

WATERWORKS

STEVE HUFF PLUMBING
PRESENTS
NEWS YOU CAN USE
AROUND YOUR HOME
WINTER

HIGHLIGHTS

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Keep Your Water Heater Healthy Throughout the Winter

Winter is Flu Season for People... and Water Heaters.

Sniffing. Coughing. Sneezing. Oh boy, winter is here again and so are your chances of developing a nasty cold or something worse, such as the flu. The threat of potential sickness or experiencing mild symptoms has people running to the doctor this time of year for check-ups and flu shots. People are more inclined to go to the doctor in the winter because they want to prevent small issues from becoming bigger ones.

You may not realize this, but your health isn't the only thing you should monitor carefully. Your water heater could be suffering this season, too! No, it obviously doesn't have a sneeze or cough, but it could be experiencing its own unique symptoms. Has it been making cracking, popping or bubbling sounds? Are you not getting as much hot water as you used to? When all of the components in your water heater aren't operating properly or efficiently, it puts a strain on it. Water heaters need regular maintenance & need to be flushed.

The water that comes into your water heater carries sediment. Over time, this sediment will settle at the bottom of your tank. An older water heater can have up to eight inches (or more) of sediment that's accumulated at its bottom! Essentially, that sediment makes your water heater smaller, so you have less hot water to use.

In addition, that sediment eats away at the interior of your water heater, shortening its lifespan. Without regular flushes, bacteria will often grow in tanks. If you notice that your tap water smells like sulfur, your water has bacteria. Not sure what sulfur smells like? Imagine rotten eggs! Yuck!

There's only one way to ensure your water heating system is performing at its best, reducing energy bills and maximizing its life. Have your water heater inspected and flushed regularly. It's a simple process that requires little time and can reduce your energy bills & extend its life. Our highly-trained technician will come to your home, inspect your water heater, and get it ready for the season ahead.

Your water heater will be able to perform better and save you money. Whether your system hasn't been inspected this year or ever, it's something that you may want to explore soon. There's no need for you to be paying higher utility bills, and you certainly don't want to run out of hot water this winter.

Call us at Steve Huff Plumbing at 423-239-8361, and our highly-trained technicians, who are drug-tested and background-checked for your safety and peace of mind, can give your water heater a complete and thorough evaluation.

7 TIPS TO FIGHT HOLIDAY STRESS

The holidays are an exciting time of year. They should be spent celebrating and laughing with family and friends. However, with all the expectations, shopping, crowds, events, coordinating family members, and you can't forget the in-laws, it can unfortunately be a time of stress for many. To help you overcome holiday stress, we've gathered some of the top tips from health experts.

From quick stress-survival strategies to mood-brightening foods, here's your cheat sheet to holiday cheer:

1) Find the Sun- Ok, this may be tough in the winter, but it's there. Bundle up and go on a brisk walk. Open your blinds, and let natural light in. Sunlight contains vitamin D, which stimulates the production of serotonin. Serotonin helps relieve seasonal affective disorder (SAD), which impacts millions of Americans every year, says Judith Orloff, MD, an assistant professor of psychiatry at the University of California, Los Angeles.

2) Break out the Essential Oils- Citrus essential oils, such as lemon or orange, can boost feelings of well-being and alleviate stress by upping norepinephrine, a hormone that affects mood.

3) A Spoonful of Honey- Research shows that honey's antioxidant and antibacterial properties may improve your immunity. The darker the honey, the more powerful the antioxidant punch.

4) Get Your Sweat On- It may be the last thing you feel like doing when you're stressed out, but going for a run or hitting the gym can actually make you feel better. Research has found that workouts can boost your mood for up to 12 hours. Plus, you are fighting the holiday weight which can also add stress.

5) Don't Sweat the Small Stuff- Many of us have expectations of what the holidays should be like or look like. Drop your expectations and realize not everything has to be perfect. Focus your energy on enjoying the people in your life, not the things.

6) Ditch the Traditions- Many traditions are fun and bring us joy. However, some just bring us stress. If there's a certain tradition that brings you stress, consider ditching it, or even better, passing it down to someone else.

7) Delegate Tasks- This goes off the last one. I've listened to my mom complain about cooking Christmas dinner for the last 20 years. She's always declined help, but last year we finally got her to give in. Instead of her setting the table, preparing the appetizers, ham, and many side dishes, each person took over one dish or one task. This took a massive amount of stress off my mom, and we had a little more variety in our dinner. My mom said it was the easiest and best Christmas she's had in years.

GET TO KNOW MORGAN AT STEVE HUFF PLUMBING!



1. How long have you been at Steve Huff Plumbing? **Since 2017**
2. What is your favorite part of the job? **Helping customers and making their days brighter.**
3. What is your favorite food? **Sushi.**
4. If you could travel anywhere, where would you go? **Japan**
5. What are your hobbies & what do you enjoy doing on your days off? **Reading and spending time on the water at the beach.**
6. If you won the lottery, what would your first purchase be? **A plane ticket for a trip around the world.**

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Repairs Over \$150

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Our Water Heaters

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Expires: March 31, 2020

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Play our games & learn valuable plumbing information by:

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[Joining our email list:](mailto:tammy@stevehuffplumbing.com)
email your info to
tammy@stevehuffplumbing.com

[Or Mailing List:](#) Mail your address and phone number to 113 Witherspoon Drive, Kingsport, TN 37663.

RECIPES

Gnocchi Mac & Cheese

INGREDIENTS

- 5 cups (3 1-ounce packages) fresh potato gnocchi
- 10 tablespoons salted butter, divided
- 1/3 cup all-purpose flour
- 2 cups whole milk
- 1 cup heavy whipping cream
- 5 sprigs fresh thyme, divided
- salt and pepper, to taste
- 1 1/2 cups grated gruyere cheese
- 1 1/2 cups grated fontina cheese
- 2 cups grated Parmesan cheese, divided
- 1 1/2 cups panko breadcrumbs



Preparation

1. Preheat oven to 350°F. Bring a large pot of water to a boil over medium heat. Cook gnocchi for 1-2 minutes, just until they float to the top of the pot. Drain and set aside.
2. Heat 6 tablespoons butter in a large pan over medium heat. Add flour and whisk. Cook for 2-3 minutes. Add whole milk and heavy cream, stirring constantly. Stir in a few sprigs of thyme and salt and pepper.
3. Add gruyere, fontina, and 1 1/2 cups of Parmesan cheese.
4. Cook over low heat until melted and sauce has thickened.
5. Remove from heat and fold the gnocchi into the cheese sauce.
6. In a small bowl, combine panko, 4 tablespoons melted butter, remaining 1/2 cup Parmesan, and a few sprigs of thyme. Stir to combine.
7. Pour gnocchi into a greased cast-iron skillet and top with panko mixture.
8. Bake for 20-25 minutes, until golden brown and bubbly.
9. Enjoy!

Recipe courtesy of The Neely's from The Food Network



Wonderful Winter Word Search

In honor of Winter, Steve Huff Plumbing presents, Wonderful Winter Word Search! Be the first to complete the word search, and you will receive a \$25 gift card to Label Restaurant, 112 Tipton Street in Johnson City! Everyone who submits the puzzle will receive a \$25 coupon off your next service from Steve Huff Plumbing!

Mail completed puzzle to:

113 Witherspoon Drive, Kingsport, TN 37663.

or scan/photograph and email completed puzzle to:

tammy@stevhuffplumbing.com

CHRISTMAS	HANUKKAH	SNOWFLAKE
DECORATIONS	HAT	SNOWMAN
FAMILY	LIGHTS	TOGETHERNESS
FIRE	RESOLUTIONS	WARMTH
FLURRY	SLED	WINTER
GLOVES		

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W A T S U V H E G W D E L S E
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N J G H X F N A Z D Z N H Q R
A J E G H P O L D B D N T T I
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Kind Words from Our Clients



R. Gilreath

Such a Great experience with the technician today (Jimmy). He made a stressful deal easy to deal with. Steve Huff hires some good respectful workers. The tech was very informative and let me make the best decision for my house and my family's finances. Thank you.



C. Storm

On Saturday Charles came out and took care of our issues flawlessly. If I owned a business I'd want 20 CHARLES working for me. He was professional in his work and in the way he kept me in the loop during the entire process. From the back office to the tech in the field I rate this as an A+ rating. Awesome job.



D. Self

Wade Musick was a great technician. He was able to troubleshoot the issue and solve the problem in very little time. He took the time to explain what was being accomplished to help prevent any further issues. Thank you for all your help!



D. Linville

Matt was very professional, provided a detailed quote before the work was performed, and did an excellent job. - Very satisfied!



T. Cabrera

Chris Ford was wonderful, very polite and informative. Hard worker! Very pleased!



T. Gentry

Amazing - super friendly - stayed until job was perfect- hard to find people or companies to do it right first time - signed up for Diamond Club - Thanks Jonathan!



J. Fulbright

Rusty and Matthew showed up exactly when they said they would, and did a great job. Explained all our options, we're very satisfied. Really appreciate them taking care of my leak so quickly!



B. Shine

Chip was very pleasant and went to work right away. Very nice and cleaned up after himself.



"Better, Faster, Cleaner"

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Welcome Winter!



From the Desk
of Steve Huff

Hello Winter

Thank you to all of our clients!

It is a privilege and an honor to service all our clients in the Tri-Cities area, many who have been with us since we began our business over 44 years ago.

At Steve Huff Plumbing, the slogan "Better, Faster, Cleaner" is not just words, it's our way of doing business. With ongoing training to serve you better, the right technology to solve your problems faster, and drug free, background checked employees who care for your home as if it were their own, we will continue to provide the best plumbing experience possible. You will be given a straight-forward price, in writing, before work is done so you do not have to worry what the final cost will be. You will receive a 100% satisfaction guarantee and warranties that are among the best in the industry.

When we go on a call, we want to fix your plumbing right the first time – And find out what caused it so it doesn't happen again. Our philosophy is that if we take care of our clients, that will take care of our people, which will take care of our business, and as I always say "We strive for perfection, but excellence will be tolerated."

Merry Christmas & Happy New Year from our Steve Huff family to yours!



As a Diamond Club member, you receive:

- Your Annual Plumbing Inspection
- Front of the line – priority service
- Member only discounts
- Extended Warranties
- Reduced Service Fees

Call 423-239-8361 to find out how you can be a club member and receive these benefits too.

Welcome New Club Members

- | | |
|-----------------|----------------|
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| • M. CHRISTIAN | • A. FLETCHER |
| • K. MARCUS | • W. PATTERSON |
| • B. FITZGERALD | • G. MCKINNEY |
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| • M. MARKOVITCH | • C. WALLACE |
| • T. GENTRY | • M. OAKS |
| • B. CECIL | |