

LITTLE ROCK PIPELINE

Fall 2026 Newsletter

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Garbage Disposals Do's And Don'ts

Keep your disposal running smoothly, avoid costly repairs, and protect your plumbing

A **garbage disposal** is one of the most convenient kitchen appliances — until it jams, leaks, or stops working. Most problems aren't caused by the machine itself, but by how we use it. Treat your disposal like a food scraper rather than a trash can, follow a few simple rules, and it can serve you reliably for many years. Here's a clear, practical guide to the most important **dos** and **don'ts** for safe, effective use.

The Dos — Best Practices

1. Always Run Cold Water — Before, During, and After

This is the single most important habit. Turn on a strong stream of **cold** water before you start the disposal, keep it running the entire time you're grinding, and continue for 20–30 seconds after you switch the unit off. Cold water keeps any fats solid so they can be chopped and flushed away instead of melting and then re-solidifying farther down your pipes. It also helps cool the motor.

2. Feed Food Waste Gradually

Never dump a large pile of scraps into the disposal all at once. Turn the unit on first, then add food a little at a time. This prevents the motor from overloading and gives the

grinding mechanism time to work efficiently.

3. Cut Large Items Into Smaller Pieces

Break or cut larger scraps (vegetable ends, fruit pieces, etc.) into smaller chunks before putting them in. This reduces strain and helps everything grind more completely.

4. Clean and Freshen Regularly

Once a week or every couple of weeks, grind a handful of ice cubes with a squirt of dish soap to scour the grinding chamber. For odor control, grind citrus peels (lemon, orange, or lime) or a few frozen vinegar ice cubes. These natural methods keep the unit smelling fresh without harsh chemicals.

5. Run the Disposal Frequently

Even if you don't have food waste, run the disposal with cold water for a few seconds every day or two. This helps prevent rust, keeps the seals moist, and clears any lingering particles.

6. Know How to Reset and Free a Jam

Most disposals have a red reset button on the bottom. If the unit won't start, press it. If it's jammed, turn off the power, insert an Allen wrench into the hex hole under the unit, and gently rock it back and forth to free the impeller. Never put your hand inside the disposal.

The Don'ts — What to Avoid

1. Never Pour Grease, Oil, or Fat Down the Disposal

Cooking oil, bacon grease, butter, and fatty sauces may flow when hot, but they solidify as they cool. They coat the inside of pipes and create stubborn clogs over time. Collect grease in a container and dispose of it in the trash.

2. Avoid Fibrous and Stringy Foods

Long fibers can wrap around the impeller and cause jams or motor strain. Keep these out of the disposal:

- Celery stalks and leaves
- Corn husks and silk
- Asparagus
- Onion skins
- Artichoke leaves
- Banana peels
- Pumpkin and squash fibers

3. Skip Starchy Foods in Large Amounts

Rice, pasta, potatoes, oatmeal, and bread absorb water and expand into a sticky paste that clogs both the disposal and the drain lines. Small plate scrapings are usually fine; large quantities belong in the trash or compost.

4. Don't Grind Hard Materials

Bones (especially large ones), fruit pits, nutshells, and clam or oyster shells can damage the grinding components or get stuck. While some high-powered models can

handle small bones, it's safer to keep hard items out of most household units.

5. Limit Coffee Grounds and Eggshells

Coffee grounds don't break down well and tend to clump into a dense sludge in pipes. Eggshell membranes can wrap around parts of the disposal, and the grit can contribute to buildup. Compost them instead when possible.

6. Never Put Non-Food Items Down the Disposal

Plastic, glass, metal, paper, twist ties, rubber bands, dish rags, bottle caps, and utensils can destroy the unit or create dangerous situations. Always double-check that nothing accidental falls in.

7. Avoid Harsh Chemical Drain Cleaners

Chemical cleaners can damage seals, gaskets, and the metal components of your disposal. For clogs, use mechanical methods (Allen wrench, plunger) or call a plumber. Baking soda and vinegar are safer alternatives for light cleaning.

8. Never Put Your Hand Inside — Even When Off

The grinding components remain sharp. Always disconnect power before any internal inspection or clearing, and use tools, not fingers.

The 30-Second Rule: Run cold water for about 30 seconds before and after grinding to thoroughly flush the system.

Listen for Trouble: Unusual humming, grinding, or rattling can signal a jam or foreign object. Stop and investigate safely.

Check for Leaks: Periodically look under the sink for moisture around flanges, gaskets, and pipe connections.

Power Off First: Always turn off the power (and unplug if possible) before attempting any reset or clearing work.

Your **garbage disposal** is a powerful helper, but it works best when treated with respect.

Stick to soft, manageable food scraps, use plenty of cold water, clean it regularly, and keep the big no-no's out of the chamber.

Follow these simple dos and don'ts and you'll avoid most common problems — saving time, money, and frustration.

When in doubt, throw it out (in the trash or compost).

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Quick Reference: Safe vs. Unsafe

Generally Safe (in moderation)

Avoid or Never Put Down

- Soft fruit & vegetable scraps
- Small pieces of cooked meat
- Citrus peels (for freshening)
- Ice cubes (for cleaning)
- Small amounts of leftovers
- Dish soap with cold water

Avoid or Never Put Down

- Grease, oil, butter, fatty sauces
- Fibrous foods (celery, corn husks, etc.)
- Large amounts of rice, pasta, potatoes
- Bones, fruit pits, nutshells
- Coffee grounds & eggshells (limit)
- Any non-food items

Appreciating all the amazing people who make our lives better every day!

As a token of our gratitude, let us show our thanks with a special offer from Associated Plumbers.

All offers available to residents of Little Rock, North Little Rock, Sherwood , Maumelle and those in our normal service area are located at

<https://www.associatedplumbers.com/offers>



INGREDIENTS

- **Venison Steaks:** 1.5 pounds cubed or tenderized venison cutlets (from the round or backstrap), pounded to 1/4-inch thickness.
- **Buttermilk Marinade:** 1 cup buttermilk and 1 tablespoon hot sauce (optional) to tenderize the meat.
- **Breading:** 2 large eggs, 1.5 cups all-purpose flour, 1 tablespoon seasoned salt, 1 teaspoon black pepper, 1 teaspoon garlic powder, 1 teaspoon onion powder, and 1 teaspoon paprika.
- **Frying Oil:** 3/4 cup canola or vegetable oil.
- **White Gravy:** 1/4 cup reserved pan drippings, 1/4 cup all-purpose flour, and 2 to 3 cups whole milk, heavily

INSTRUCTIONS

- **Soak the Meat:** Place your tenderized venison steaks in a bowl with the buttermilk. Let them sit in the fridge for 30 minutes to 2 hours to soften the game flavor and tenderize the meat.
- **Set up the Breading Station:** Whisk the eggs in a shallow dish. In a separate wide bowl, mix the flour, seasoned salt, black pepper, garlic powder, onion powder, and paprika.
- **Coat the Steaks:** Take each steak from the buttermilk, let excess drip off, and press it firmly into the seasoned flour. Dip it into the beaten eggs, then coat it a second time in the flour for a thick, crispy crust. Let the breaded steaks rest on a wire rack for 5 minutes.
- **Fry the Steaks:** Heat the vegetable oil in a large cast-iron skillet over medium-high heat (aim for 350° F–375°F). Fry the steaks for 3 minutes per side until the crust turns golden-brown and crispy. Transfer the cooked steaks to a warm oven while you make the gravy.
- **Make the White Gravy:** Pour out most of the frying oil, leaving about 1/4 cup of the pan drippings and residual oil in the skillet over medium heat. Whisk in the 1/4 cup of flour and cook for 1 minute to make a paste. Slowly pour in the whole milk while whisking constantly to avoid clumps. Simmer until thick and creamy, then season generously with salt and black pepper.
- **Serve:** Place the crispy venison steaks on a plate and pour the hot white pepper gravy all over the top. Pair with mashed potatoes or fried eggs

Contact Us

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Little Rock Area Happenings

Holidays-Celebrations

- 11-26** Thanksgiving
- 12-04** Hanukkah 2026 Evening of Fri, Dec 04– Sat, Dec 12,
- 12-05** Little Rock Christmas Parade Dec 05 2:00-5:30
- 12-13** NLR Elks Christmas Parade October 16-25

Festivals

- 09-26** Water Lantern Festival 4:30 - 8:30 Jacksonville AR. Dupree Park
- 10-02** Greek Food Festival October 2-3, 11:00am-8:00pm
- 12-04** Turkish Food Festival Oct 3, 0:00am-6:00pm
- 12-05** Little Rock Christmas Parade
- 12-13** NLR Elks Christmas Parade

Arts-Music

2nd Friday Art Night Little Rock 2nd Friday of each month

Argenta Art District Third Friday Night Art Walk 3rd Friday each month

- 11-09** Gwar at The Hall DOORS: 6:00 PM / SHOW: 7:00 PM
- 11-22** A Celtic Christmas by A Taste of Ireland 4:00 PM

Lets Have Some Fun

- 10-17** 2nd Annual Car Show Sylvan Hills Community Church, Sherwood, AR
- 10-23** Catholic High vs. Siloam Springs-2026 Catholic High Homecoming game
- 11-07** Hot Wheels Monster Trucks Live Glow-N-Fire 11-07, 11-08
- 11-30** WWE Monday Night Raw Wrestling