

Your Comfort Solution

Ideas To Improve Your Home Life

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DuAll
Heating & Cooling



On the Outside

Zen Garden

Looking to relieve the stress in your life? How about building a Zen Garden.

Decide how large you want to make your Zen garden. Assess your available space. Are you going to make a garden that fills up part of your backyard, or are you going to start with a Zen garden to place on your desk? The steps are the same, the scale will just be different.

1. Create a mold to contain the sand and/or gravel. Sand or gravel generally form the matrix of a Zen garden, and to keep it looking sharp, you need the matrix to be contained. If you are making a large garden, consider using 2" x 4" pieces of lumber, old railroad ties, or any other type of wood. If you are making a desktop Zen garden, simply gather and cut enough wood to make a small container.

2. Nail, screw, or glue together your form. After you have completed your form, you can decorate the wood by painting, staining, or varnishing it.

3. Place a weed retainer, such as black plastic, down prior to setting your Zen garden mold. Zen gardens receive much of their appeal from their cleanliness. Keeping out weeds is a must for outdoor gardens.

4. Fill the form to the top with sand or gravel. Spread the sand or gravel evenly and as level as possible. For a small desktop garden, you might be able to buy sand in small bags at a local pet shop or aquarium supply store. For larger gardens, call the local rock shop, quarry, or landscaping supply company.

5. Put selected features in your Zen garden to set a visually stimulating theme. Consider using old, mossy logs, rocks with interesting colors, shapes or textures, or other items. Place them off-center and partially submerged for the best effect. Zen gardens generally include natural items made of wood, rock and vegetation, but don't be afraid to add statues or other additions. Just don't clutter your Zen garden. Remember, you want it to be peaceful and simple.

My Word

Welcome to all our new customers. It seems that the air conditioning season has brought on many new faces to the DuAll customer database, and we welcome you.

There are new mandates going into effect as of January 2010 that you should be aware of. I am posting a link here <http://www.epa.gov/ozone/title6/phaseout/22phaseout.html> to the EPA website and include a small article within this and future newsletters.

The war in Iraq continues and this affects many of you. We know it affects us. Our nephew, Thomas, has been deployed, for a second time, to Iraq and this time it may be for 15 months, or more. He was there 18 months previously. We pray for peace all the time and hope there is a quick end in store for everyone.

Sports wise, the Cubbies, as usual, keep us hanging on. As of this writing, they are barely hanging on to first place. Football season has just started and week one was not kind to our beloved Bears. I'm sure they'll step up and make another run for the Superbowl.

As many of you have seen, my son, Larry Jr. has started working for DuAll. He's doing great, learning fast and has just started taking technical classes. This will allow DuAll Heating and Cooling to better serve our customers (who happen to be the best customers around!).

How would you like to be in Hawaii next February? A five day, four night trip for two, including airfare, hotel, premium tickets to the NFL Pro Bowl, VIP Tailgate Package where you can mingle with NFL players and other celebrities from the sports and entertainment world. The Bolingbrook Chamber of Commerce is sponsoring this raffle. As a board member of the chamber, I will have tickets available for purchase. They are \$25. If you are interested or want more information, please let me know.

Every newsletter I always say something about dirty furnace filters. For some reason, it is always the last thing people think about and the first thing to cause more serious problems. This holds true in the fall as well as the summer. In short, a dirty filter will cause your furnace to run hotter than normal, burning up many different parts and causing premature failure. As a business owner, I appreciate this, but I'd rather see you on a preventative maintenance call than on an expensive service call in the middle of the night. Can't be CRAZY! Also, remember, that unless you are using the pleated filters for health reasons, there is no reason to use them. Save some money, and use the inexpensive fiberglass filters. Just change them often.

See you soon,

Larry

Special Points of Interest

- Personal Safety
- Eating Healthy
- What does the R-22 phase out mean for consumers?
- No More colds

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

Personal Safety

When burglarizing a home becomes difficult, hardened criminals often look for other ways to steal. This can lead to crimes, such as personal assault, purse snatching and home invasion.

Here are some general security tips to help you better protect yourself and your family at home and away, as well as some tips on staying safe in your car.

Unfortunately, many burglaries happen while someone is at home. A simple thing like leaving an outside door open while you run over to a neighbor's house can give an intruder just enough time to get in. So always keep your doors and windows locked.

1. Don't enter your home if you see

signs of forced entry. Go to a neighbor's house, call the police and note the description of any strange cars or people near your home.

2. If you detect an intruder, don't confront them. Panic can sometimes turn a burglary into a more dangerous crime.
3. If a stranger wants to use your phone, don't let them inside. If they say they have an emergency such as their car breaking down, take down the details with your security door closed and make the call for them.
4. Never tell a stranger you are home alone.
5. All representatives of legitimate companies have ID cards. If you're

even a little bit unsure about a person at your front door, write down their ID or badge number and make sure you lock the door before calling their company for verification.

6. If you get a harassing phone call, say nothing and hang up the phone immediately. If you keep getting them, call the police and your telephone company. Also consider installing an answering machine or caller ID unit so you can screen your calls before you answer them.
7. While driving always keep your car doors locked.
8. Many women keep their purses on the seat. Keep purses and anything else of value on the floor or in the trunk. At a stop a thief can easily reach in an open window and

YOUR BODY

Eating Healthy

Most of us have busy work schedules and a dozen other commitments.

How you prepare and eat your food is as important as what you eat. So, the next time you sit down to eat, enjoy your meal by keeping these helpful pointers in mind.

1. Eat something in the morning. Eating when you get up will replenish your blood glucose levels and fuel your brain and your body.
2. Eat slowly; chew your food well. It takes 20 minutes before your stomach sends a clear message to your brain that you're full.
3. Drink lots of liq-

uids, preferably water, a minimum of eight glasses throughout the day.

wheat germ and brown rice are all good sources of fiber.

Tips to Save Energy

- If cooking in the oven, try to cook as many foods as possible at the same time. Try not to open the door more than necessary to avoid losing heat.
- If you have a self-cleaning oven, start the cycle right after you have used it. You don't have to spend more energy heating it to high temperatures.
- The microwave can be a great energy-saver. It uses much less electricity than a conventional oven, and it's a lot faster.
- During the winter, don't use your ventilator unless you must. This evacuates all your hot air! Of course, if you have a ventilator that just moves the air around in the room, you don't need to worry.

4. Eat less red meat. Red meats are high in saturated fat and should be avoided. Chicken and fish are the best meats to consume. Fish is better than chicken because it has antioxidants.

5. Add fiber to your diet; try to eat five-to-seven servings of fruit and vegetables every day. Whole grain foods like oatmeal, bran,

6. Use less salt in your cooking; Use minimum amounts of salt for cooking if you have high blood pressure. Salt causes water retention.

7. Limit fat intake; Avoid deep-fried foods. Choose healthier cooking methods, such as broiling, grilling, roasting, and steaming.

8. Limit fast food and other low-nutrient snacks; But don't completely ban favorite snacks from your home. Instead, make them "once-in-a-while" foods.

Remember to relish the flavors. You may have heard this before. But the best good food habit, which we all seem to overlook, is to actually taste and enjoy the flavor of the food with your emotions instead of just your tongue.

Consumer Information

What Does the R-22 Phase out Mean for Consumers?

Availability of R-22

The Clean Air Act does not allow any refrigerant to be vented into the atmosphere during installation, service, or retirement of equipment. Therefore, R-22 must be recovered and recycled (for reuse in the same system), reclaimed (reprocessed to the same purity levels as new R-22), or destroyed. After 2020, the servicing of R-22-based systems will rely on

recycled refrigerants. It is expected that reclamation and recycling will ensure that existing supplies of R-22 will last longer and be available to service a greater number of systems. As noted above, chemical manufacturers will be able to produce R-22 for use in new A/C equipment until 2010, and they can continue production of R-22 until 2020 for use in servicing that equipment. Given this schedule, the transition away from R-22 to the use of ozone-friendly refrigerants should be smooth. For the next 20 years or more, R-22 should

continue to be available for all systems that require R-22 for servicing.

Cost of R-22

While consumers should be aware that prices of R-22 might increase as supplies dwindle over the next 20 or 30 years, EPA believes that consumers are not likely to be subjected to major price increases within a short time period. Although there is no guarantee that service costs of R-22 will not increase, the lengthy phase out period for R-22 means that market conditions should not be greatly affected by the volatility and resulting refrigerant price hikes that have characterized the phase out of R-12, the refrigerant used in automotive air-conditioning systems.

Quick Tips

Spaghetti sauce stain on plastic container ?

Rub the container with a damp cloth dipped in baking soda. Or fill the stained container with water, drop in one or two foaming denture cleaning tablets, wait 20 minutes, and rinse.

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DuAll in the Community

Pathways Parade



DuAll was once again well represented in this year's Bolingbrook Pathways Parade. We did receive first place trophy for our category, "business float". This year's theme was "A Parade of Dreams". Our float had a representation of the mayor daydreaming, with his feet up on the desk,

and dream clouds of recent improvements/developments within the village of Bolingbrook over his head. DuAll tossed out over 1500 mini-flyers to spectators again this year. The kids (old and young) really go nuts for them.

Your health

No More Colds

Take frequent tea breaks this winter, and you may just get through it without a sniffle. Immunologists at Harvard University discovered that people who drank five cups of black or green tea a day for 2 weeks transformed their immune system T cells into "Hulk cells" that pumped out 10 times more cold and flu virus-fighting interferon than did the immune systems of those who didn't drink black or green teas.

"Not just the common cold and flu, but food poisoning, infected cuts, athlete's foot—even diseases such as tuberculosis and malaria—are caused by germs that your body fights with interferon. The immunologists think the interferon boosts from tea may help prevent or lessen the severity of all these conditions."

While 5 cups a day may seem like a lot, they think fewer cups may still offer some valuable protection." And the interferon link may explain tea's other health benefits, including its reported cancer-fighting power, since they already know that interferon slows the growth of tumor cells".



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DuAll
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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, Amana, Weatherking Goodman** and now **Trane, 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

Alive without breath, as cold as death. Never thirsty, ever drinking. And when tired, never winking. What am I?

answer: A fish

continued

6. Rake the sand or gravel in long, curving strokes to represent water ripples. You can use a number of patterns to accentuate your garden, and the nice thing is that you can change it as many times as you like!

7. Sit back and enjoy your Zen garden, and look forward to working in it to relax.

Tips

- Have enough sand to completely fill your form to a depth of at least 2". If the sand is too shallow, it will look unsightly after raking.
- Try your best to keep your Zen garden free of clutter, vegetative material and debris. A clean garden will accentuate the flowing lines and carefully placed objects.
- Don't be afraid to try new raking patterns or to add and remove items. Your Zen garden can be as adaptable and ever-changing as your desires!

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"Your Comfort Solution"
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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 _____