

“Today’s  
technology  
with good  
old-fashioned  
integrity”

# GUNDLACH’S

Established 1900 • Lic. 1338

## 327-3052

PLUMBING • HEATING • AIR CONDITIONING

## MY WORD

BY *KEN WONDERLY*



Hello  
Friends,

Happy New  
Year! I’m  
glad to have this  
chance to stay in touch  
with you.

Please take a moment  
and look inside this  
newsletter. There are  
many useful articles  
about home comfort  
and even some tasty  
food tips.

In this seasons letter,  
we have included a  
coupon for \$100 off a  
water heater replace-  
ment. We know money  
can be tight after  
Christmas and we  
want to help. A new  
water heater is a large  
purchase and often a  
necessary one.

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— IT’S ABOUT TIME! —

## Get a Fix on Water-Saving Fixtures

**I**n the U.S, it’s estimated that each of us uses an estimated 80 to 100 gallons of water daily. Most of that, actually, goes right down the toilet. Yep, a straight flush beats out any other use of household water.

Showers and baths come in a solid second. And when you’ve got a full house, the gallons flowing through the pipes really add up.

Did you know that you can do a good bit to save on the amount of water consumed in your household by updating older inefficient fixtures with water-saving replacements?

For example, if you switch from an older model to a low-flow showerhead, you could save 15 gallons of water or more during a 10-minute shower. That’s a significant savings over time.

Toilets account for nearly 30 percent of a home’s indoor water consumption, and you’ve got water-saving options there too. While a standard toilet uses about 3.5 gallons per flush, if you replace it with a water-saving, low-flush toilet, it only takes about 2 gallons of water to flush.



In fact, the EPA says that if homeowners replace old inefficient toilets with recommended models, an average family can reduce water used for toilets by 20 to 60 percent. That amounts to about 13,000 gallons

of water savings every year! Your water bills could also get some relief – saving \$110 per year in water costs.

So take a look at your faucets, showerheads and toilets, and consider updating them with more efficient models to help conserve water. We’ll be happy to help you make water-saving choices.



## Unlocking Your Upholstery Codes

— HOT NEWS NOW —

### Sinking into Kitchen Plumbing Problems

The kitchen is the most-used room in the house, which gives it a running start on the number of things that can go wrong. Your kitchen plumbing, for instance, has a full team working for you, starting with the sink and disposal.

Over time, any of your fixtures and appliances can leak, drip, break, clog – or create odor. Clogged sink drains, for example, are common problems. A trusty plunger can help you clear a path that’s probably been stopped by food particles. If you need help, let us know.

The sound of a dripping faucet is not just annoying. It’s a big waste. Did you realize that one drip a minute can waste 34 gallons of water a year? Let us take care of this routine repair pronto.

You may have noticed that garbage disposals create odors. If you sense an unpleasant scent, adopt some good practices.

After each disposal use, keep hot water running into the sink basin for about 30 to 45 seconds after turning off the disposal. This pushes remaining debris through the pipes instead of allowing it to collect and decay (that’s what makes it smelly!).

From time to time, take this step too. Put a stopper in the sink, fill it with hot water and dishwashing liquid. Remove the stopper and run your disposal as the water drains. After you turn off the disposal, carefully clean the flaps. Many people forget to clean the underside, so make sure you don’t miss those or odor could persist.

Again, if you experience any trouble with your plumbing, please give us a call.

**Is Your Water Heater Ready for Retirement?**  
**Take \$100 off its replacement.**

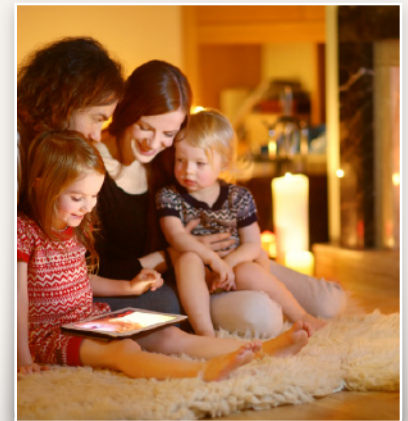
After 10-12 years of daily service, your water heater may be ready to slow down on the job - or even call it quits.

Call us today and receive **\$100 off** of your water heater replacement.

**Gundlach’s Plumbing, Heating & Air** at **327-3052**

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There’s nothing like having a nice, clean couch – until someone sneaks in a snack and has one of those “oops” moments that leads to a spill. Or props up a pair of feet that are a little dirtier than expected. Before you get your cleaning plan in gear, you’d be wise to brush up on some of the cleaning secrets hidden in the furniture industry’s alphabetic code.



— TAKE THAT! (AND THIS TOO!) —

### Stack the Deck for Family Fun

Instead of shelling out big bucks for a family night out, you can save a ton of dough and have just as much fun by playing some classic games. For example, grab a deck of cards and try a friendly game of Egyptian War. Get the rules

online for a game so simple the only skill required is flipping a card over. Perhaps plan a round of charades, pull out a set of dominoes or pick up a jigsaw puzzle. Then get some snacks, gather the family and friends and enjoy your night in!

## Foods for Good Moods?



- W is for water. This should be your favorite letter, at least for this purpose, because it means you can use water to clean your furniture piece. Given that water-based solutions are approved, using an upholstery/carpet cleaner would be a safe bet on your spill or stain.
- S means don't use water. Instead clean your upholstery with a water-free product, such as a dry cleaning solvent.
- WS means you can use water or water-free solvents to clean your piece. Good options there too.
- The letter X should be regarded as a caution flag – because this letter is telling you that your furniture piece should be professionally cleaned only.

Whether you're rushing to a spill or you just want to freshen up the sitting areas after a lot of winter evening indoors, sticking to recommended cleaning practices help maintain its clean and fresh appearance.

### Is Your Furnace an Antique?

If your furnace is more than 15 years old, outdated technology and deteriorating parts could be short-changing your home comfort.

Call for a free estimate on a brand new system, and get set to enjoy improved energy efficiency, reliable comfort, safer operation and easy payment options.

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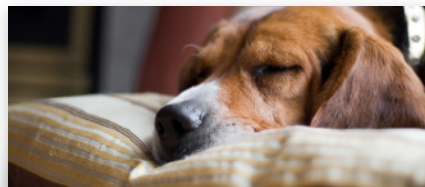
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**W**hen reaching for a pick-me-up on a gray winter day, skip the cookies and instead choose a healthy alternative that offers a boost to both mood and energy. Stock up on good-mood foods so that at the first sign of a sinking spell, you'll be ready to:

**Peel a banana** and chew on a slew of benefits, including fructose; fiber; vitamins B6, A and C; tryptophan; potassium; phosphorous; iron; protein and healthy carbohydrates.

**Enjoy a handful of walnuts**, an omega-3 rich food that also provides a dose of vitamin B6, tryptophan, protein and folate. (They are also a great addition to a quick salad.)

**Take in a taste of dark chocolate.** Rich in antioxidants, chocolate can offer a temporary mood improvement, thanks to its sugar, fat, caffeine and phenylethylamine – a chemical in the brain that releases the endorphins that produce all the happy feelings.



### Take Care of Your Bones

**I**f your bones become weak, they'll become susceptible to fractures. Or you could develop a bone disease such as osteoporosis. That's why it's important to follow good practices to keep your bones healthy and strong. Start here:

**Eat a well-balanced diet, especially one that's rich in calcium and vitamin D.** Low-fat dairy products are good

sources of calcium, as are green, leafy vegetables, tofu, beans and calcium-enriched orange juice. Vitamin D is found in egg yolks, saltwater fish and liver, as well as milk with vitamin D. Many people also use nutritional supplements for calcium and vitamin D.

**Get plenty of physical activity.** Strength-building and weight-bearing exercises, like walking, climbing stairs, lifting weights and dancing, are good choices for building better bones.

**Live a healthy lifestyle.** Don't smoke cigarettes, and do limit your alcoholic beverages. Talk to your doctor about bone health and your risk factors.



## MY WORD

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We also have a reminder that we offer a maintenance program that can help you save money and keep your home comfort system running efficiently.

If it is time for a new system, we offer free quotes and would be happy to sit down and present you with a few

different options for your home comfort needs.

I hope that the articles and discounts in this newsletter are helpful to you or a friend.

Sincerely,



Ken Wonderly

## — QUICK TIPS —

### Need a Good Night's Sleep?

If you're having trouble falling asleep, check your thermostat. Insomniacs may have warmer core body temperatures and could benefit from a cooler room. But don't go to extremes. Experts say the optimal temperature range for falling asleep is between 60 and 68 degrees. Temperatures beyond this range could lead to restlessness.

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P.O. Box 1738 • Bakersfield, CA 93302

[www.gundlachsservice.com](http://www.gundlachsservice.com)

If your mailing address is not correct, please call us!

## Can We Agree to Save You Money?

It's a simple idea that can pay you back many times over. When it comes to regular maintenance of your heating and cooling system, you won't find a better deal than our Comfort Club.

By becoming a member of our Maintenance Agreement program, you'll save money

on repairs and tune-ups. You'll enjoy priority service. You'll get the benefits of extended equipment life and more energy savings. Great perks of membership, wouldn't you agree? Call us today!



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## FAST FIX

### Window Cleaning Directions

In case it's just not as clear as it should be (sorry!): When cleaning the glass in your windows, spray a mist of your cleaner on the inside then wipe horizontally with a clean lint-free cloth. For outer panes, change direction – spraying cleaner then wiping vertically until dry. You'll be able to see streaks better, and you'll know which side they're on.