



HOW TO: —Protect Your— Plumbing System This Winter

When plumbing disasters occur, they tend to happen at the worst possible time, like when you're about to leave for that amazing Christmas vacation and you've spent all your money. If you plan ahead, however, you can prevent an unpleasant scenario from ruining your winter.

So here's what you need to do to protect your plumbing system this winter.

INSULATE HOT AND COLD WATER PIPES

Insulating pipes in unheated spaces is obvious and if you have pipework

in this type of space, then insulating them should be at the top of your list.

But if you want to really protect your plumbing system (and minimize energy wastage in the process), you should consider insulating all your piping as far as possible. That way, if your heating system fails while you're away, you're less likely to face frozen pipes when you get back.

CLEAR LEAVES BEFORE THE SNOWFALL

Taking care of your drainage system starts when the leaves fall. The buildup of debris in your storm drains can result in an icy buildup in the winter that cracks pipes or melts in the spring to flood your yard and possibly your basement.

CARRY OUT MAINTENANCE ON YOUR WATER HEATER

Hot water is important all year long. But in winter time, a cold shower just isn't an option (unless you're one of those people doing winter dips into the Great Lakes for fun).

Ensuring that your heater works in winter also protects your family from the risk of carbon monoxide poisoning if you have a gas fired water heater. In a home that's

mostly closed to keep the heat in, your risk of exposure increases.

KEEP YOUR HOUSE WARM

The simplest thing you can do to prevent your pipes from freezing is to ensure that the temperature inside your home, at the coolest place, never drops below freezing. Keeping your HVAC system in top shape will protect your home as well as keep the winter chill out.

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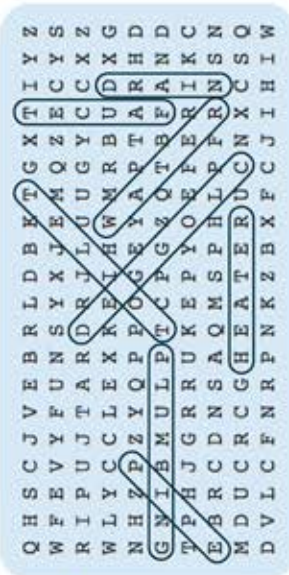
Pesto Bolognese Lasagna

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WORD SEARCH



Q H S C J V E B R L D B K T G X T I Y Z
 W F E V Y F U N S Y X J E M Q Z E C Y S
 R I P U J T A R D R J L U U G Y C C X Z
 W L Y C C L E X K E I H W M R B U D X G
 N H Z P Z Y Q P P O G E Y A P T A R H D
 G N I B M U L P T C P G Z Q T B F A N D
 T P H J G R R U K E P Y O E F E R I K C
 E B R C D N S A Q M S P H L P F R N S N
 M D U C R C G H E A T E R U C N X C S Q
 D V L C F N R P N K Z B X F C J I H I W

CLOGGED, DRAIN, FAUCET, HEATER, PIPE, PLUMBING, TOILET, WATER



Aging In Place

How to Protect Your Plumbing System This Winter (Cont.)

INSPECT AND REPAIR HIDDEN LEAKS

This should be on your to do list year round but when the temperature drops, it becomes more critical to ensure that no water is leaking into your home's structure. If it freezes, you'll be repairing more than your plumbing as ice damages your home's walls and foundation.

INSULATE YOUR ATTIC IF YOU HAVE PIPING THERE

Keeping the heat in your attic benefits your bill as well as your plumbing. Even with insulated pipework, you want to minimize heat loss by ensuring that your attic and other unheated spaces are also insulated.

If you need help protecting your plumbing system this winter, give us a call.

The term "aging in place" refers to living where you have lived for many years or to living in a non-healthcare environment.

A significant concern as people grow older is that they may have to leave their home. This would mean leaving behind a comfortable setting, familiar community, and many memories. In addition, a certain amount of control is lost when one leaves home. This control provides the feeling of dignity, quality of life, and independence. Remaining in one's home provides a sense of security. Aging in place successfully requires planning. To accommodate physical, mental and psychological changes that are associated with aging, changes will be required in your home.

Currently, 10,000 people per day turn 65, and this trend is expected to continue for the next 20 years.

The aging process is blamed for many problems seniors may encounter with daily activities. Quite often the home is the cause of these difficulties.

Allied Plumbing Is Equipped To Assist In Your Homes.

One of the biggest challenges is to identify safety issues that may be unique to an individual based on their particular aging and conditions.

Allied Plumbing COUPON CORNER

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Aging In Place (Cont.)

Allied is equipped to assist you in identifying your need and can assist you in a bathroom or kitchen modification or a total remodel.

Our staff can also widen doorways to accommodate walkers or wheelchairs and also build ramps for entry into your home. Some of the issues listed below are examples of items Allied can provide:

- Bath seat in the tub or shower
- Showers with low or no threshold
- Lever or touch faucets
- Grab bar installs in showers, tubs, and by toilets
- Bath tub with a transfer bench
- Walk in tubs
- Walk in showers with a pull-down seat
- Comfort height toilets

JOKE SECTION

What do plumbers have when they fall asleep?
Pipe dreams!

What did the sink ask the toilet?
Water you doing today?

Why did the faucet take a sick leave?
He wasn't filling so well...

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Pesto Bolognese Lasagna

INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced or grated
- 3/4 pound ground spicy Italian sausage
- 1/2 pound lean ground beef
- Kosher salt and black pepper
- 1 (28 ounce) can chopped tomatoes
- 1/4 cup tomato paste
- 2 teaspoons dried oregano
- 1 bay leaf
- 1 cup whole milk
- 2 cups shredded provolone cheese
- 2 cups whole milk ricotta cheese
- 1/2 cup basil pesto, homemade or store bought
- 6 ounces fresh mozzarella, torn
- 1 box no-boil lasagna noodles
- Grated parmesan and fresh basil, for serving



INSTRUCTIONS:

Heat the olive oil in a large soup pot over medium heat. When the oil shimmers, add the onion and season with salt and pepper. Cook 5 minutes or until the onion is fragrant and beginning to caramelize. Add the bell pepper, garlic, sausage, and beef, brown all over, breaking up the meat as you go, about 10 minutes.

Add the tomatoes, tomato paste, oregano, bay leaves, milk, and 1 cup of water. Season with salt and pepper. Stir to combine. Cook over medium for 30 minutes, until the sauce has thickened slightly. Remove the bay leaves and discard. If your sauce seems thick, add 1/2 cup additional water to thin. In a medium bowl combine the ricotta and pesto.

Preheat the oven to 375 ° F. Grease a 9"x13" pan. Spread 1/4 of the Bolognese sauce onto the bottom of the dish. Top with 3-4 lasagna sheets. Spread with 1/2 the ricotta cheese mixture, another 1/4 of the Bolognese sauce, and half of the provolone. Place another 3-4 lasagna noodles on top. Then top with the remaining ricotta cheese mixture, another 1/4 of the Bolognese sauce, and the remaining provolone. Add the remaining lasagna noodles and pour the remaining Bolognese sauce over top. Top with mozzarella and parmesan cheese. Bake uncovered for 45 minutes or until the top has bubbled up and browned a bit. Let stand 10 minutes before serving.

