

# Your Comfort Solution

Ideas To Improve Your Home Life

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## My Word



a dark and stormy night.....

Winter it was. I have not heard the final numbers yet, but I'm sure we will make some records for cold and precipitation. I did learn a few things this winter. Rabbits can and will climb fences to get to a food source (trees and shrubs). Too much snow and cold winds can kill trees, lawns, bushes and shrubs. It appears, what they did. And since my snow blower got a rough start this spring like never before.

You may have noticed that this newsletter is coming out a bit late. Unfortunately, I had a computer hard drive crash and my backup (one) did not do what I thought. I learned the hard way that a backup is NOT an addition to your full back up. So when I discovered the worth of incremental backups, I also deleted my full backup. After trying to no avail to access the files many different ways, I decided to use my hard drive to a data recovery company.

Speaking of recovery, the stimulus plan that Congress has approved can help people who need or want to replace their furnace or air conditioner by giving them tax credits. See page 2 for the article with more information.

We now have a new president and he is proving to be a new style president. With appearances on the Tonight Show and making picks for the final four, etc., I wonder if he has been approached to host Saturday Night Live yet.

Spring is now here and with it comes all the fresh new flowers, green grass and lots of rain. We are looking at just a few short weeks before we will be starting to do annual maintenance on our air conditioning units. If you are one of our many maintenance customers, we will be contacting you shortly. If you have not yet received your postcard, be sure to request one at your best price. With the money being so tight, we have a great idea to have your units cleaned. It can save you a lot of money on future repairs. Remember, we will hopefully reduce any maintenance costs a lot later."

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

Larry

**Special Points of Interest**

- Shop Online Safely
- Ticks and mosquitoes
- Stimulus plan and you

## Spring Gardening

Every gardener loves spring, when flowers are emerging from the cold winter ground and bringing smiling blooms and bright colors with them. To ensure beautiful flowers from year to year, prepare your garden for the upcoming season by sprucing up the beds, lightly fertilizing, replacing old mulch and adding new plants.

If you're itching to start gardening, there are some things you can do regardless of whether it's still frosting or not.

1. Shop for new seeds and start plants inside. Since new plants can't be put in the ground until all danger of frost has passed.

Before you start planting, clean out the debris. Get your tools ready for spring as well. Sharpen blades, service your mower, clean garden furniture and organize your shed. When it's cold outside you can get to all the things you won't have time for once growing season starts.

Early blooming shrubs need to be pruned immediately after blooming, and fruit trees must be pruned before they blossom.

When spring is here to stay, you can move outside, get your hands in the soil and start your new garden. Before you start though, make sure all danger of frost has passed or your hard work will die overnight.

Check the soil as well, it should be damp but not soggy. Try it out by taking a handful of soil and making a ball. Open your hand, the soil should crumble easily.

When all danger of frost has passed:

1. Add instant color to your garden by planting a new batch of annuals alongside your perennials.

## YOUR MONEY

## Get Home Improvement Tax Credits

Obama, opening the door for heating, air conditioning and indoor air quality customers to receive expanded tax credits. The tax credits apply to the installed costs of qualifying high-efficiency products and home efficiency improvements.

*The tax credit is equal to 30% of the installed cost* of qualifying heating and cooling improvements, up to a cumulative amount of \$1,500 during the two year incentive term. The credit's term is retroactive to the beginning of the year 2009, from January 1, 2009 to the expiration date of December 31, 2010. All previous 'caps' on the credits have been removed. Consumers who previously claimed the same tax credits in prior years may also claim the 30% tax credit (up to \$1,500) included in the Act.

### What improvements qualify:

Qualifying improvements include energy-saving heating & cooling equipment, indoor air quality components, boilers, water heaters, windows, doors, skylights, roofing, insulation and solar devices. Energy-efficiency limits for improvements are detailed below. The full \$1,500 tax credit can be applied to a single purchase or a combination of appliances or energy improvements.

### How to get the credit:

Use [IRS Form 5695](#) to file for the credit. It is strongly recommended that you consult with a qualified CPA and keep all records and receipts of purchases.

### Limitations of the credit:

The tax credit is only available on the taxpayer's primary residence and can only be claimed on their personal income taxes. Central Air

## YOUR BODY

## Tips for Handling Stress

Stress is a part of daily life, and it always will be unless we plan to stay out of traffic, get along with everyone we know, greet monthly bills with joy, relish staff meetings, look forward to long lines in grocery stores, and delight in news coverage. Well, you get the picture.

To better handle the unavoidable frustrations of life, keep the following in mind:

- **Practice good habits-** Help keep stress in line by following the age-old prescription of getting regular exercise, maintaining a healthy diet, getting enough sleep, limiting alcohol and quit smoking.
- **Take a relaxation break-** During the middle of a busy day, taking a brief break can help you recharge your batteries. For example, watch the clock, listen to music, or read a chapter of a book.
- **Release the tension-** Squat, stretch, or try an easy yoga technique. As your muscles relax, the tension releases. You can also try an easy yoga technique. Focus your attention on your breath, making the out-breath twice as long as the in-breath.
- **Maintain a positive environment-** Surround yourself with a good mental outlook. Practice "positive thinking"? It make sense that being positive helps reduce stress. Avoid those who wear you down with constant complaints and attitudes and actions of others. Avoid those who wear you down with constant complaints.
- **Get organized-** The clutter in your home can be a real energy zapper, while a clear work space clears your mind. Organize your space to be a real energy zapper, while a clear work space clears your mind.
- **Learn to say no-** We face many temptations to worthwhile activities. But the true strength of purpose sometimes comes in saying no. Learn to let go of activities that don't fit your priorities.

### Tips to Save Energy

- Fix leaky faucets. One drop per second can add up to 165 gallons a month - that's more than one person uses in two weeks.
- When you open the oven door to peek at food inside you lose 25-75 degrees of heat. Look through the oven window or wait until the food is almost done before opening the door.
- Over drying wears out your clothes and wastes energy. Stop your dryer when the laundry is dry by setting the timer or using the auto dry cycle.

Consumer Information

**Online Coupons**

Online coupons have taken the pricing power away from the retailers and are offering steep discounts to anyone willing to punch in a secret coupon code when loading up their virtual cart. Some online shoppers are so good at this game they call for honey? RetailMeNot.com, FatWallet.com and the Budget Fashionista. Sites like N back on purchases if they sign in and then click through to the retailer.

Here's a coupon-scouting tip: Search the name of an online store and then because bigger sites are often able to negotiate better offers; if you find a better one, ask it to match the price; and insist upon free shipping, even if it means carrying

Happy Savings

**Quick Tips**

Does that recipe call for honey? Spray your measuring spoon with nonstick cooking spray before using and cleanup will be a

Internet merchants are looking for a "referral" before they buy anything at full price, with quirky names like Sprites offer shoppers cash back. Compare the promotions, then call the Web site and ask for a coupon code.

DuAll in the Community

**Upcoming 2009 Parades**

This year one of my favorite organizations, the Illinois Aviation Museum and DuAll Heating will be in three local parades. If you saw the Bolingbrook parade last year, you saw our not-so-great T-33 Air Force jet. Well, it is finished and looks MARVELOUS. It is representative of the support aircraft from the USAF Thunderbirds of the 50's. We hope to participate in the Naperville Memorial Day parade, Bolingbrook's Pathways parade and Romeoville's annual parade. It is so much fun seeing the smiles on all of the kids faces.

Your health

**Protect yourself from ticks and mosquitoes**

Ticks are usually harmless. The biggest disease threat from tick bites is Lyme disease, which is caused by the bacterium *Borrelia burgdorferi*.

Lyme disease is spread by the bites of Ixodes ticks. Ixodes ticks are also called: the deer tick, bear tick, western black-legged tick, or black-legged tick. Ixodes ticks are about the size of a pinhead. They can attach to any part of the body, but usually attach themselves to moist or hairy areas such as the groin, armpits, and scalp. About 80 percent of people who get Lyme disease develop a large rash that looks like a bull's-eye. Other symptoms include muscle aches and stiff joints.

Another insect-borne illness, West Nile virus, is transmitted by infected mosquitoes. West Nile Virus usually produces mild symptoms in healthy people. However, West Nile Virus can be serious for older people and those with compromised immune systems. Common symptoms of West Nile Virus are flu-like and can include fever, headache, body aches, and skin rash.

Unfortunately, there are no vaccines on the market for West Nile virus or Lyme disease. If you spend a lot of time in tall grass or wooded areas, use insect repellent with DEET to ward off mosquitoes and ticks. Insect repellent should not be used on babies, and repellent used on children should contain no more than 10 percent DEET.

Check yourself for ticks before bedtime. If you find a tick, remove it with tweezers, drop it in a plastic bag and throw it away. You don't have to save the tick to show it to doctors. If you want to get a tick tested for diseases or other information you can check with their local health departments, but not all of them offer tick testing. The Centers for Disease Control recommends cleansing the area of the tick bite with antiseptic. Early removal of the tick is important because a tick generally has to be on the skin for 36 hours or more to transmit Lyme disease.

Anti-itch cream applied to the affected area also may help reduce itchiness.



# Your Comfort Solution

Ideas To Improve Your Home Life

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DuAll Heating and Cooling is a family owned and operated business based in Bolingbrook, Illinois. We are licensed, bonded and insured. We service all types of furnaces, air conditioners and water heaters. We currently install Amana, Ruud, Weatherking, Goodman and 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. DuAll is constantly learning new ways to improve our customer's living space. One way is through **duct cleaning**, which we now offer. 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

## ON THE LIGHTER SIDE

Answer: Corn on the cob.

## continued

Continued from page 1

2. Plant anything you started inside.
3. Spring is also time to start looking after your roses. Watch growing plants and be sure to prune roses before the buds break.
4. In addition to seasonal pruning and fertilizing, take a look at flowers that might not have survived the winter and replace them with new plants. Check for missing bulbs or plants that rabbits have damaged.
5. Weeds start to rear their ugly heads in the spring. Weeding should be part of daily garden maintenance. Pull weeds daily by hand or slice them just under the soil surface with the small blade of a hoe. If weeds get away from you, concentrate on the large ones first, particularly the flowering ones. Then, work through your garden one bed at a time.

**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 \_\_\_\_\_