

# COMFORTABLE LIVING

Summer 2018



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## The Basics of Sanitary Pumps

The vast majority of your home's sanitary pipework is gravity-fed, meaning that your waste flows through pipes that are sloped towards the city sewer system. Occasionally, however, you may need to install a washroom, toilet, or sink in a location that doesn't allow for easy connection to your home's main system.

Here are where a sanitary pump can help.

### Types of Pumps

You can get a pump that grinds solid waste, known as a macerating pump, or you can get a non-macerating pump. You also have a choice between a standalone pump or one built into a toilet.

### Why would you want a pump?

One major advantage of sanitary pumps is that you get to keep your floors intact.

Gravity sanitary systems involve breaking concrete to bury piping. You avoid all of this with a sanitary pump system which does not rely on gravity. In fact, these toilets are also called "upflush" toilets.

Another advantage is the smaller pipework since the pump provides pressure to push the contents along the pipe. Toilets that typically need a three or four inch drain line to the main sewage system will now need a two inch or smaller pipe. This reduces the amount of space you need for the pipework and increases your options for routing your pipes through your home.

If you need a washroom or sink in a remote part of your house where sloping a large pipe is impractical, the pump system allows you the flexibility to install fixtures where you might not otherwise be able to.

*Continued on page 2*



## Tips For Getting Your Indoor Lighting Right *Continued from page 1*

### What you need to consider

Before you decide that a sanitary pump is right for your system, there are some considerations you need to take into account.

1. You may need an electrician since the pump needs an electrical connection.
2. The pump will need regular maintenance and if it fails, you need to get a professional in to repair or replace it.

However, the basic rules for sanitary systems still apply. If you flush the wrong item down the toilet, you can damage the macerating blades or the pump impeller. Vent piping is still required and this must be installed according to code.

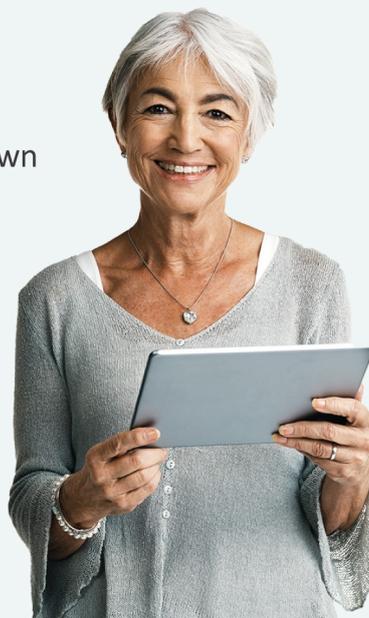
If you are planning to install a new washroom or fixture that might benefit from a sanitary pump system, give us a call at Your Phone Number and we can help guide your decision and get the right system in place.

Solve the clues to reveal the secret summer answer to the code in the green boxes.

### What is the best summertime drink?

1			<b>D</b>	Drink with frozen water
2		<b>I</b>		Large urban area
3			<b>S</b>	Opposite of hard
4			<b>K</b>	When the sun goes down
5		<b>A</b>		Opposite of short
6			<b>A</b>	Another word for test
7			<b>N</b>	Your mom's sister

Answer: Iced tea. 1. Iced, 2. City, 3. Easy, 4. Dusk, 5. Tall, 6. Exam, 7. Aunt.



What do you get when you combine an elephant and a fish?

Swimming trunks!

Why did the dolphin cross the beach?

To get to the other tide!

## 6 Tips For Reducing Your Home's Air Leakage

Wasted energy impacts both your heating and cooling bills so regardless of the season, you'll benefit from tightening up your home's construction. You'll also have more control over allergens and may even prevent outdoor critters from taking residence in the hidden corners of your home. Here are some simple ways you can keep your conditioned air inside and prevent outdoor air from taxing your HVAC equipment.

### Replace weather stripping around windows and doors

This is a simple, yet often overlooked task that can help you save on energy bills. You can choose from materials like foam, vinyl, rubber, felt or metals like aluminum or stainless steel.

### Seal around lighting

The space above your ceiling is often unheated space. Sealing the space around light fixtures closes the gap for air to enter your room from these unconditioned areas between your ceiling and the structure.

### Seal around plugs and plumbing studs

Similarly, the gaps inside your wall may be open to unconditioned spaces like the attic and certain areas of your basement. The openings for your plumbing and electrical outlets can allow unconditioned air to enter, or can cause you to lose precious heated or cooled air. Caulk and seal around these items to minimize air leakage.

### Replace window panes

As windows age, the seal around the glass deteriorates, much like the seal around the window itself. Replace windows before they've reached their end of life or as soon as you notice excessive condensation between glass panes

if you have double-glazed glass. Look for windows that are more energy efficient. They may be more expensive but the energy savings will offset the extra cost.

### Ensure that you have backdraft dampers installed

Where dryer and fan exhausts exit the building, there's usually a damper that prevents air from entering when the exhaust is off. It allows air to flow in one direction only and protects your home from cold air being blown in during winter. If the damper is missing or damaged, have one installed as soon as possible.

### Seal around flue vents, chimneys and other pipes and ducts leaving your house

In addition to preventing air from entering your exhaust ductwork with a damper, you need to ensure there is no space around the duct where air can seep into your house. Seal around these termination points to keep the air out.

Keep in mind that when you seal your home tightly, you still need ways to provide ventilation. If you need help reducing your home's leakage while keeping the fresh air at the right levels, give **Allied Plumbing** a call.

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## Chicken Lasagna Florentine

*For a different spin on classic lasagna, try this version with chicken and your favorite alfredo sauce.*

- |                              |  |
|------------------------------|--|
| 1-1/2 Cups Chopped Spinach   | 3/4 Cup Grated Parmesan, Divided               |
| 3 TBSP Minced Garlic         | 4 Cups Shredded Mozzarella                     |
| 3 Cups Diced, Cooked Chicken | 1/2 tsp Salt                                   |
| 1 Cup Alfredo Sauce          | 1/2 Onion, Diced and Sautéed Until Translucent |
| 2 Cups Ricotta Cheese        | Oven Ready Lasagna Noodles                     |
| 1/2 Cup Chopped Parsley      |  |
| 1 Egg                        |  |



Preheat oven to 350°F. Mix ricotta, parsley, onion, egg, 1/2 of the Parmesan, and salt. In a 9x12 casserole dish, spread a thin layer of Alfredo sauce. Arrange lasagna noodles on the sauce. Spread 1/3 of the Ricotta mixture, followed by 1/2 of the spinach and 1/2 of the chicken. Cover with Alfredo sauce and 1/3 of the mozzarella. Repeat. Top with lasagna noodles, the remainder of the ricotta, followed by the remainder of the mozzarella, and sprinkle the remainder of the Parmesan. Cover with foil and bake for 25 minutes. Remove foil and bake for another 25 minutes. Enjoy!

