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If you enjoy receiving our monthly *Close to Home* e-Newsletter, [click here](#).

Thank you!



May is National Family Wellness Month, And a Good Time for a Little "Check-up".

You know when and why they name a month after something? When it isn't getting enough attention all by itself.

Well, when you take a good look at the fabric of American family life today, it's clear that all is not well. But it's repairable. It has to be, because the alternative is just too scary to contemplate. So Your 1 Plumber would like to do our part by offering you the following suggestions on how to tighten family bonds within your household.



1. Eat together. It sounds simple, but the majority of American families don't eat dinner together anymore. Even though most people say eating meals together is important, the fact is – most don't, and the number is falling. Turn off the TV and talk. Studies have even shown that a family dinner may be more important to a child's academic success than athletics, art, homework and religious participation!

2. Play together. Sit in front of the TV after dinner, just don't turn it on. Instead play a board game the whole family can enjoy. A family game night not only allows you to spend time together, but it lets the kids use their problem solving skills.

3. Exercise together. This one offers

Green & Healthy Living Tips

Reach out. Research shows that loneliness can cause inflammation, and in otherwise healthy people it can be just as dangerous as high cholesterol or smoking. So reach out and connect for a healthier and longer life.

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so many benefits – imagine spending time together while improving everyone’s emotional and physical health – it’s a no brainer. From walks in the woods to traditional sports like basketball, kids enjoy getting exercise (and most of us parents need it!).

4. Read together. Kids love stories, whether you’ve made them up or are reading a book. Reading to your child at the end of the day provides excellent bonding. Many families find that bedtime is the only chance they have to catch up with the goings-on in their children’s lives. Help them get to sleep by choosing stories that contain repetition like “Goodnight Moon.”



5. Talk about your childhood. Study after study shows an alarming drop off in history test scores, and yet one-on-one, kids love learning about the past, especially their parents’. So take some time to recall your “good ol’ days,” including the part about walking uphill both ways to school in a foot of snow, if you like.

Physically and otherwise, sustained wellness takes work. And we can think of nothing more deserving of sustained wellness than your family.

Please find two coupons on page 3 of this newsletter we trust you can put to good use.

Amazing Fact

You can get a rough estimate of the temperature by counting the number of times a cricket chirps in 15 seconds, then adding 37.

William Kirkorian
President

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Our Favorite Recipes

Apricot Chicken with Balsamic Vinegar



"This chicken is cooked with apricots, balsamic vinegar, broth, and thyme. It's super yummy and a hit every time!"

[Click here to view and print this recipe.](#)

You Gotta Laugh

"I'm all in favor of keeping dangerous weapons out of the hands of fools. Let's start with typewriters." *Frank Lloyd Wright*



New Water Heater

Save \$50

...on a new water heater purchased from and installed by Your 1 Plumber. This offer is valid through May 31, 2015. Only one (1) coupon per service address will be accepted. Coupon must be presented at the time of service. Not valid with any other offer or minimum service fee.

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Save \$25

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