

Your Comfort Solution

Ideas To Improve Your Home Life

DuAll Heating & Cooling

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On the Outside

How does your Garden Grow?

Growing a tomato plant may seem like an easy task, but like most vegetation that produce a fruit, a little "TLC" goes a long way. If the small seedlings receive proper attention, delicious and juicy fruit will be red and harvestable! With adequate sunlight, water, and patience, you'll be greatly rewarded...

1. Buy the necessary products. A small pot, as well as potting soil, a small stick, some string and, of course, tomato seeds.
2. Take your pot and fill it half-way with potting soil. Place 2-3 seeds into the soil. Fill the rest of the pot with more soil covering the seeds. Leave about 2 inches of "soil free" space at the top of pot.

Special Points of Interest

- Save Your Skin
- Dog Days of Summer
- Spring Allergies
- Make Your morning Glow

3. Place your planted tomato seeds outside, if it is warm, or in an area that receives sufficient sunshine.

4. Put lots of compost in the soil mix, as tomatoes need a growing medium rich in organic matter.

5. Give 2 to 3 inches of water weekly. Be sure to

add a sufficient amount of water, but do not flood the plant. Tomato plants must be watered daily! Check the soil for dampness, and if more watering is needed, feel free to add a little.

6. Wait about 2-3 weeks for a stem and leaves to sprout. In the mean time, pay careful attention to the potted seeds.

7. Once a sturdy stem with leaves pokes through the soil, the tomato plant will need support. Take a small stick and place it in the soil against the stem. Then tie the stem to the stick. Be careful not to tie too tightly, and harm the stem! This will allow the tomato plant to have support as it continues to grow upward.

8. Transplant the tomato plant(s) to an outdoor garden, or a larger pot. In this process make sure that the roots are not disturbed. If the roots are cut or damaged, the plant will die. Once the plant has

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My Word

Waiting for Tulips!



One of the earliest signs of spring are the brightly colored tulips, and the vibrant green foliage of the Stella Doro Daylilies. Once I see those peeking their heads up out of the rich soil, I know spring is definitely here. No more cabin fever. Time to clean out the garage as well as the garden. Start scheduling all our customers annual air conditioning clean and checks, and finish up some of the installs that weather would not allow us to finish in the cold days of winter.

I'd like to take this time to mention that Donna has been with DuAll for just over a year now and is getting more comfortable taking all the calls and trying to help our customers as much as possible. I personally think she is doing an exceptional job. Hopefully, you agree.

Just a mention of the importance of our filters on a regular basis. There are many of you that have learned this lesson the hard way. A dirty filter, can and usually does, cause a string of problems. From causing early fail-

ure of hot surface igniters, to furnaces not able to maintain proper temperature in the house. PLEASE change your filters regularly.

January has come and gone and the new 13 SEER law has taken affect. Once the supply of the less expensive 10 and 12 SEER air conditioners is gone, there will be no more. So if you were thinking about changing your air conditioner, make your decision now.

On a personal note, last summer I was appointed to the Board of Directors of the Bolingbrook Area Chamber of Commerce. I also served as Chairman for the *Santa House* program. That was a lot of work, but great fun. I also was elected to the board of directors of the Illinois Aviation Museum at Bolingbrook and was elected Vice Chairman of that board. I take these positions very seriously and hope to have a great impact on our community.

The Winter Olympics are over and what a spectacular games they were. Even though there were a few disappointments, I think our athletes did very well. I loved the new Snowboard Cross. Way to go USA.

Respectfully,
Larry Greenwich

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

Maintenance Savings Plan

It's just smart. Like a car, the heating and cooling system in your home needs to be tuned on a regular basis to keeps things running smoothly and help you to avoid big repair bills.

Unfortunately, many people go season after season, thinking , "If it ain't broke, don't fix it." This can be costing you a small fortune. And not just in energy and repairs...

A system failure may be headed your way! Research shows that lack of maintenance is the #1 cause of a system failure. Do you have \$3000 to \$7000 saved for a new system? I promise, "saving money" by not getting a tune-up can be very costly!

Save your system, your money and repair hassles with a Maintenance Savings Plan. Our MSP gives you two seasonal tune-

ups for smooth, efficient running, plus a full system safety check to keep you healthy and safe. You get the two tune-ups, plus Priority Service, 10% parts and labor discounts, free service reminders, and peace-of-mind. Call us now, at (630) 378-0036 to schedule your air conditioner clean and check and mention you want to save money with a preventative maintenance agreement. *We will take care of you.*

NEW ITEM

New DuAll Heating & Cooling T-Shirts Available

As we have done in years past, we will be handing out these quality cotton blend shirts at local civic events such as the Bolingbrook Expo and parades throughout the year. These newest t-shirts are our third design and our way

of saying *Thank-you*. You can also get one free with any equipment purchase while supplies last. We are currently in the process of designing our fourth, and best design. I can't wait to get it to press! Look for it coming soon.



YOUR BODY

Save Your Skin This Season

The sun's warm rays are a welcome reprieve in the spring and summer. But with sunshine comes one of the most common skin disorders—sunburn. The damage caused by sunburn and over-exposure to the sun is responsible for wrinkles, liver spots, thinning of the skin, broken blood vessels and skin cancer. The American Cancer Society estimates that *skin cancer claims the lives of about 9,800 Americans per year.*

For that reason, **nobody should be outside tanning anymore.** Tanning is a direct response to injury from UV radiation. Any coloration is your skin's reaction to damage. The sun's ultraviolet radiation is the cause of most skin cancers, and, unfortunately, skin cancer is affecting more and more people each year. **Skin cancer is now the most common type of cancer** in the United States.

Everyone needs to be aware of the dangers caused by the sun and take the proper precautions like using sun-

screen.

There are two different types of sunscreen: organic and physical. Organic sunscreens are composed of substances such as Parsol 1789, hydrogen and carbon. They protect your skin by absorbing UV rays. Organic sunscreens come in many forms including gels, sprays and lotions, but sometimes cause allergic reactions. They also take time to be effective (usually 20 to 30 minutes), and wear off.

Physical sunscreens are composed of chemicals such as zinc oxide and titanium dioxide, which work by reflecting the sun's rays. They cause no allergic reactions, are effective immediately and last

longer. For these reasons, most experts recommend physical sunscreens.

You also need to check and make sure any sunscreen you chose is a broad-spectrum product. This means it blocks both UVA and UVB rays. Look for SPF (sun protection factor) 15 or higher o.

Tips from the EPA to Save Energy

- Set your hot water heater thermostat at 120° (or "low").
- When cooking, match pot size to burner size and keep the lid on it to avoid waste.
- Plant trees to shade the south side of your home from the hot summer sun.
- Turning off your computer during long periods of non-use cuts costs and improves longevity.
- Clean or replace furnace and air conditioner filters once a month

Other measures that are easy and make a difference are wearing protective clothing, a wide-brimmed hat and sunglasses whenever you are out in the sun.

This summer, don't hesitate to go out for some fun in the sun. Just take precautions and your skin will thank you later.

INTERESTING FACTS

What are the Dog Days of Summer ?

Where does the term come from? Why do we call the hot, sultry days of summer “dog days?” In ancient times, when the night sky was un-obscured by artificial lights and smog, different groups of peoples in different parts of the world drew images in the sky by “connecting the dots” of stars. The images drawn were dependent upon the culture: The Chinese saw different images than the Native Americans, who saw different pictures than the Europeans. These star pictures are now called constellations, and the constellations that are now mapped out in the sky come from our European ancestors. They saw images of bears, (Ursa Major and Ursa Minor), twins, (Gemini), a bull, (Taurus), and others, including dogs, (Canis Major and Canis Minor). The brightest of the

stars in Canis Major (the big dog) is Sirius, which also happens to be the brightest star in the night sky. In fact, it is so bright that the ancient Romans thought that the earth received heat from it. Look for it in the southern sky during January.

In the summer, however, Sirius, the “dog star,” rises and sets with the sun. During late July Sirius is in conjunction with the sun, and the ancients believed that its heat added to the heat of the sun, creating a stretch of hot and sultry weather. They named this period of time, from 20 days before the conjunction to 20 days after, “dog days” after

the dog star.

The conjunction of Sirius with the sun varies somewhat with latitude And the “precession of the equinoxes” (a gradual drifting of the constellations over time) means that the constellations today are not in exactly the same place in the sky as they were in ancient Rome. Today, dog days occur during the period between July 3 and August 11. Although it is certainly the warmest period of the summer, the heat is not due to the added radiation from a far-away star, regardless of its brightness. No, the heat of summer is a direct result of the earth’s tilt.

Quick Tips

Use a strand of uncooked spaghetti to test a cake for doneness when a toothpick is not long enough, or if you do not have any toothpicks in the house.

DuAll in the Community



In the Spring ‘04 issue of *Your Comfort Solution*, we told you a little about the newly formed Illinois Aviation Museum. Here’s a little update. We finished restoring the T-2 *Buckeye* and put it on display at Clow Int. Airport. The other two planes we were promised were sent elsewhere. We did get another project though. It is an Air Force T-33 *Shooting Star* jet trainer. This aircraft needs consider-

able work and we are hoping to roll it out this coming October. I was appointed Restoration Coordinator and have since been elected to the Board of Directors of the museum. At the museum (which is more like an education center) we have been holding many seminars, classes and youth programs. We hope to have an open house this summer, so look for more information in your local paper.

Your health

Spring Allergies.....

...are usually worse than fall allergies. With spring rains, there's more mold growth inside and outside your home. Flowers, trees, weeds, and grasses also begin to blossom. And spring cleaning will stir up dust mites throughout the house.

Keep pollen under control.

Wash bedding every week in hot water. Wash your hair and shower before going to bed, since pollen can accumulate in hair.

Clean every surface.

Wear a mask and gloves when cleaning, vacuuming, or painting to limit dust and chemical exposure. Vacuum twice a week.

Wash rugs.

Limit throw rugs to reduce dust and mold. If you do have rugs, make sure they are washable.

Keep indoor air clean.

Use an air conditioner and dehumidifier to keep air clean, cool, and dry. Change filters frequently this time of year.



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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**, and **Weatherking** 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

Make your morning glow.

If you grab a doughnut and dash out of the house in the morning, you might be in an unhealthy rut. Here are a few ideas for you to start your morning in a better way.

- Get up 20 minutes early so you don't have to rush.
- Listen to a relaxing CD in the morning instead of the morning news.
- Get rid of that annoying alarm clock and buy one that wakes you up with light aroma or pleasant tones.
- Think of all the things you are grateful for.
- Get up early enough to do a short exercise route.
- Set one goal for the day. Close your eyes and concentrate on what it is you want to accomplish.
- Write in a journal.
- Get up with the sun and take a relaxing walk.

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been successfully transplanted, continue to water it. Make sure that it is secure in the soil and properly supported.

9. Once the plant begins to get bigger, fruit should appear. Tomato plants usually have small green fruit to start. Wait until the fruit is of good size with a bright, deep red coloring.

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 _____