



**PLUMBING, HEATING & AIR**  
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**Consulting & Design Inc.**  
 A Division of Northern Plains Plumbing and Heating Inc.



## THE "PLAINS" NEWSLETTER

[www.northern-plains.com](http://www.northern-plains.com)

### Bathroom Remodeling Guide

When you're investing in a home remodeling project, you want to make sure that the results not only please you but add value to your home.

- **Budget for the Unexpected:** Contractors can't see through walls, so don't expect them to catch every possible pitfall. That's why it's important to build a 10 to 15 percent cushion into your budget. If nothing goes wrong, you'll have a nice little windfall.
- **Hide the Toilet:** A master bath that's stylish and functional can also be discreet. That's why it's nice to hide this fixture away, either in its own "room-within-the-room" or behind a half wall.
- **Do Choose Appropriate Surfaces:** Your master bathroom's surfaces do more than just contribute to the overall aesthetic. They also take a lot of abuse. Tile is a favorite for use on the floors and walls alike. You can find some versions that look like natural stone. We recommend larger tiles to minimize grout lines, easing the upkeep.
- **Splurge on the Shower:** The empire of the roman tub is officially over. People started to realize that they could count on one hand how many times they actually use the tub. We're now using that space to create larger showers, often with his & her shower heads, body sprays, and even steam generators.
- **Provide Adequate Ventilation & Light:** Moisture not only breeds mold & mildew, it can take a toll on finishes and painted surfaces. A bathroom fan is the best defense. Consider a humidity sensing unit that will automatically turn on and off depending on the amount of moisture in the air.



**September 5th**

**Labor Day**

**September 22nd**

**First Day of Autumn**

**September 28th**

**Good Neighbor Day**

**LABOR DAY**



**HOURS:**

Monday—Thursday:

7 AM—5 PM

Friday: 7 AM—3 PM

Closed Mon, Sept. 5th



As for lighting, the goal is to bring different layers of illumination into the room. A ceiling fixture is suitable for general lighting, but it will cast shadows on your face when you're at the vanity. That's why you'll also want sconces or other vertical fixtures mounted on either side of the vanity. The shower and toilet should also have dedicated task lighting, such as a recessed canister light.

For more information on bathroom remodeling or to schedule an estimate, contact **Lori** with **Bath and Kitchen Consulting & Design** at **(701) 222-2155**.

## Employee Anniversaries

### Plumbing

Jason S.—2 years

Jay T.—5 years

Loren G.—5 years

### HVAC

Myra C.—13 years

## Boost Your Brain Power While You Shower

Have you ever wondered why you get your best ideas in the shower? Studies show that taking a shower can increase your problem-solving power. Warm water running over your body can stimulate the outer layer of your skin releasing molecules to the nerve endings that trigger brain activity. Creativity has been shown to be triggered by a few key factors as well. Our brains give us our best ideas when:



- A lot of dopamine is released in our brains. Triggers like exercising, listening to music and even taking a warm shower contribute to increased dopamine flow.
- We're relaxed. When we have a relaxed state of mind, we're more likely to turn attention inwards, able to make insightful connections.
- We're distracted. Distraction gives our brains a break so our subconscious can work on a problem more creatively.

No wonder great ideas happen in the shower. Spend a little extra time under that hot water today and boost your brain power.

## FEATURED PRODUCT: KOHLER DTV+

The touch-screen interface provides convenient, intuitive control of every component—from water delivery to music selection to lighting. The interface is simple to navigate, completely waterproof and works with wet fingers. Six user presets allow you to create and save your favorite experiences. And the digital touch screen eliminates the multiple levers and knobs of a manual shower—giving you a clean, uncluttered shower space.

For more information on Kohler DTV+, contact **Lori** with **Bath & Kitchen Consulting & Design, Inc.** at **(701) 222-2155**.



### 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](http://www.northern-plains.com/preventative-maintenance.aspx)

[www.northern-plains.com](http://www.northern-plains.com)

If you are looking for more information on our company and the services we provide, take a look at our website. Just some of the features and information on our website include:



- Photo Gallery
- Testimonials
- Contact Information & Contact Form
- Employment Information
- Newsletter Archive

### ADAM'S HVAC SERVICE TIP OF THE MONTH

Your heating and cooling system uses as much as two-thirds of the energy in your home. For this reason, it is critical to make smart choices in order to improve the efficiency and overall performance of the unit. It might be the difference between an exorbitant monthly bill and an amount you can manage. Proper care is also how you improve the air quality for your family. Consider some tips from the experts at Northern Plains to keep your home environment safe and comfortable.