

Your Comfort Solution

Ideas To Improve Your Home Life

DuAll Heating & Cooling

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On the Outside

Winter Herb Garden

Planting a windowsill herb garden can bring your favorite herbs indoors to enjoy them all year long. Herbs can be grown quite easily in containers and usually do not require too much care other than watering. Nearly any container can be used as long as it provides adequate drainage. Containers that do not drain can water-log the roots of herbs and encourage disease. Whether you choose an individual pot or one large container make sure that it will accommodate the overall growth of the plants. You will also want to place your herbs in a sunny window; sun light is very important when growing herbs. If you don't have an adequate amount of sunlight, try using fluorescent lights in the chosen area.

There are numerous herbs that can be successfully grown in a windowsill environment. They can be purchased from local nurseries, garden centers or they can even be started from seed, if desired. Some of the most popular types of herbs

which are grown in windowsill gardens are chives, mint, rosemary, oregano, thyme, sage, basil, marjoram and parsley. Generally, chives are easier to grow and good choices for those just starting out. Chives can be used in salads or with vegetables. Mint has an extraordinary aroma and can be used in soups, salads, and teas. Rosemary, oregano, thyme, sage, basil, and marjoram are all wonderful for seasoning meats or sauces. For those who enjoy using garnishes, parsley is a favorite choice.

After selecting the herbs for your windowsill garden, place them in the container using a soil-less potting mix. Soil-less mediums contain natural materials and drain better. They also help prevent the herbs from becoming susceptible to any soil-borne disease.

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My Word

Record Heat!



Hello friends, The weather service said this was the hottest summer on record (or at least since they have been keeping records). Kind of makes this "global warming thing"

something to think about.

Speaking of record highs, how about the price of gas this summer? I paid as high as \$3.35 a gallon this summer, for regular. As of this writing, it is at \$2.44. Isn't there an election coming up? Something else to think about!

More record highs. Commonwealth Edison has just informed us that we can expect about a 22% rate increase. I guess it is a good thing that the SEER mandate went into effect, so we can all still afford to keep ourselves cool in these record hot summers. Then we still have to deal with the ever-rising natural gas costs. I'm thinking a big comfy sweater would make a great Christmas (or other) gift. One of the easiest ways to keep your bills down is to lower the heat setting on your thermostat this year. Just one or two degrees lower than usual will save you money. Replacing an old inefficient furnace is a guaranteed investment. At the very least, making sure your furnace is clean and running as efficient as possible, will save you money.

The space shuttle just returned from a trip to the space station. I don't

know about the rest of you, but I was a little more than worried when they kept seeing "debris" floating outside the shuttle. I cannot imagine what re-entry was like for the brave souls aboard. And to think, that a "tourist" went to the same space station via a Russian rocket. I personally think it's totally amazing what can be done these days (except get good cell phone service!).

This summer has not been kind to the Cubbies. The White Sox faired better, but were eliminated from the playoffs. Now the Bears, on the other hand, are looking pretty darn good (if I do say so myself). If they can stay healthy, they.. just.. may.. go.. all.. the.. way! I also couldn't help but notice that Naperville North, Neuqua Valley and Bllingbrook are all in the Chicago Tribune's Top Twenty this week. We sure do get some good football in these here parts.

Well, fall is upon us and we have already started doing furnace and humidifier clean and checks. Our schedule is filling up fast, so please give us a call right away. If you are a Maintenance Agreement Plan member, we will be contacting you very shortly, if we haven't already, to get your appointment scheduled.

I hope everyone had a safe and enjoyable summer. I'll be seeing you soon.

Regards,
Larry

Special Points of Interest

- Sleep is Important
- Repair or Replace
- 2700 Languages
- Fall Makes Us Sneeze

Our philosophy is quite simple: We treat our customers as we would like to be treated. We are respectful, courteous, and above all, honest.

YOUR MONEY

Repair or Replace?

An appliance on the blink brings with it the age-old dilemma between repair or replacement. Sometimes it's an easy call. If an appliance is new and the repair is covered by warranty, you call for repair. Otherwise, the best option is determined by weighing several factors, starting with...

Appliance Age: The life expectancy of appliances typically falls within these ranges:

- Refrigerator, 15-19 years
- Clothes Dryer, 13-14 years
- Clothes Washer, 11-13 years
- Dishwasher, 9-11 years

- Electric Stove, 12 years
- Gas Stove, 13 years
- Electric Water Heater, 14 years
- Gas Water Heater, 11-13 years

If the service life remaining is limited, replacement sounds logical. Or it could even be desirable if you've had your eye on new technology or new features now available. Yet if the appliance is merely "middle-aged," weigh that against...

Cost of Repair: A repair fee that's more than half the cost of a new appliance is a reasonable guideline for replacement. Finding out, however, would likely cost a

service call of, say, \$75-\$100. That's not a bad investment if a new appliance costs \$1,000 or more, especially if it can be applied toward replacement cost. And don't forget another savings could come from...

Energy Efficiency: Appliances have two costs—purchase price and operating price. Typically, the newer the appliance, the better the energy efficiency rating. So as you consider your options, look to see how soon reduced energy use can begin paying a return on your purchase investment.

DuAll in the community

Win a new car!

DuAll Heating and Cooling is still very active with the Illinois Aviation Museum. They are having their annual fundraiser ball at the beautiful Bolingbrook Golf Club on Oct. 13th. The top raffle prize this year is a brand new Mercedes Benz automobile. Chances are \$100 and there will be no more than 600 tickets sold. Information or tickets can be obtained by contacting Kent Demuth, Executive Director at 630-854-5506.

YOUR BODY

Sleep is important for good health

Sleep is important for your physical and mental health. Not enough sleep can affect judgment, reaction time, concentration and memory. Continued lack of sleep may hurt the immune system and result in hallucinations and mood swings.

The amount of sleep you need depends, in part, on your age. Infants may need up to 16 hours each day, while teenagers need about 9 hours. As an adult, you probably need seven or eight hours of sleep every night. Older adults tend to sleep less than this, but most still need the same amount of sleep as when they were younger.

a person to sleep more than usual. Women in the first trimester of pregnancy may need extra sleep. In addition, people who have missed one night of sleep may need to catch up with extra hours the next night.

Tips from the EPA to Save Energy

1. Turn off appliances and lights when you leave the room.
2. Insulate your home, water heater and pipes.
3. Buy high-efficient plumbing fixtures & appliances.
4. Wash only full loads of laundry or use the appropriate water level or load size selection on the washing machine.
5. Use the microwave to cook small meals. (It uses less power than an oven.)

If you occasionally have trouble falling asleep or staying asleep, try these tips:

- ◆ Wake up and go to bed at the same time every day.
- ◆ Avoid drinking alcohol four hours before bedtime.
- ◆ Avoid coffee, tea, cola and chocolate.
- ◆ Don't smoke.
- ◆ Exercise in

the morning or afternoon. Evening exercise can inhibit sleep.

- ◆ Don't eat large meals too close to bedtime.
 - ◆ Avoid daytime naps.
 - ◆ Keep your bedroom dark, quiet and comfortable.
 - ◆ Talk with your doctor. The medications your taking may affect your sleep.
- Young children may need as much as 12 hours of sleep each night. Adequate sleep will help give them the energy they need to feel better and learn more. Here are some kid tips:
- ◆ Stick to a regular bedtime, even on weekends.
 - ◆ Quiet activities, such as reading or taking a bath, will help your child to "wind down"
 - ◆ At bedtime let your child choose the pajamas and stuffed toy to sleep with.
 - ◆ Your praise will reinforce good behavior at bedtime.

Other factors can also affect the amount of sleep you need. Certain medical conditions may require

INTERESTING FACTS

There are more than 2,700 languages spoken in the world

Today, there are more than 2,700 different languages spoken in the world, with more than 7,000 dialects. In Indonesia alone, 365 different languages are spoken. More than 1,000 different languages are spoken in Africa. The most difficult language to learn is Basque, which is spoken in north-western Spain and south-western France. It is not related to any other language in the world. Mandarin is the **most spoken** language in the world, followed by English. But as home language, Spanish is the second most spoken in the world

The **youngest language** in the world is Afrikaans, spoken by South Africans. Dutch and German Protestants fled persecution from the Roman Catholic Church in the 17th and 18th century to settle in the Dutch colony of Cape of

Good Hope on the southern point of Africa. By the early-20th century Afrikaans had developed from Dutch, German and other influences into a fully fledged language with its own dictionary. After a mere 90 years, it is the second most spoken language in South Africa (Zulu being the most spoken, the Zulu people being the largest ethnic group there).

New languages develop as different cultures meet and mix. For instance, about 700 different languages are spoken in London. In some suburbs of the London, English is now a second language. The same is happening - or has taken place - in cities such as New

York, Los Angeles, Miami and Singapore. Already the **Internet** and mobile phone texting are influencing the development of languages as people communicate freely across cultural and regional borders.

Quick Tips
 Try dampening a cloth with club soda to clean stainless steel appliances. This method will clean without leaving spots or streaks.

- The smallest country in the world is the Vatican. It also is the only country where Latin is the official language.
- Somalia is the only country in the world where all the citizens speak one language, Somali.
- The Berbers of North Africa have no written form of their language

DuAll in the Community



Pathway's Parade

DuAll once again participated in the Bolingbrook Pathway's Parade. This year we decided to have some fun, and enter a float. We decorated our little trailer in this year's theme of "Bolingbrook, Through a Child's Eyes". Three of our seven grand-

children (Jennie, Sydney and Jake) rode in the float while my two daughters, a son-in-law and myself walked behind and tossed out about 1400 mini flyers. We won third place in our category (commercial, amateur built) and were rewarded with a nice trophy for our efforts.

Your health

Why Fall makes Us Sneeze

While most people associate allergies with the blooming trees of early spring, autumn, with its rampant ragweed and outdoor molds, can spell even more misery for millions.

Ragweed blooms from mid-August to the first frost. Each ragweed plant produces an average of one billion pollen grains per season. Outdoor molds become plentiful in the fall in gutters, soil, rotten wood and fallen leaves. Damp fall weather also encourages the growth of molds inside the home in places like bathrooms, kitchens, basements, carpets and houseplants.

To reduce your exposure to ragweed and mold:

- Keep windows closed at night to prevent ragweed pollen and mold spores from drifting into your home.
- Keep the yard free of fallen leaves, where molds can thrive.
- Keep your car windows closed when driving.
- Don't grow too many, or over water, indoor plants.
- Minimize early morning activity — between 5-10 a.m. — when pollen is usually emitted.
- Don't hang sheets or clothing out to dry. Pollens and molds may collect in them.



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Ideas To Improve Your Home Life

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DuAll Heating and Cooling is a family owned business based in Bolingbrook, Illinois. We are licensed, bonded and insured. We service all types of furnaces, air conditioners, boilers, water heaters and sump pumps. We currently install **Ruud**, **Weatherking** and **Amana** Heating and Air conditioning equipment. These companies offer our customers the most value and best warranties. Indoor air quality is a very serious issue and we are constantly learning new ways to improve our customer's living space. Our customers reside in Naperville, Bolingbrook, Woodridge, Lisle, Downers Grove, Lemont, Plainfield and other surrounding communities. Our philosophy is quite simple: We treat our customers as we would like to be treated. We are respectful, courteous, and above all, honest. DuAll is a member of the Bolingbrook Chamber of Commerce.

ON THE LIGHTER SIDE

I go to many places. I am hard and used in races. I am striped on some occasions. I'll take you on vacations. What am I?

answer a road

continued

(Continued from page 1)

Be sure to leave at least an inch of space at the top of the container for watering. When watering your herbs, keep in mind that they do not like to be kept too moist. If they are left sitting in standing water for too long, the herbs may become waterlogged so be sure to dump out any remaining liquid that may be collecting underneath the container.

Herbs can be fertilized about once a month with an edible-only fertilizer; however, take care not to over fertilize. You don't want to take away from the natural taste of the herbs. Generally, the best way to fertilize is by mixing it with water and applying it to the plant during watering.

Growing herbs in windowsill gardens is a great way to keep them close at hand during all seasons. They are easy to create, not too expensive, extremely useful in the kitchen, provide pleasing aromas, and can be enjoyed by all.



DuAll
Heating & Cooling
"Your Comfort Solution"
(630)247-1720

Referral Coupon

A gift of a \$10.00 discount for a friend as a new customer for an emergency service call **OR** \$100.00 discount on a new furnace or air conditioner installation.

The person giving this certificate will also receive a discount of \$10.00 off their next service call.

Given by _____