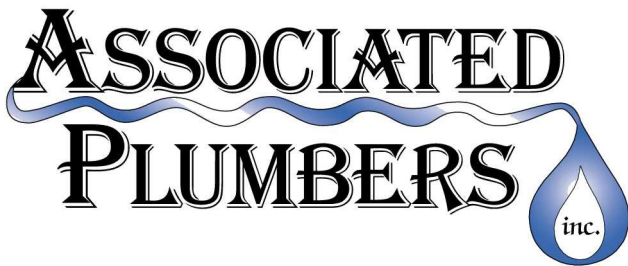
INGREDIENTS

- 2 eggs
- 1/2 cup butter
- 1 cup granulated sugar
- 1 teaspoon vanilla
- 2/3 cup shredded sweetened coconut
- 2 cups Nilla Wafer crumbs
- 1 1/2 cups mini marshmallows
- Powdered sugar for dusting

INSTRUCTIONS

1. Line an 8x8 pan with foil and spray lightly with cooking spray
2. Crack 2 eggs in a medium bowl and whisk
3. In a medium saucepan melt butter on low heat. Add sugar and stir for 1 minute. Add a few tablespoons of the sugar mixture into the eggs and mix together. Mix egg mixture back into saucepan. Cook for 7-8 minutes, stirring occasionally.
4. Remove the pan and stir vanilla and coconut
5. Once cool stir in the Nilla Wafer crumbs and marshmallows
6. Spread mixture into the prepared pan and chill for 2 hours
7. Dust them with powdered sugar and cut into squares

Source: <http://cookiesandcups.com/snowdrift-bars/>



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WINTER BUCKET LIST

- | | |
|---|---|
| ☐ Go Sledding | ☐ Bundle Up and Go for a Walk |
| ☐ Build a Snowman | ☐ Go Ice Skating |
| ☐ Drink Hot Chocolate | ☐ Read by the Fire |
| ☐ Snuggle Under Blankets | ☐ Spend Time with Family |
| ☐ Watch a Holiday Movie | ☐ Drink some Eggnog |
| ☐ Drink Hot Cocoa | ☐ Set Goals for 2017 |
| ☐ Make Snow Angels | ☐ Winterize your home with Associated Plumbers |

