

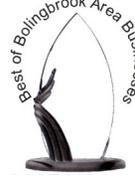
Your Comfort Solution

Ideas To Improve Your Home Life

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DuAll
Heating & Cooling
www.DuAllHeating.com



ON THE OUTSIDE

Grow your Own

You don't need to hire a farmhand to tend the edibles. Grow the things your family most likes to eat and they'll be more eager to help with the harvest. Mix your vegetables in your flowerbeds or pots with the flowers. This way they'll be more conveniently located and easier to tend.

Grow rhubarb, asparagus, and perennial herbs. All are edibles that don't have to be replanted each year.

Raise the beds, lower the maintenance. Raised beds warm up sooner in spring, and you can sit on the edge to plant and harvest.

Plant more vegetables in less space. A compact vegetable garden will take less time to plant and harvest.

Feeding, Watering, and Weeding

Great soil will cut back on maintenance, so improving it with compost and other forms of organic matter is the secret to independent plants. Not only does highly organic soil hold more water and nutrients, but it will support healthier plants and fewer weeds.

Cut back on fertilizing buy potting soil with the slow-release plant food already added. These pelleted fertilizers you mix into the soil release nutrients all season long.

Mulch, mulch, mulch. Covering the soil with an organic mulch of compost or bark chips feeds the soil, seals in moisture, and blocks out weeds.

Water less often, but for longer periods of time. A deep soaking once a week is better for your plants than frequent shallow drinks. Thorough soakings encourage deep roots, which means you'll water less as the summer wears on.

Choose drip-irrigation and soaker hoses; they're the most efficient ways to water. If you don't have an automatic sprinkler system, consider this investment in timesaving convenience.

Behave the weeds instead of pulling them. A sharp hoe or string trimmer can slice off the weeds at ground level. Decapitate the weeds on a sunny day, and the roots will dry up as well.



MY WORD

Hello Friends. I hope you have enjoyed your low heating bills. Considering it has been the 6th warmest winter on record, you should be way ahead if you pay on a budget. Fortunately for my customers,

we didn't really have to fix too many furnaces. Some were just old and couldn't last forever, but I did notice a lot of "newer" furnaces failed. By newer, I mean one to three years old. Now, as a lot of consumers think, they thought that with their furnace being relatively new, it didn't need to be touched for a while. I really do try to explain at the time of install, that they are much more efficient and safer than the old furnaces, but they also require service more often. Usually a cleaning is all that is needed to keep it running safe and efficiently. There are lots of sensors and switches and they can shut the furnace down if neglected. Let alone dirty filters, but you have all heard me preach about changing your filters.

It's really hard to believe that the coldest day in Chicagoland was 19°. Nothing even close to zero. And only two measurable snowfalls???

So now it's time to break out the rakes and lawnmowers and get ready for spring. Spring is what makes it worth it; for dealing with the dull, gloomy, grey winter. I really enjoy watching the flowers bloom in stages; the grass greening and seeing leaves on the trees once more.

As a lot of you know, I like my football. Bears or local high school; doesn't matter. I just love the game. I cheer for all

the schools in my service area. To see these kids playing for the sheer enjoyment of the game is just great. So, I do have to say "Congratulations" to the Bolingbrook Raiders who won the 8A State Championship. This was the second time in school history that they made it to the Championship game, but their first time winning it. And they did have to go thru some local schools, so I'm sorry for that. I guess I really say Congratulations to all the teams that played in the playoffs.

The Department of Energy has announced its final rule. According to this rule, the country will be divided into three regions with different minimum efficiency standards for each region. The new rule becomes effective May 2013. There have been petitions filed to intervene, so we'll have to see how that plays out. This rule will affect your choices of furnaces and air conditioners. Also, the EPA has proposed a faster R22 phase-out. Those of you that have converted to 410 have nothing to fear. But if you haven't and you're still using R22, then the cost of replacement R22 will be skyrocketing. Supply and demand. Again, we'll have to see how this, too, plays out. But speaking of skyrocketing; it appears we may be seeing \$5 or possibly higher gasoline costs. We at DuAll will try our best to keep our costs from rising. Lets all just hope they are wrong and the prices stay somewhere near where they are now.

All the best!

Larry

Special Points of Interest

- How to keep it!
- Cavalcade of Planes dates
- Trivia
- Get & give \$20!



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YOUR MONEY

How to keep it!

It's become so common in our culture to assume we need things - a lot of things. Over-consumption is not only a strain on our bank accounts and environment; it can also be harmful to our health. Here are three most commonly purchased products that are almost entirely unnecessary, but pose significant risks.

1. Air fresheners: Most air fresheners mask odors with a synthetic fragrance or numb your sense of smell with chemical anesthetics. But, they do nothing to eliminate the source of the odor. Also, aerosol air fresheners spew out tiny droplets of chemicals that are easily inhaled into the lungs. *Instead, ventilate well and choose natural deodorizers, such as zeolite or baking soda, which contain minerals that absorb odors. Plants are also helpful for purifying your indoor air.*

2. Drain, oven and toilet bowl cleaners: Yes, three products instead of one, but they all fit under the category of cleaners - and these are the three nastiest. Corrosive or caustic cleaners, such as the lye and acids found in drain cleaners, oven cleaners and acid-based toilet bowl cleaners, are the most dangerous cleaning products because they burn skin, eyes and internal tissue easily.

** To clean extra-greasy ovens, mix together 1 cup baking soda and 1/4 cup of washing soda, then add enough water to make a paste; apply the paste to oven surfaces and let soak overnight. The next morning, lift off soda mixture and grime; and rinse surfaces well.*

** Prevent clogged drains by using hair and food traps.*

** To de-grease and sweeten sink and tub drains, pour 1/2 cup of baking soda down drain followed by 1 cup vinegar;*

let bubble for 15 minutes; rinse with hot water. You might have to repeat the whole procedure more than once. This same mixture can be used prior to scrubbing your toilet bowl to deodorize and scour away grime.

3. Bottled water: Most people buy bottled water to avoid any contaminants that may be present in their tap water. They're wrong. Bottled water can be just as, or even more, contaminated than tap water. In fact, some bottled water IS tap water - just packaged (in plastic that can leach chemicals into the water) and over-priced. Also, from manufacture to disposal, bottled water creates an enormous amount of pollution - making our water even less drinkable. *Do yourself a favor and invest in a reusable stainless steel water bottle and a water filter.*

TRIVIA

Things that make you go, Huh!

No piece of paper can be folded in half more than seven (7) times.

Oak trees do not produce acorns until they are fifty (50) years of age or older.

Venus is the only planet that rotates clockwise. (Since Venus is normally associated with women, what does this tell you!)

Pearls melt in vinegar!

A duck's quack doesn't echo, and no one knows why.

How important does a person have to be before they are considered assassinated instead of just murdered?

Why do you have to "put your two cents in" but it's only a "penny for your thoughts"? Where's that extra penny going to?

Once you're in heaven, do you get stuck

wearing the clothes you were buried in for eternity?

Why does a round pizza come in a square box?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

If a deaf person has to go to court, is it still called a hearing?

Why are you IN a movie, but you're ON TV?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?

Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!

If Wiley E. Coyote had enough money to buy all that ACME stuff, why didn't he just buy dinner?

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride; he sticks his head out the window?

Tips to Save Energy

Turn the valves under the kitchen and bathroom sinks halfway off. When you open a faucet above, the water won't come gushing out, but there'll be plenty to wash dishes or brush teeth.

HOUSEHOLD TIP

Spring Cleaning

With spring comes the perennial battle of human beings vs. their possessions, known as “Spring Cleaning.” To help you get in the “Get Ready” mode I’ll share some of the wisdom picked up on how to do Spring Cleaning without losing it.

- **Decide What You Want to Clean.** You’re not going to get to everything, even during the intensity of spring cleaning. So make a list of the things that are bugging you the most. Make sure the list isn’t so long that it will never get done, but long enough to feel like you got all the important stuff.

- **Don’t Forget the Garage.** Garages, attics and basements are popular receptacles of junk. You’re probably going to need a large chunk of free time to tackle one or all of these areas, so you may want to do it on a Saturday morning and get some family involved. Cookies (low-fat ones, of course) go a long way in that effort!
- **Spread It Out.** No one says Spring Cleaning has to be in the spring. Use a calendar for daily de-clutters that might be more your speed, and gets the job done in smaller chunks.
- **Go Seasonal.** Setting up your big chores for specific times of the year helps those tasks have meaning, and helps you remember to do

them. For example, you could throw out old winter clothes after the snow thaws, or shred old documents after Tax Day.

- **Do Good.** While you’re at it, some of your old clothes might do well in a charity thrift store. Thrift stores help the underprivileged buy clothing and keep clothes from clogging up the landfills. Remember that you can donate old electronics, appliances, cell phones and cars to a good cause, too. You might also consider “direct donation” to friends or family you know could use some of your stuff.
- **Reward Yourself.** After you’re done, make sure you do something nice for yourself. You’ve earned it.

CAVALCADE OF PLANES - JUNE 2nd & 3rd
 Bigger and Better!! Bolingbrook’s Clow International Airport SAVE THE DATE

YOUR BODY

Numbers to Live By

Blood Pressure

Healthy number: Less than 120/80 mmHg.

Blood pressure refers to the force of blood against the walls of your arteries when your heart beats (systolic pressure, the top number) and during rests between beats (diastolic pressure, the bottom) and is measured in millimeters of mercury (mmHg). “The lower yours is, the better. High blood pressure, or hypertension, is 140/90 mmHg or higher. Hypertension is called “the silent killer” because it often has no symptoms and, left untreated, can lead to stroke, heart disease, kidney damage, and vision and memory problems. (If your top number is between 120 and 139 and the lower is between 80 and 89, you have prehypertension, which also carries risks.) **Have yours checked:** Every time you see a doctor.

Blood Sugar

Healthy number: A fasting blood-sugar level of 99 mg/dL or less.

A fasting blood-sugar test measures glucose (sugar) in milligrams per deciliter (mg/dL) of blood after you haven’t eaten for at least eight hours. A level of 126 mg/dL or higher indicates diabetes, a condition in which your body doesn’t produce enough insulin (which converts blood sugar into energy) or use insulin properly. Diabetes more than doubles your risk of heart disease and increases your chances of kidney disease, vision loss, and other health issues.

Have yours checked: At age 45, then every three years after that.

Cholesterol

Healthy number: Total cholesterol under 200 mg/dL;

LDL cholesterol under 100 mg/dL. “The higher your cholesterol levels, the greater your risk of heart disease. To minimize health risks, your total cholesterol should stay under 200 mg/dL (cholesterol is measured by milligrams of cholesterol per deciliter of blood). But it’s actually low-density lipoprotein (LDL) cholesterol—the “bad,” artery-clogging kind—that causes the damage. Elevated LDL levels cause the formation of plaque in the artery walls which leads to atherosclerosis and an

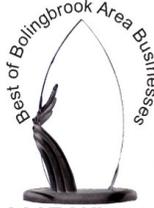
increased risk of heart attack and stroke. For most people, the optimal level of LDL is under 100 mg/dL (and under 70 mg/dL if you



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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; "If you aren't fired with enthusiasm, you will be fired with enthusiasm."

Answer: Vince Lombardi

CONTINUED

(Continued from page 3)

have diabetes or heart disease). **Have yours checked:** Starting at age 20 and older.

Thyroid

Healthy number: A thyroid-stimulating hormone level under 4.0 mIU/L. Produced by the pituitary gland, the thyroid-stimulating hormone (TSH) directs the thyroid gland in your neck to secrete the hormones thyroxine (T4) and triiodothyronine (T3). Besides helping regulate your metabolism, body temperature, and heart rate, these hormones affect skin, hair, muscle strength, mood, and mental functioning. If your TSH level is high, above 4.5 mIU/L (or milli-international units of TSH per liter of blood), your thyroid isn't producing enough hormones to help your body function efficiently.

Have yours checked: Starting at age 35.



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Give this coupon to a friend, neighbor or relative and they will receive \$20 off their service call when they present the coupon. Fill out the info below and we'll credit your account \$20 towards future service, as our way of saying "Thanks!"



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Expires November 30, 2012