

HOME XPERT

Simple ways to improve your home comfort, safety and value.

Fall 2010

\$3.00

MY WORD

The Classroom

By Steven Heidler & Mick Heidler



Hello Friends,

It's great to be back in touch after a busy Summer.

For a lot of families, Fall ushers in a new "learning season." As kids head off to new classrooms, sometimes you can't help remembering your own school days.

During my time in school, I learned a lot – and forgot a lot – but I'm in good company. As Albert Einstein said, "Education is what remains after one has forgotten everything he learned in school."

I don't always remember the history dates, mathematical calculations or scientific theories that showed up in textbooks, but somewhere along the way, I learned some basics that have stuck with me year after year.

For example, there will always be someone who knows more than I do. And there will always be someone I can help.

Those two facts are a big part of running this business. Our team

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MONEY WISE

Water: It's Vital to Your Vital Signs

Water is one of your body's biggest workers. Whatever you're trying to do, water's going to help you complete the task. It's in your muscles, lungs and brain. It's in your blood, serving as an internal transportation system to get oxygen to your cells. It's the route by which nutrients travel to your organs. And it's how your body temperature stays where it needs to be.

The best source of water, obviously, is water itself.

Keep a filled glass or bottle nearby to stay hydrated. But water also comes from other sources, including beverages of all types, as well as fruits and vegetables. Drinks with alcohol and caffeine are a mixed bag, however, because they're diuretics, which actually increases your need for water.

You lose water from ordinary activities – breathing, perspiring and going to the bathroom, for example. The more active you are, the more water you lose. If you lose too much, that's a problem. You become dehydrated.

Thirst is actually the first sign of dehydration. If you only drink water when you're thirsty, you're too late. Sleepiness or tiredness is also one of the symptoms of mild to moderate dehydration – which means a tall glass of water can be a much better pick-me-up than a caffeinated soda. Other symptoms include dry mouth, less tears and sweating, muscle weakness, yellowed urine, as well as headaches or lightheadedness.



How much is enough?

You can do your own calculations by taking your weight in pounds, dividing it by half, and that's how many ounces you should drink each day.

Keep in mind that water isn't always pure! You can get a clear picture of what your family is drinking from your water supplier's annual report on water quality. Also, call us about filtration options that remove the sediment build-up in plumbing pipes that could seep into your water and affect taste.

Your Quick Call Comfort Hotline:

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When Cyberbullying Is a Concern

“Bullies” have always been a part of childhood. In typical scenes from old movies and TV shows, a larger kid will terrorize a smaller kid. The playground nemesis will eventually get his comeuppance, and the smaller kid will realize that the bully wasn’t so tough after all.

With cyberspace bullying now in the atmosphere, kids can be vulnerable even in their own homes. They can even do the bullying themselves without revealing their identity.

Mean messages sent by text or email, comments in chat rooms or on blogs, and sensitive information or embarrassing photos posted through social media are among the ways that technology can take bullying to another level. As research shows, cyberbullying can take place day or night, it can involve a large audience very quickly, and be done anonymously.

Though cyberbullying is a more recent problem for parents, that certainly doesn’t mean the more “traditional” forms of bullying have gone away. Punching, name-calling, teasing, intimidating gestures and social isolation are tools of the bullying trade that continue to cause hurt and pain for the victims.

The U.S. Department of Health and Human Services offers information and resources at the website, www.stopbullyingnow.hrsa.gov.

Home Safety Alert: Falls Are Leading Cause of Home Injury

Everyone trips and stumbles from time to time. But a simple moment of “not watching where you’re going” can have serious consequences. According to the Home Safety Council, falls at home cause more than 5 million injuries each year – and even account for nearly 6,000 deaths.

The Council recommends that you take a look at several areas, including:

- **Stairs and Steps** – For better protection, have hand rails installed on both sides, and make sure they extend from the top to the bottom of the stairs. Use safety gates at the top and bottom with small children in the home. Also, keep the stairs clear of toys, laundry, books or other clutter. Finally, if any steps are broken, have them repaired.
- **Lighting** – Lighting helps us watch where we’re going, see hazards ahead and make adjustments. Make sure you have adequate lighting at entrances, on your porch and walkways, and at the

top and bottom of the stairs. Also, place nightlights in the bedroom, hall and bathroom to prevent stumbling in the dark during unplanned visits to the bathroom or tending to snack attacks in the kitchen.

- **Reduce Slips** – A big injury can start with a small slip, and that can start with a small rug. Secure small rugs by taping them to the floor (or don’t use them at all). Place a mat or non-slip strips in the tub and shower and add grab bars. Also, use a bath mat with a non-skid bottom on the bathroom floor.
- **Other Good Practices** – If you have a two-story (or more) home, place window guards on upstairs windows to keep children from falling out. Put ladders away after using them – but not upright. Store them on their sides. And don’t forget one of the simplest “fall prevention” practices you can adopt: wipe up spills when they happen.

DID YOU KNOW

- *Teeth are the only parts of the human body that can’t repair themselves.*
- *Charlie Chaplin once won third prize in a Charlie Chaplin lookalike contest.*
- *In the 1950’s the hula hoop was banned in Tokyo due to the large number of traffic accidents it caused.*
- *The cheetah is the only cat in the world that can’t retract its claws.*
- *The liquid inside young coconuts can be used as substitute for blood plasma.*
- *Only one person in two billion will live to be 116 or older.*

Reducing Air Pollution

If most people were asked to do a quick word association about air pollution, chances are strong words like “city” and “traffic” would be among the first to come to mind. However, while large cities with heavy traffic are certainly susceptible to air pollution, city dwellers and drivers aren’t the lone culprits when it comes to causing air pollution.

According to the Environmental Protection Agency (EPA), what we do inside our homes, regardless of where we live, can be polluting the air both indoors and out. To do your part, consider the following tips for reducing air pollution:

- **Recycle.** One of the easiest ways to help reduce air pollution is to participate in your community’s recycling program. Recycling helps reduce air pollution by reducing production emissions. Plus, recycling helps to conserve valuable – and expensive (as you’ve probably noticed on your utility bills!) – energy.
- **Proper storage and disposal of common household items.** Many items around the house can be very harmful to the environment if not disposed of or stored properly. One easy thing you can do to help the environment is to make sure your paints, pesticides and solvents are stored in airtight containers.
- **Inspect your appliances regularly.** Inspecting heating

and cooling systems (filters, in particular), can help reduce the emissions of harmful gases into the air both inside and outside your home. Have a professional (like us!) check your home comfort system in the Spring and in the Fall. If your system isn’t operating efficiently, it could be costing you significant amounts of energy dollars.

- **Look at things in terms of your physical health.** If you or your loved ones are struggling

to adjust to a more air-friendly lifestyle, perhaps the context of personal health can help put things in a better, and more effective, perspective. Exposure to air pollution can aggravate asthma, lead to potential lung damage, cause coughing or shortness of breath and could result in premature death for people with existing heart or lung diseases.

Since these issues affect over 50 million Americans, chances are air pollution is affecting someone you know and care about.

To learn more about air pollution and how you can play a role in its reduction, visit the EPA website at www.epa.gov.

“Quotable”

“But I remember more dearly Autumn afternoons in bottoms that lay intensely silent under old great trees”

—CS Lewis



Changing Times, Changing Spending Habits

Recessionary times have caused many to rethink their spending habits and, for some, improving happiness along the way.

Recently, The New York Times highlighted a new type of consumer thinking – one that favors spending on “experiences,” rather than stuff. Researchers are finding that **investing in leisure activities** – such as vacation travel, concerts, sports or cultural classes – gives a longer-term boost to happiness than, say, buying a new couch.

Even investments in the home – at-home movie centers, backyard decks and so forth – tend to be about experiences rather than things that look good but don’t give joy.

One theory is that **experiences bring lasting memories**. People think of them long after they’ve happened, and they tend to remember them positively, even when they were hot and tired, with hurting feet, in long lines to see something special. There’s also less need to keep up with the Joneses. If you take a hike with your family in a local park, you’re probably not going to say, “Those other people took a better hike!”

MY WORD (...from page 1)

around here is committed to learning more ways that we can make your home more and more comfortable. And we're committed to sharing our knowledge with you and helping you in whatever way we can.

If you have any trouble with your plumbing, just give us a call and we'll get there as quickly as we

can. Or if you want peace of mind about your plumbing's inner workings, call and schedule a plumbing inspection. We'll identify any areas under strain.

Hope to see you soon!



Steven Heidler & Mick Heidler

P.S. Don't forget to check out the special offers on this page for some big savings. If you aren't going to be able to use them, please feel free to pass them on to a friend, neighbor or family member.

HomePoints

By washing laundry in cold water instead of hot or warm water, you could save up to \$152 a year.

Is Your Water Giving You a Hard Time?



Nothing sends a day down the drain like hard water. Soap won't lather, dishes have spots, and clothes are stiff and uncomfortable.

And, you pay to feel that way.

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When you need a repair on your plumbing system, you're already not having a good day. So we'd like to make things easier on your wallet. Clip this coupon for a \$25 savings on your repair bill, and just give us a call. We'll give you our best service, as quickly as we can. Call **Heidler, Inc.** at **410-268-7191**. Expires 11/30/10.

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Fix it? Oh, forget it.

Yeah, that's a part of home ownership. No matter how hard you try, there are just some things you can't do anything about. So, instead of fixing it, you just give up and say "forget it."

Here's a better idea. Give us a call and let us make it better. If you've got something that can't quite be "fixed," we'll help you start fresh.

We're dedicated to making your home beautiful and helping you

save money. That's why **Heidler, Inc.** offers full bathroom and kitchen remodeling services. Call us at **410-268-7191** and let us know how we can help you make your dream a reality.

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