



RML Norway Inc

Full Service Construction Company

4532 Middaugh Avenue
Downer, Illinois 60515
630-769-1280 Office

25 Years and Building
Specializing in Whole House Constructions
Kitchens and Baths



January 2009 Newsletter

Tips for Home Maintenance

Humidifiers

Water should be draining out of drain pipe at bottom of unit. Check control setting is set correctly for temperature it is usually listed on controller

Sump pumps and Battery Backups

Should check at least monthly to make sure they are running. You should be able to hear it turn on or turn it on manually.

Ice Damming

To avoid use snow rake purchased at local stores to remove the snow build up on the end of roof edges.

Furnace filters

Change furnaces filters for indoor air quality.

Smoke and Carbon Detectors

Change batteries - even hard wire detectors will have batteries and will beep when low (usually in the middle of the night). Especially with houses closed up important to verify the detectors are working.



Energy Efficient Products

One of the new most efficient energy products in today's market is the **TANKLESS ON DEMAND WATER HEATERS**; which eliminates maintaining water temperature on a standard hot water tank while not being used. Something to consider when needing to replace your existing hot water tank.

New Lead Paint Guidelines

Are coming - Must have be EPA Certified Remodeler to deal with lead issues in your remodeling projects by 2010.

Quick & Easy Green Remodeling

Finishes and Paints with Low Voc (volatile organic compound) using products with no or lower levels of voc can improve indoor air quality for respiratory and asthma problems

Dual flush toilets for liquids and solids, as well as low flow faucets and fixtures.



Health Fitness

Pomegranate Juice - A daily shot can lower your systolic (top #) blood pressure and significantly improves blood flow to your heart. 4 ounces of 100 pomegranate juice is 50% of your vitamin C needs for the day according to Men's Health September Issue.



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"The Purpose of Life is a Life of Purpose"



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Chicagoland Average Costs Taken From the Remodeling Magazine November 2008

Average Cost for Chicagoland Area	Moderate Remodeling	Upscale Remodeling	Average Cost for Chicagoland Area	Moderate Remodeling	Upscale Remodeling
Attic Bedroom	51226		Home Office Remodel	28979	
Backup Power Generator	14906		Major Kitchen Remodel	58253	113056
Basement Remodel	64008		Master Suite Addition	107036	231714
Bathroom Addition	40178	77667	Minor Kitchen remodel	21759	
Bathroom Remodel	16568	53345	Roofing Replacement	20227	39144
Deck Addition (Wood)	10534		Siding Replacement	10398 Vinyl	12965 Cement
Deck Addition (Composite)	15440	37893	Sun Room Addition	71591	
Family Room Addition	85752		Two Story Addition	152236	
Garage Addition	60018	89732	Window Replacement Vinyl	11077	14322
			Window Replacement Wood	12117	18276

"No job to large or too small for our customers!"



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