

Your Comfort Solution

Volume 11 Issue 2

Ideas To Improve Your Home Life

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DuAll
Heating & Cooling
www.DuAllHeating.com



Gardening To-Do List for Winter

It's time to put the garden to bed and finish up the gardening to do list. Your winter garden chores will lay the groundwork for a successful spring season in the garden, so get cracking!

1. When cleaning gardens, the first item on the list is to remove all fading annuals and veggies. These may be composted unless they show signs of disease or insect infestation
2. Next, it's time to for the lopper and pruning shears. If you haven't done so already, cut back all perennials that either die back in the winter or benefit from dormant pruning. Prune back any perennials without wood stems to within four inches from the ground. Also, prune back damaged, diseased or overlapping branches from trees and shrubs. Don't remove more than one third of the plant at any one time.
3. Another chore may include cutting back roses, if you have them. Some people wait until spring, however, Illinois winter tends towards the frigid so it best to prune the roses back about 18 inches after the first heavy freeze of the season.
4. Rake up any leaves or other detritus. Some people wait until spring to do this, which can be a big mistake. Many fungal spores and insect eggs can overwinter in this debris and infect the spring plantings. If you know that this debris is infected, discard it offsite.
5. Next item on the gardening to-do list is to prepare the beds for spring by amending the soil. You may want to take a soil sample at this time. To do this, take several random samples with a garden trowel, down about 6 inches deep.

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MY WORD



Recently, a colleague of mine commented that I take a lot of training classes. That got me to thinking. This industry that I'm in is constantly changing and it does require quite a bit of training. New product designs, Department of Energy requirements, software, certification classes, etc. All of these things, and many more, are very necessary to stay up to date with laws and technology. But, maybe that's one of the things that I love about this business. Ever changing, never boring and always learning!

Speaking of new, Trane has a new "Win-Win Scratch-off promotion" thru Nov 15th. Trade-in allowance of \$800-\$2400 or rebates of \$100- \$200 from Trane. That is in addition to the \$250-\$300 from NiCor. So, if you know someone who needs a great AC and/or furnace, and they want it installed by the best HVAC company in the western suburbs, have them give us a call. We survive on and appreciate your referrals.

Amana is having a new product launch. They are introducing a true 2-stage furnaces with ECM motor, re-designed cabinet, and shorter profiles. These will be an awesome choice when space is limited. 10 year parts warranties and lifetime heat exchangers.

If you aren't aware, NiCor has a great financing program that works with either brand. They will finance a high efficiency furnace or furnace and AC combination. The deal is 4.99% for up to 10 years AND it just gets added to your existing NiCor bill. <http://www.nicorgasrebates.com/your-home/homeowner-loans> for information or to apply. And, DuAll is now offering to all

of our install customers, a 10 year workmanship warranty on any new furnace or air conditioner installed. We feel this puts us over the top against any of our competition and we have no problem backing our work. I am so excited about the upcoming season. So many new options for homeowners.

So, enough about HVAC.

After last winter's death grip on all of us, we get a mild summer. They say we average 14 days per season in the 90s. Last year, we had 13. In 2012, we had 46!!! This year.....2. Not so much fun if you're a kid who has a swimming pool or likes to go to the beach. Speaking of the beach, Donna and I went downtown to the Chicago Air and Water show at North Ave beach. We decided to go on Saturday (it is a two day event). Boy, did we make the right decision. Sunday's show, after a 4 hour delay, was cancelled. I feel sorry for all the many people who fought traffic for hours just to be kept holding and then no show.

With holiday season (Halloween, Thanksgiving, Chanukah, Christmas, Kwanza, New Years, and Super Bowl Sunday) right around the corner, I have given up another family recipe. This one is for Comfort Cake. Very easy, Very delicious. I promise.

Football season is upon us and as of this writing, the high school top 25 featured Waubonsie Valley, Bolingbrook and Naperville Central all in the top 12. Oh, and the Bears are tied for first place in their division. I love football!!!

Enjoy our great, beautiful fall season and remember to change your filters.

Larry

Special Points Of Interest

- Saving pennies
- Tornadoes
- Awesome recipe



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IN THE KITCHEN

Comfort Cake

1 bx	Yellow cake mix, not with pudding
1 lg.pkg	Instant Vanilla Pudding mix
4 ea	Eggs
½ cup	Southern Comfort®
½cup	Water
½cup	Oil
1 cup	Chopped pecans or walnuts

Glaze:	
4 Tbsp	Butter
¼ cup	Southern Comfort®
1 oz.	Water
½ cup	Sugar

Directions: Mix ingredients, grease and flour a bundt pan. Bake 325° for 1 hour. Cool on rack for 10 minutes then invert onto serving plate. Prick many holes immediately. Spoon glaze evenly over cake.

Directions: Melt butter. Stir in water and sugar. Boil for 3 minutes, stirring constantly. Remove from heat. Stir in Southern Comfort®

As stated in the Spring newsletter, I was a professional chef many years ago, having graduated from the Culinary Institute of America. Cooking is still fun for me so with the holidays coming I thought I would share another family favorite cake recipe.

YOUR LIFE

Habits That Can Change Your Life

1. Develop positive thinking. First because it's the keystone habit that will help you form the other important habits. Positive thinking by itself won't lead to success, but it certainly goes a long way to motivate you to do the other things required.

2. Exercise. People, you might roll your eyes but, exercise is healthy and all that, but how exactly is it life changing?

- It makes you feel better about yourself, and more confident. That leads to better success with other positive changes.
- It reinforces the positive thinking habit — you need to think positive in order to sustain exercise.
- It relieves stress and gives you time to think — this leads to better mental well-being in your life overall.
- It helps with creativity.

3. Single-tasking. The opposite of multi-tasking. Why is it life-changing? A couple powerful reasons:

- You'll be more effective with your tasks and get more done. It's hard to achieve important things if you're constantly switching tasks and distracted by other "urgent" things.
- You'll be less stressed overall and happier throughout your day.

4. Focus on one goal. Just as focusing on one task at a time is more effective, and focusing on one habit at a time is more effect, so is focusing on one goal at a time. While it might seem very difficult, focusing on one goal at a time is the most powerful way of achieving your goals. When you try to take on many goals at once, you're spreading thin your focus and energy — the two critical components for achieving a goal.

5. Kindness. Yes, kindness is a habit. And it can be cultivated. Focus on it every day for a month and you'll see profound changes in your life. You'll

feel better about yourself as a person. You'll see people react to you differently and treat you better, over the long run. It's karma.

6. Daily routine. It's so simple, but creating a daily routine for yourself can make a big difference in your life. The best routines, come at the start and end of the day — both your workday and your day in general. That means, develop a routine for when you awake, for when you first start working, for when you finish your workday, and for the end of your evening.

How will that change your life? It will help you get a great start to your day, and finish your day by preparing for the next day. It'll help you firmly root the productive habits you want to firm in your everyday life. It'll help you focus on what's important, not just what comes up. It'll help you make sure you get done all the things you really want to make sure gets done everyday. And that can mean a lot.

YOUR MONEY

Saving Pennies, Saves Dollars

Thought I would continue this article from our Spring issue. There are still a lot of ways for us to save money. Hopefully some of these are new and helpful to you also.

- **Try tucking ten bucks into a shoe-box each week:** It's not a huge investment — but that comes out to \$520 in one year. Not too shabby.
- **Keep a coin jar:** When you pay in cash, always “keep the change” and add it to that jar. You can effortlessly squirrel away hundreds each year.
- **Cancel your cable package:** This is obvious — and horrifying to some. Cable can cost around \$150 each month, which adds up to \$1800 a year.
- **Watch TV online:** Did you bite the bullet and cancel cable? Not all hope is lost. You can catch your favorite [TV shows](#) on [ABC](#) or [Hulu](#) — for (practically) free.
- **Ditch the delivery:** Sure, there's nothing quite like delivery pizza, but you can save time and dough by cooking up a frozen one instead. Save \$15 every time you pre-heat the oven.
- **Don't pay for music:** If you or your kids are music junkies, you probably download the latest and greatest songs from iTunes without a second thought. Go to the library and burn [CDs](#) for free. Depending upon your addiction, you could save hundreds of dollars each year.
- **Don't be afraid to return your purchases:** We've all let an ill-fitting garment die quietly in the back of our closet. But if you don't like something, take it back. You'll save money
- **Sell stuff on consignment:** Take your old clothing to a consignment shop instead of donating it. Yes, it's important to give to Goodwill, but if you have a particularly fancy frock, capitalize on it. It's a great way to stash some bonus bucks.

- **Ask for a trial-size:** Curious about a pricy cream? Don't be afraid to ask the department store beauty counter for a trial size. It will scratch your itch to try something fancy and it won't cost you a thing.
- **Volunteer:** Don't feel obligated to give money to a charitable organization if you can't afford it. Volunteer your time instead.
- **Plan your driving routes to avoid left turns:** This sounds weird, but studies show that avoiding left turns saves time, conserves fuel, lowers emissions and reduces potential for accidents. Who knew?

Here is the Coup de grace

- **Do your holiday shopping for next Christmas this Christmas:** Post-holiday sales are one of the greatest ways to save a bundle. Even though you're still spending, you're spending considerably less — and you're saving on the stress of last-minute shopping.

YOUR BODY

Winter blues

Many people feel sad when summer wanes, but some actually develop depression with the season's change. Known as seasonal affective disorder (SAD), this form of depression affects about 1% to 2% of the population, particularly women and young people. SAD seems to be triggered by more limited exposure to daylight; typically it comes on during the fall or winter months and subsides in the spring

The specific cause of seasonal affective disorder remains unknown. It's likely, as with many mental health conditions, that genetics, age and, perhaps most importantly, your body's natural chemical makeup all play a role in developing the condition. A few specific factors that may come into play include:



- **Your biological clock (circadian rhythm).** The reduced level of sunlight in fall and winter may disrupt your body's internal clock, which lets you know when you should sleep or be awake. This disruption of your circadian rhythm may lead to feelings of depression.
- **Serotonin levels.** A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in seasonal affective disorder. Reduced sunlight can cause a drop in serotonin that may trigger depression.
- **Melatonin levels.** The change in season can disrupt the balance of the natural hormone melatonin, which plays a role in sleep patterns and mood.
- To combat SAD, doctors suggest exercise, particularly outdoor activities during daylight hours. Exposing yourself to bright artificial light may also help. Light therapy, also called phototherapy, usually involves sitting close to a special light source that is far more intense than normal indoor light for 30 minutes every morning. The light must enter through your eyes to be effective; skin exposure has not been proven to work. Some people feel better after only one light treatment, but most people require at least a few days of treatment, and some need several weeks. You can buy boxes that emit the proper light intensity (10,000 lux) with a minimal amount of ultraviolet light without a prescription, but it is best to work with a professional who can monitor your response.

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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, 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 such as through duct cleaning, which we currently offer. Our customers reside in Naperville, Bolingbrook, Romeoville, 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, two time winner of the *Best of Bolingbrook Businesses Award* and a proud 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

(Continued from page 1)

Mix the samples together in a clean bucket and then pour 1-2 cups into a soil sample bag or box. Send this off to the local cooperative extension office for analysis. There is one in Joliet on Manhattan Road., A bag or box can be obtained from them as well. The results will tell you what additional soil amendments, besides a good dose of compost, should be added.

6. Clean, sharpen and oil tools and put them in a sheltered shed or garage. Label and store seeds in a cool, dry place, such as an attached garage or the crisper drawer in your refrigerator.
7. You may want to pressure wash or scrub any garden sculptures. And don't forget to turn off your irrigation system and/or reset the timer. Flush the system out and let drain to lessen the chance of freezing and potentially damaging the hose or drip system.
8. Move tender plants that are in containers inside or another sheltered area, or cover them and those in the garden to protect from frost and cold temps.

Now that you have finished winterizing the garden, it's time to sit back, relax and plan! Spring is coming sooner than you think and the garden is ready for it!

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