

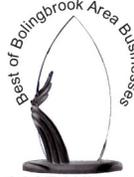
# Your Comfort Solution

Ideas To Improve Your Home Life

Volume 8 Issue 1

Spring 2011

**DuAll**  
Heating & Cooling  
www.DuAllHeating.com



## ON THE OUTSIDE

### Organic Pesticides

Did you ever wish that you could make your own organic pesticides? Well, here is an organic pesticide cookbook! Hopefully you will find a concoction that can help you keep the bugs out of your garden. You could use those nasty pesticides that you see in your local hardware, but why when homemade organic choices can be much cheaper and easier to use? If you are like many gardeners today, you want no harmful chemicals anywhere near your plants. Try some of these unique bug-buster recipes.

#### 1. Tobacco or Nicotine Spray:

This mixture is great for combating many different types of bugs, but especially caterpillars, aphids, and many types of those nasty worms. What you need:

1 cup of tobacco  
1 gallon of water

Put the tobacco into the container of water. Allow the mixture to set for approximately 24 hours. After it has stood for a day, check the color. It should be the shade of weak tea. If it

is too dark, just dilute it with water until it looks right.

**\*Warning:** Don't use this solution on peppers, tomatoes, eggplants, or any other member of the solanaceous family. Tobacco chemicals can kill these types of plants!

#### 2. Soap Spray:

Another way to stop the slugs is with soapy water. That's right, you can just use your old, dirty dishwasher! Collect some of the water in a pan and pour it into a watering can

or even use a pitcher to pour it over the plants. This works really well on hostas and mums, but also can be used on other hardy plants. Many bugs do not like their lunch spoiled by a soapy aftertaste! For a stronger solution, mix 3 Tablespoons of liquid detergent

into a gallon of water, I prefer Dawn, but any will do. Use this weekly.

## MY WORD



**WOW**, Did everyone get their fill of snow? I know at my house the snow was so deep that the village plow got stuck. 17" in the street!

They had to bring in a front end loader to free the plow. It was

nice though, to look around and see neighbors helping each other clear their drives. It reminds me of what a good neighborhood is, and should be. I have to say, I've had my fill of snow and cold weather. It's time to move on to Spring. I'm sure everyone, myself included, is looking forward to flowers blooming, grass turning green, and leaves on the trees. Time to get some color back into this grey, gloomy world that we called winter.

How about Mayor Daley retiring after 22 years. I know that Chicago is out of our service area, but we all know what happens in Chicago, has an effect on the surrounding suburbs. Like him or not, we wish Rahm Emanuel the best of luck.

Between the new and improved taxes here in Illinois and the lack of federal tax incentives, it's going to be a lot more expensive to replace your equipment. So, I guess it's even more important now to maintain your existing equipment. With that being said, I'd like to remind everyone that we are having our "Sadie Special" again this season. What's a "Sadie Special"? Glad you asked! Any new or renewing Maintenance Savings Plan (MSP) customers get a 10% discount. Our MSP includes two service visits per year. One for

heating and humidifier (if you have a humidifier) and one for air conditioning. This is our most popular program. It gives our customers piece of mind and guarantees they get the service they need at a time they like, all at the lowest price possible! But if you do need new equipment, we are really excited that DuAll is now able to offer Trane products competitively. If you are not aware Trane and American Standard are exactly the same. There is just a different letter in the model number. It is just another offering for you, our customers, to choose from.

This past season, more so than any other, we heard people say that their problem has been going on for weeks before they finally called us (usually at 3am!). PLEASE, please, please understand that it is ALWAYS best to have your furnace or air conditioner checked when the problem first arises. Especially if it is a matter of making a squealing, banging, or any other sounds. What might start out as able to be corrected with just a blower wheel cleaning, could very fast, turn into a blower wheel replacement, blower wheel and motor replacement, or worse yet, whole blower housing replacement, which may not even be available. And if it is, it's going to be expensive.

Looks like the Blackhawks might have a chance of repeating, The Bulls are looking good and the Cubs.....Well, I guess I shouldn't push my luck.

Have a great summer!

Larry

### Special Points of Interest

- How to keep it!
- Is it True?
- Diabetes
- Sadie's Special

## YOUR MONEY

## How to keep it!

With the economy as it is, millions are looking for ways to shave dollars and dimes from their daily expenses. Many of DuAll's customers are not of the age to receive AARP magazine but I am, so here are what I thought as some interesting excerpts. Some of these you may know.

**Save on a flush** in an old toilet by putting a plastic bottle full of water, weighted with pebbles, in your tank. Also here is a throw back saying from bygone years. "If it's yellow let it mellow, If it's brown flush it down".

**Stop that dripping faucet.** Sixty drips a minute will waste about 6,428 gallons of water per year, according to the U.S. Geological Survey.

**Shower quickly and save.** A 15-minute shower a day costs about

\$310 a year, even with a low-flow shower head. Cutting the time by a third will save about \$100 annually.

**Save on printer ink** by using the Century Gothic font, which a recent study showed consumes about a third less ink than industry-standard Arial. That saves about \$20 a year for a home user printing 25 pages a week.

**Save cell phone minutes** by skipping long-winded voice-mail greetings and instructions. Press \* when calling Verizon customers, the number 1 for Sprint users, or the # sign for AT&T and T-Mobile subscribers. If you're not sure of the provider, try this order: 1, then \*, then #. When you hear a beep, you've got the right one.

**Just 10 seconds of idling** your car's engine uses as much gas as restarting

it. Two minutes uses enough fuel to drive a mile. So turn your engine off.

**For every 100 extra pounds it carries**, your car can lose 1 to 2 percent of fuel efficiency. Remove unneeded items from your trunk.

**Buy gift cards for up to 30 percent off their face value** at [plasticjungle.com](http://plasticjungle.com), [giftcardrescue.com](http://giftcardrescue.com) and [gift-cardsagain.com](http://gift-cardsagain.com), where the cards are sold by gift-getters who don't want them.

**Wait 24 hours** before you buy anything that costs more than \$100. If you still want it the next day, buy it. Most of the time, you'll forget what it was

**Turn off call waiting.** It saved me \$5 a month, or \$60 a year.

## YOUR HEALTH

## Is it true?

Pick up any newspaper or turn on your TV or computer and you're greeted by news about the latest medical breakthrough. Today's health news may even contradict yesterday's headlines. So, how do you know what to believe and what advice to follow?

Don't fall for every headline proclaiming a new cure or medical breakthrough. Use these tips for evaluating health news.

- **Is it new?** Does the story provide new information, or is it just a rehash of old news? You can't always tell by the headline. Consider this recent headline: "Too much salt takes blood pressure toll." This isn't new information — we've known about the connection between salt and blood pressure for years.
- **Is it true?** What evidence is the story based on? Randomized clinical trials are the gold standard for evidence. One person's opinion — even an expert's — isn't proof.

- **Will it affect you?** Again, you have to look beyond the headline. The story may be about a health problem you have, but its focus might be on diagnosis not treatment. In addition, not every treatment you read about will be right for you.

The best clinical trials are not only randomized but also double-blind, meaning that neither the doctors nor the volunteers know who is getting the study drug or the placebo. Practices like randomizing and double-blinding help keep volunteers and researchers from possibly skewing the results because of preconceived ideas they have about the study. That makes the study's conclusions more reliable.

The main thing to keep in mind is that just because something is in print or on the Internet doesn't necessarily make it scientific. Similarly, someone's opinion

is not scientific evidence.

Studies can — and often do — have conflicting results. That's why doctors usually don't rely on a single study but wait to see if additional studies arrive at the same conclusions. Progress in medicine happens in steps. Every step provides a clue to the final answer — and probably sparks some new questions as well.

Beware of personal testimonials, especially if they're being used to sell a product. Scammers often target people

who have serious medical problems, such as cancer or diabetes, with promises of a "miracle cure" or "revolutionary discovery." If those things were proved to be true, your doctor would know about them and discuss them with you. Remember, if something sounds too good to be true, it probably is.

Excerpts taken from [mayoclinic.com](http://mayoclinic.com)

## Tips to Save Energy

**Improve freezer efficiency** by keeping the thing as full as possible — with bags of ice, for instance. But keep a 1-inch open space on each side of the interior for better air exchange.

## HOUSEHOLD TIP

## Window Washing tips

Washing windows is a tiresome chore but here are some tricks to have your windows sparkling in no time.

### 1. Avoid streaking

Use a window-washing squeegee with a smooth, soft rubber edge. (Or use crumpled-up black-and-white newspaper—avoid the color sections.) Dry a 1-inch strip at the top or side of each window and always start your squeegee there—starting on dry glass is one key to avoiding streaks. Don't wash windows in direct sunlight, because quickly dried glass is more susceptible to streak-

ing. Evenings or cloudy day are the times for window washing.

### 2. Mildew on window frames

*Wash with a bleach-detergent solution.* Black or gray mildew spots on wooden frames can be cleaned for good with a solution of 2 ounces of household bleach and 1 ounce of laundry detergent in a quart of water. Wearing rubber gloves to protect your hands, sponge the solution on the spots, let it sit for ten minutes, and then rinse thoroughly with clean water.

### 3. Windowsills get dirty so quickly

Because your exterior windows are exposed to the elements, they are subject to collecting a lot of dirt. But

there is a simple way to keep your sills clean: Wipe on a coat of clear floor wax to protect them.

### 4. Windows get dirty too fast

*Change your heating and cooling system's filter.* If the interior glass surface of your windows gets dirty unusually fast, you may need to change the filters on your furnace or air conditioner. Modern airtight homes trap more dust, pollen, dander, and other particles inside than ever before. Furnace and air-conditioner filters help trap that dirt and also extend the life of your appliances. Filters should be changed every month or two or anytime you can't see light through the filter when you hold it up to a light.

# CAVALCADE OF PLANES - JUNE 4TH & 5TH

Bolingbrook's Clow International Airport

## YOUR BODY

### Diabetes Prevention

Type 2 diabetes, once known as adult-onset or noninsulin-dependent diabetes, is a chronic condition that affects the way your body metabolizes sugar (glucose), your body's main source of fuel.

Healthy lifestyle choices can help you prevent type 2 diabetes. Even if diabetes runs in your family, diet and exercise can help you prevent the disease. And if you've already been diagnosed with diabetes, the same healthy lifestyle choices can help you prevent potentially serious complications.

- **Eat healthy foods.** Choose foods low in fat and calories. Focus on fruits, vegetables and whole grains. For

every 1,000 calories you consume, try to have at least 14 grams of fiber, because fiber helps control blood sugar levels.

- **Get more physical activity.** Aim for 30 minutes of moderate physical activity a day. Take a brisk daily walk. Ride your bike. Swim laps. If you can't fit in a long workout, break it up into smaller sessions spread throughout the day.
- **Lose excess pounds.** If you're overweight, losing 5 to 10 percent of your body weight can reduce the risk of diabetes. To keep your weight in a healthy range, focus on permanent changes to your eating and exercise

habits. Motivate yourself by remembering the benefits of losing weight, such as a healthier heart, more energy and improved self-esteem.

There's no cure for type 2 diabetes, but you can manage — or even prevent — the condition. Start by eating healthy foods, exercising and maintaining a healthy weight. If diet and exercise aren't enough, you may need diabetes medications or insulin therapy to manage your blood sugar.

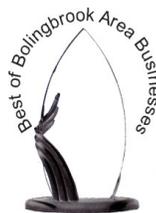
Excerpts taken from [mayoclinic.com](http://mayoclinic.com)



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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 Trane, Amana, Ruud, and Goodman 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 N.A.T.E. Certified, winner of the *Best of Bolingbrook Businesses Award* and a member of the Bolingbrook Chamber of Commerce.

## ON THE LIGHTER SIDE

Who said; "We live very close together. So, our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them."

Answer: The Dalai Lama

## CONTINUED

### 3. Alcohol Spray:

This spray really is great for house plants. This especially works on meal bugs.

1/2 cup of alcohol

2-3 tablespoons of dry laundry soap

1 quart of warm water

Mix all ingredients and spray immediately. You don't have to let this set, but you can't store it either. This solution must be made fresh for each use.

By using household items, you can keep our garden free from pests. Toxins and harmful chemicals do not have to be part of your landscape. Hopefully, this organic cookbook of sorts will help you do just that!

## Sadie's Special

**10% OFF** all new and renewed  
**Maintenance Savings Plans**

**DuAll** 630/247-1720  
Heating & Cooling 630/378-0036  
www.DuAllHeating.com

Use for yourself, give a copy to relatives, friends and neighbors!  
Expires 10/01/2011

