

The "Plains" Newsletter

December 2013



PLUMBING, HEATING & AIR
 2510 Vermont Avenue
 Bismarck, ND 58504
 701-222-2155

Merry Christmas!

Hours:

Mon—Thurs: 7am-5pm

Friday: 7am-4pm

24 Hour Service!!

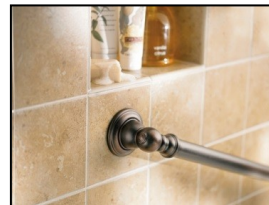
Give us a call anytime to speak to our helpful staff or an experienced technician.

NOT YOUR PARENTS' GRAB BAR

You shouldn't have to give up a stylish home just because age or a handicap requires bath safety products or grab bars. Today many companies offer designer series of grab bars, assist bars and bath safety products. These new safety products don't need to look like the institutional products found in most hospitals and nursing homes.

Moen offers grab bars that would complement any traditional or contemporary faucet lines in a variety of sizes and finishes. In addition, they have

assist bars integrated into toilet paper holders, towel bars and shelves to provide assistance around the bathroom.



Delta has a new designer bath safety product line coming out early 2014 that includes multiple styles of grab bars, corner shelves with assist

bars, paper holders and towel



bars. They offer styles ranging from traditional to modern with five finish options.

Bath safety doesn't have to mean your parents' grab bars. Contact [Lori or Julie](#) with [Northern Plains Plumbing](#) at [701-222-2155](tel:701-222-2155) for more information on these stylish options.

ANNIVERSARIES

Jason S. (Heating & Air)
 December 9th
 10 years

Paul R. (Heating & Air)
 December 19th
 1 year

Julie D. (Plumbing Office)
 December 28th
 2 years

Mason M. (Heating & Air)
 December 30th
 14 years

TUB TIME: STRESS SOAK

Last month, we gave you a recipe for a Chill Chaser bath soak. This month we have a stress relieving bath salt recipe to help relieve the stresses of the holiday season.

Ingredients:

- 5-10 drops of lavender or sandalwood oil

- 2 Tbsp. carrier oil (such as almond or aloe)
- 2 Tbsp sea salt

Directions:

1. Fill tub with warm water
2. Add the blended ingredients and make sure salt dissolves
3. Soak for 10 to 20 minutes

Remember:

Wait until the tub is filled to add your bath salt. The running water can make the oils evaporate quickly.

Consult a doctor before using if you are pregnant, have heart problems or high blood pressure.

Bath and Kitchen
Consulting & Design Inc.
A Division of Northern Plains Plumbing and Heating Inc.

Northern Plains

Drilling & Excavating Inc.

Professional
PUMPING
SERVICES

Holiday Special



Kohler Moxie Showerhead + Wireless Speaker Starting at \$159.00

Showerhead with built in wireless speaker that fits right onto your existing shower arm. Bluetooth capable up to 32 feet from device. A great gift for the music lover.

Available in White, Chrome, Brushed Nickel and Oil Rubbed Bronze. Offer expires Dec. 31st or while supplies last.

Call Julie with Northern Plains Plumbing at 701-222-2155 for availability.

Holiday Special



Kohler Moxie Wireless Speaker Starting at \$100.00

Bluetooth capable up to 32 feet from device. Perfect gift for the techie in your life.

Available in White, Retro Blue, Chartreuse, Navy Blue and Cherry Red. Offer expires Dec. 31st or while supplies last.

Call Julie with Northern Plains Plumbing at 701-222-2155 for availability.

KITCHEN SINK TRENDS

Single Bowl: We have been seeing more and more homeowners switching to a large single bowl kitchen sink. In stainless steel, this can be a modern and industrial look for the kitchen. It's great for large pots and pans and since many people mainly use their dishwasher, the need for separate sink bowls has diminished.



Low Bowl Divider: Homeowners have chosen this style of sink for many of the same reasons as the single bowl. The low divider allows for larger pots and pans to fit more easily in the sink but still gives the option of keeping water to one side of the sink. The drawback of this style is that it only allows for a shallow amount of water in the sink before filling both bowls.



Front Apron/Farmhouse:

Although not a new product, front apron sinks are a current trend for kitchens. Available in a variety of colors and materials, these sinks can complement any style of kitchen. The stainless steel options are popular for more modern kitchens while white sinks are often chosen for country style kitchens. They come in multiple sizes as well as one or two bowl options to better suit your needs. One drawback is the front of the sink may need to be protected from belt buckles, shirt buttons, etc.

