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DIY Disasters: Why a Professional Plumber is Cheaper Than a Garden Hose

A spa pump installed on two blocks of Styrofoam in a bedroom is a disaster waiting to happen. An internal gutter leak patched with a flattened beer can will not stay patched. Duct tape wrapped around poorly sealed pipes under the kitchen sink is not a repair. A hot water heater mounted on a couple blocks of wood and drains into the bathtub...and, oh yeah, sits inches from the toilet is a future flood! Yet, these are just a few do-it-yourself disasters from real life that plumbers have encountered....

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HEALTHY SUMMER GRILLING

Use these healthy grilling tips and have a fun, safe summer!

1. Grill only lean meats like skinless poultry, lean beef and fish. Avoid hot dogs and bacon. They're filled with unhealthy amounts of sodium, saturated fats, and nitrates.
2. Grill vegetables at your next barbecue. Asparagus, portabella mushrooms, peppers, onions, corn, squash, and potatoes are great choices! They're filled with fiber and help fight cancer!
3. Coat fruits with a bit of oil and throw 'em on the grill. Pineapples, peaches, plums, apples, bananas and pears are great choices.
4. Soak your foods in marinade. It makes it delicious and protects against the formation of carcinogens during exposure to extreme heat. Use vegetable oils and spices, like basil, thyme, oregano, and rosemary. These fight cancer and make for a mouthwatering meal!

Heavenly Marinade

- 2 cloves minced garlic
- ½ vegetable oil
- 2 cups dry red wine
- 1 sliced carrot
- 3 sprigs chopped fresh parsley
- ¼ teaspoon ground cloves
- 2 teaspoons dried oregano

Directions

Combine ingredients in a bowl and mix well.



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