



PLUMBING, HEATING & AIR

2510 Vermont Avenue
Bismarck, ND 58504
701-222-2155



THE "PLAINS" NEWSLETTER

www.northern-plains.com



**Whole House
Water
Purification:**

- ◆ Long-lasting media naturally cleaned with water and regenerated with a blanket of fresh air
- ◆ Cost of operation less than \$10 per year!

**Effective
treatment of:**

- ◆ Chlorine & Chloramines
- ◆ Taste & Odor Issues



Now Offering Water Filtration & Softening Systems

Call Northern Plains Plumbing & Heating for your residential and commercial water filtration and softening systems. We offer a complete line of water treatment equipment.

Chlorine and chloramines are commonly used to disinfect city water systems and provide safe drinking water to end users. However, once inside homes and businesses these chemicals can cause unintended problems. A good water filtration system can remove these chemicals from your water.

There are also benefits to adding a water softening system to your water including:

- ◆ **Protects Plumbing:** Reduces scale build up caused by hard water, which helps extend the life of all your appliances that use water like hot water heaters, dishwashers, and clothes washers.
- ◆ **Saves Energy:** Eliminating scale can improve the efficiency of your hot water heater by up to 30%!
- ◆ **Saves Money:** Cleaning with soft water allows for up to 70% less detergent and other cleaning products to be used.
- ◆ **Reduces Spots:** No more spotting on dishes and faucets
- ◆ **Cleaner, Healthier-Feeling Bathing:** Bathing in soft water can result in healthier-looking and better-feeling skin. Hair washes and rinses easier and reveals its natural beauty.
- ◆ **Longer-Lasting Clothes:** A Kansas State University study found that clothing washed in hard water wear out up to 40% faster than clothes in soft water. In addition, colors fade sooner and whites darken more quickly in hard water.

For more information on water filtration and softening & for a free water analysis, call Northern Plains Plumbing & Heating at (701) 222-2155.



HOURS:

Monday—Thursday:

7 AM—5 PM

Friday: 7 AM—3 PM

Closed Monday, May 30th

May 1st

New Homeowner's Day

May 8th

Mother's Day

May 30th

Memorial Day

Employee Anniversaries

HVAC

Jon A.—12 years

Jon S.—6 years

Jade H.—1 year

Bryan T.—15 years

Adam K.—2 years

Larry T.—4 years

Drilling & Excavating

Pat R.—14 years

Luxury Showers for a Spa-Like Bathroom



Do you want to turn your bathroom into an at-home spa or make your guests feel like they're at a hotel? Upgrade your bathroom with a custom tile shower. Tile showers can be made to custom sized spaces and designed to be as simple or elaborate as you want. If you really want that spa-hotel feel, think about these luxury options.

- ◆ **Rain Shower Head:** Rain heads can come from the ceiling or a shower arm from the wall. These shower heads are larger and give a softer, drenching spray.
- ◆ **Steamist Steam Bath:** Having your own personal steam bath can help you sleep better & work better. Overall, you'll feel better. Steamist steam baths also contribute to a brighter, healthier outlook, increase blood circulation, metabolism and provides a haven from mental & physical stress.

- ◆ **Body Sprays:** Strategically placed body sprays can be used to relax sore muscles. Some of the most common placements are between the shoulder blades, on the lower back or on the legs. The body sprays do adjust to help accommodate users of various heights and come in multiple styles to compliment many showers. When designing a walk-in style shower, body sprays can combat the draft of not having a shower door.

For more custom shower ideas, contact **Lori** or **Julie** with **Bath and Kitchen Consulting & Design** by calling **(701) 222-2155**.

HOT BATH BENEFITS

While not everyone likes to take a bath, a soak in a hot tub can have some great health benefits for both your body and mind.



- ◆ **Increase Blood Circulation & Lower Blood Pressure:** Having hot water up to your neck creates a physical pressure on your body and increases your heart capacity, making your heart work faster & stronger.
- ◆ **Helps You Fall Asleep:** Relaxing your muscles and mind will both help you fall asleep and sleep better.
- ◆ **Clean & Moisturize Your Skin:** Although it's not as clean as a shower, a hot clean bath can open your pores and help remove the dirt & toxins from your skin. The warm water can also keep your skin moist longer.
- ◆ **Reduce Headaches:** Many headaches are caused by narrowing of blood vessels in the head. The positive effect of hot water on our blood vessels can relieve the pain & symptoms of headaches.

HVAC PREVENTATIVE MAINTENANCE

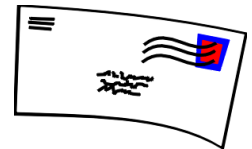
We are now offering preventative maintenance service plans for HVAC systems. These include discounts on:

- System Checks
- Repairs
- Filter Replacements
- And More!

You can find more information at www.northern-plains.com/preventative-maintenance.aspx

From Our Customers:

"Thank you for everything! You both have been so wonderful to work with & help me with the decisions! I so appreciated your expertise & professionalism!" - Kris P.



"Thank you for your help with our new home. The fixtures, sink, etc. turned out great, even the sink in the garage." - Jean & Dale T.

ADAM'S HVAC SERVICE TIP OF THE MONTH

Get a programmable thermostat. It's easier to save energy with a programmable thermostat than a regular one because you don't have to think about it each time you want to change the temperature. You just pre-program your settings so that the thermostat raises the temperature while you're at work or asleep, and kicks on the air conditioning when you're at home and awake. With "smart" programmable thermostats, you can even control the temperature from your smartphone.

For more information, call Adam at (701) 595-7167.