

Close to Home

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How to Maintain Your Garbage Disposal and Prevent Problems at the Same Time.

Like all mechanical things, garbage disposals don't last forever.

But with a little TLC and some proactive maintenance, you can keep it working at full capacity for a good long time. And that only helps to save you money.

So from our house to yours, here are some basic but still very effective ways to get added mileage from your garbage disposal:

- **Feed it a little at a time.** Take care to keep utensils and your hands out of the drain.
- Keep corn husks, lettuce, onion skins, and other fibrous foods out of the drain to avoid clogging it.
- **To keep your unit smelling fresh and clean,** cut a lemon into small pieces and drop the fruit into the disposal along with some baking soda or distilled white vinegar. Turn on the cold water faucet and then the disposal. The unit will clean itself as it grinds up the mixture.
- **Use a strong flow of cold water** and keep it running at least 30 seconds after the grinding noise has stopped. This helps to flush food as far down the drain line as possible.
- Do not put uncooked meat, fat or liquid fats into your disposer.



Green & Healthy Living Tips

Get Your Daily D. Get your vitamin D level checked with a simple blood test. D is at least as important as calcium for strong bones, and most Americans don't get enough. Get a minimum of 1,000 IU a day through supplements and food.



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Still, even with all the "TLC" in the world, **sooner or later you're bound to run into a problem.** Here are the usual warning signs:

- If the disposal won't run, **check the circuit breaker** or fuse and replace or re-set it as necessary. Also, check to see if the unit's overload switch has tripped. Find the reset button at the bottom of the disposal unit and push it.
- If the motor hums but the disposal doesn't run, **you may have a jammed impeller**, and that's a repairable problem.
- If the disposal runs intermittently, **the switch or stopper may be defective.** If so, it needs to be replaced.
- A leaky garbage disposal isn't necessarily a sign of rust. The cause might be as simple as **a loose connection which can readily be tightened.**
- How about that all-too-familiar racket a disposal can sometimes make? When you hear it, chances are you're trying to grind up something your disposal wishes you wouldn't. The result could be **a damaged blade, impeller, or motor.** While it can probably be repaired, it might cost you less to replace it.



Has your garbage disposal seen better days? If so, **use the coupon on page 3 of this newsletter to save \$30 on our garbage disposal repair or replacement service.** Either way, we're here to help make after-meal clean up a much simpler task.

Until next time,

William Kirkorian
President

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Amazing Fact

Approximately every seven minutes of every day, someone in an aerobics class pulls their hamstring.

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Our Favorite Recipes

Marinated Veggies



"A healthy way to grill veggies! Makes a great sandwich too!"

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

You Gotta Laugh

"Follow your passion, stay true to yourself, never follow someone else's path unless you're in the woods and you're lost and you see a path then by all means you should follow that." *Ellen DeGeneres*



Garbage Disposal

Save \$30

...on any other service our company offers. Only one (1) coupon per service address will be accepted. Coupon must be presented at the time of service. This offer is valid through June 30, 2016 and may not be combined with any other offer or minimum service fee.

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Special Bonus Offer

Save \$25

...on any other service our company offers. Only one (1) coupon per service address will be accepted. Coupon must be presented at the time of service. This offer is valid through June 30, 2016 and may not be combined with any other offer or minimum service fee.

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