

Your Comfort Solution

Ideas To Improve Your Home Life **Volume 7 Issue 2** Spring 2010

DuAll
Heating & Cooling
www.DuAllHeating.com



My World



In case you were wondering... It may not have been the coldest winter we've ever had, but most of us are happy to see Spring's arrival.

There is just something about nature renewing itself that is great for the soul. We all need to stop and smell the roses from time to time. DuAll Heating & Cooling is proud to announce that we have become a participating independent contractor in the ComEd *Smart Ideas* program. We are working with ComEd to help our customers save energy which in turn, helps save them money.

The world economy continues to be on everyone's mind. I'm finally hearing things that make me think that the worst is over. We can only hope. I know all the first time home buyers are happy, having got themselves great mortgage rates and a heck of a first time home buyer's tax credit.

Speaking of tax credits, I'm just reminding everyone that they have until the end of 2010 to take advantage of the federal tax credit for high efficiency furnaces and air conditioners. 30% up to \$1500.

This makes replacing your furnace a whole lot more affordable. Give us a call if this is something you might be interested in.

Many of you may have already heard, equipment utilizing R-22 (commonly referred to as Freon®) can no longer be sold. All new equipment must use R-410a (sometimes called Puron®). We have been selling R-410a units almost exclusively for the last couple years. There really is no difference as far as comfort or cost of operating. They look and operate the same. But it's kinda like VHS or Beta? One won't work with the other. So, if you have to replace your outdoor condensing unit, you will have to, at least, replace the indoor coil as well. If you keep your filters changed and have your unit serviced periodically, you should be avoiding those problems for a while.

If you are a Maintenance Savings Plan customer, we will be calling you pretty soon to service your air conditioners. If not, you might want to look into it and see if we can save you some money. It can save money on operating costs, and hopefully reduce any future repairs. If you get our postcard, be sure to call by the date listed to get your best price.

Respectfully,
Larry

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

Special Points of Interest

- Save rainwater
- Laugh it off!
- Flexible Gas connectors

Why Save Rainwater

Saving rain water saves money and helps the Environment - Approximately 40% of water used in summer is used outdoors which is when most areas face water shortages and have water restrictions. This water shortage period is when plants and trees require water the most.

With gutters and downspouts on your house or garage, you have a great system for harvesting clear rainwater for the garden and help you save money.

Here is a list of materials, tools and instructions to get you started.

Materials:

1-30 to 55 gal. Barrel or garbage can
1-1" S shaped aluminum downspout elbow

- 4- concrete blocks
- 1- Piece of aluminum window screen
- 1-standard 1" hose spigot with 3/4" pipe threads
- 1-3/4" X 3/4" coupling
- 1-3/4" X 3/4" bushing
- 1-3/4" pipe thread with 1" hose adapter
- 1-3/4" lock nut
- 4- Metal washers
- 1-roll Teflon thread tape
- 1-Tube silicon caulk

Tools:

Hacksaw, Screwdriver, pop rivet gun with rivets, drill, pencil, ruler, shovel, level and adjustable open end wrench.

Scrub the inside of your container with soap and water to remove any residue.

Level the area for your barrel & set concrete blocks in place & level them. Measure where the downspout elbow will come out from the side of the house & direct water into the barrel, position the barrel in place. Hold the new elbow above the barrel & mark where the elbow will join the downspout (1" above the barrel is best).

Set barrel & elbow aside & measure down 2" from the mark in the downspout. This will allow the downspout to fit into the elbow with a good, solid connection. Use the hacksaw to cut the downspout, then fit the elbow on & fasten it with sheet metal screws or pop rivets.

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Avoid auto Repair Scams

National figures indicate Americans spend more than \$20 billion a year on faulty or unnecessary auto repairs. Older Americans are often targeted because they are perceived as having more money. They also tend to be more concerned than younger drivers about issues of safety and liability.

If this sounds familiar, here's some guidance for avoiding future problems.

Ask friends for names of a reliable mechanic. Once there, find out whether or not the shop gives a written estimate or completion date for the repair. Also, if the shop refuses to warranty the work

or fails to offer a satisfaction guarantee, that's a shop to steer away from.

So, what are some common repair scams to watch for?

Automatic transmission

Poor transmission performance doesn't always mean a transmission repair. It could be as simple as a disconnected hose or plugged filter. Beware if you've got trouble shifting and the mechanic says he'll have to tear down the transmission to find the cause. The next step is to rebuild it for several hundred dollars.

Brakes

You bite on an advertised "brake special" for about 50 bucks, but once the mechanic takes a look, he says you'll need a complete brake job for about 500 bucks. With "low cost" specials, there's usually more than meets the eye. Establishing a practice of routine maintenance—involving fluids, filters, brakes and tires—helps keep you out of the repair shop. But when you must go in, look for the good business practices you expect from any service industry (kind of like you expect from us!), and don't settle for anything less.

YOUR BODY

Laugh it off!

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered and here's why.

Short-term benefits:

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- **Stimulate your organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension and stomach-aches.** Laughter can also ease digestion and stimulate circulation, which helps reduce some of the physical symptoms of stress.

Long-term effects:

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long haul. Laughter may:

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can impact your body by bringing more stress into your system and decreasing your immunity. Positive thoughts actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural pain-killers.
- **Increase personal satisfaction.** Laughter can also make difficult situations a little bit easier.

Can't find your funny bone? Devel-

oping or refining your own particular sense of humor may be easier than you think.

Put humor on your horizon. Find a few simple items, such as photos or comic strips, that make you chuckle. Then hang them at home, in your office or even on the visor of your car.

Laugh and the world laughs with you. Find a way to laugh about your own situations and watch your stress begin to fade away.

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your hearty chuckle, take stock of how

you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.

Tips to Save Energy

- Have a fireplace? In the summer, open the damper to create a natural cooling draught.
- Install low-flush toilets to save water.
- One of the biggest energy saving tips is to accelerate and brake your vehicle gently. Quick starts and stops can decrease mileage by up to 12 percent.

Consumer Information

Flexible Gas Connectors

WASHINGTON, DC - The U.S. Consumer Product Safety Commission (CPSC) is warning consumers about dangerous, older flexible gas connectors used to connect home appliances to gas supply pipes. These gas connectors are made of brass, are uncoated, and can crack or break, leading to a fire or explosion. They are used most often with gas ranges, ovens and clothes

dryers. Only a licensed service technician should check these gas connectors and replace them if necessary. CPSC warns that consumers should not check the gas connectors themselves. Moving an older appliance, even slightly, can cause the connectors to crack and result in a gas leak and explosion. This type of gas connector has not been manufactured for about 20 years, but some still exist in consumers' homes. The older these

connectors get, the more dangerous they become. The brass fittings on these gas connectors, which connect the gas supply to the appliance, were soldered onto a corrugated brass tube. The CPSC believes the solder can fail, causing a break in the connector resulting in a gas leak. Consumers with older gas appliances should immediately call DuAll Heating & Cooling at (630) 247-1720 to replace their gas connectors if necessary.

DuAll in the Community

Parades, Cavalcade & a Ford Tri-Motor

We are reminding everyone that the Illinois Aviation Museum (of which DuAll Heating is an active supporter) will be in three local parades this year. We hope to have a WWII Willy's Jeep pulling our 50's era USAF Thunderbird jet. We are planning to participate in the Naperville Memorial Day



parade, Bolingbrook's Pathways parade and Romeoville's annual parade. Look for us there! Also, "Save the Date". First weekend of June, the 11th annual Cavalcade of Planes at Clow International Airport in Bolingbrook. This year, along with the many aircraft based at the airport, there will be a Vietnam era

Huey and Mohawk, as well as the KC-135 Refueler simulator from the Indiana National Guard. There will also be a 20's era Ford Tri-motor offering rides. You just have to see this piece of history. <http://www.eaa.org/fordtrimotor/>



Your health

Ouch!

Not all bumps make a bruise, but some do, and most bruises go away without treatment. Still, bruising can sometimes be a sign of a more serious problem.

Most bruises form when small blood vessels (capillaries) near your skin's surface are broken by the impact of a blow or injury. When this happens, blood leaks out of the vessels and initially appears as a bright or dark red, purple or black mark. Eventually your body reabsorbs the blood, and the mark usually disappears.

Several factors may contribute to bruising, including:

- Aging capillaries. Over time, the tissues supporting these vessels weaken, and capillary walls become

more fragile and prone to rupture.

- Thinning skin. With age, your skin becomes thinner and loses some of the protective fatty layer that helps cushion your blood vessels against injury. Excessive exposure to the sun accelerates the aging process in the skin.
- Blood-thinning drugs such as aspirin and warfarin
- Certain dietary supplements such as fish oil and ginkgo also may increase your bruising risk

Generally, the harder the blow, the larger the bruise. However, if you bruise easily, a minor bump - one you may not even notice - can result in substantial discoloration. Your arms and legs are typical locations for bruises.



Once a bruise has formed, not much can be done to treat it. Most eventually disappear as your body reabsorbs the blood. If swelling is associated with the bruising, applying a cold compress for 20 minutes at a time and elevating the affected area may help. After the swelling has gone down, a warm compress may speed removal of the blood.

To prevent minor bruising, eliminate household clutter that could cause bumps or falls. Long-sleeved shirts and pants may provide an extra layer of protection for your skin. Avoid prolonged exposure to the sun to help you avoid its aging effects and the increased bruising risk that may result.

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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 Chamber of Commerce.

ON THE LIGHTER SIDE

Who said; "Money can't buy happiness but it will get you a better class of memories".

Answer: Ronald Reagan.

continued

Drill a 3/4-inch hole in the wall of the barrel. Make it high enough to put a bucket underneath. Squeeze caulk around the hole on both sides. Next, connect the spigot and coupling, and wrap Teflon tape on each of the threaded ends for a tight seal. Slip on a washer and insert the threaded end of the coupling through the hole from the outside. On the inside, put a washer over the pipe and fasten everything together with the bushing.

A couple of inches down from the top of the barrel, drill another 3/4-inch hole. Then build the overflow assembly. Squeeze caulk around the hole inside and out and place a washer on the hose adapter. Push this assembly through the hole. Slip a washer and Teflon tape on the inside threads and tighten everything together with a nut. When you connect a length of garden hose to this overflow valve, you can direct some of the overflow into the garden after a heavy rain.

If your barrel has a lid, cut a hole where the new downspout elbow will direct water into it. Cover the hole with a piece of screen to keep mosquitoes out.

Finally, set the barrel back on the concrete blocks, make sure the downspout will direct water into it properly, and wait for the rain.

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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 _____