

Your Comfort Solution

Ideas To Improve Your Home Life

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DuAll
Heating & Cooling
www.DuAllHeating.com



Winterizing Your Shrubs and Trees

Much of our suburban landscape is trees and shrubs. Fall is a great time to have a tree person come over to look at the topside of the landscape; the leaves are off and all is revealed, including any dying or diseased wood that should be removed. Sure, it's one more thing, but when that big old branch drops and snaps your prized *peony bush* in half you'll wish you'd done it. Limbing up our trees lightens the shade some the next season as well, so think about places in the garden that would benefit from that (If you don't do it at all the shade just gets heavier year after year...).

Another key point to winterizing is to look to those evergreen plants that make up so much of the American landscape. Wind can dehydrate these perpetually verdant types and send them into permanent dormancy, so we should protect them somehow. The old school method is to hammer in three or four stakes around the plant and then take a few turns with a roll of burlap to make a windscreen. Not too

pretty but very effective, especially if you stuff the top of the screen with straw. The new method is to spray your plants with an anti-desiccant, creating a waxy coating on the leaves and needles to seal in the moisture. These sprays work great while they're on, but it's my experience that they usually need reapplying right around the time the nastiest storms of January and February are hitting, so remember to stock up for that second application.

Often you hear recommendations about mulching up around trees and shrubs before winter hits, but more damage is done from rodents (who move into these cushy, warm piles to spend the winter snacking on the bark and phloem of the tree you're trying to protect) than any winter damage. If it's something that really needs that extra protection, don't bury it in mulch, use soil. A better job of insulation from both cold and pests.

My Word



In case you were wondering.....

July 2009 was the coldest since 1928. And that came right after 5 days of high humidity and 90 degree temps. Then a

few more days of heat, and then settle down to low 80's. Personally, it was a very enjoyable summer, warm enough but not too hot. Just not the kind of weather we hope for to keep us busy. With all the rain we had in early summer, all the plants that were distressed from winter came back with a vengeance. I even had a good crop of home grown tomatoes. That almost never happens.

It is the end of August; kids are going back to school, which means traffic goes back to being dreadful. The trees are starting to drop some of their leaves, some annuals are looking pretty sad, and I'm looking in my crawl space for my plastic pumpkin and Santa Claus. Pretty soon there will be that crisp feeling in the air and football season will be in full swing. It has been an interesting summer.

Needless to say, the economy hasn't improved a whole lot. Although, car sales jumped a

bunch, thanks to our government getting all those gas guzzlers off the road. I even read an article about a guy who turned in his Maserati under the program. Poor guy! At DuAll we are doing our best to keep our services high and our costs

down. We have committed to the future with continuing education, and more certifications. As we are coming up on our tenth anniversary, we are looking forward to that milestone. Keeping a business afloat in these times can be very trying but we are OK and want to make sure all of our customers know that. We will be here if and when you need us.

Part of trying to keep our costs down is trying to route ourselves in a way that keeps wasted time at a minimum. One of the ways we can do that is to call our customers before we go out, just to make sure they haven't forgotten about us (and yes, it does happen) or had to leave in a hurry for one reason or another. If we get no answer, we will leave a message (if possible) and also call back again in a couple minutes. If we still cannot get hold of anyone, we will have to go onto our next customer. Please understand that we are just trying to be efficient. We understand that things happen, just give us a call and we will try to get back to you just as soon as possible.

Although the government has stopped the "Clunkers" program, there is still the stimulus plan covering upgrading your furnace and or air conditioner. You

can get up to \$1500 in tax CREDITS. Give me a call for more information.

Regards,

Larry

Special Points of Interest

- AGING GRACEFULLY
- RECYCLE CENTERS close by
- FLIGHT FEST at Clow Airport

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

YOUR MONEY

Ways to Save

In this economy, you need to watch every penny. With a little thought, some creativity and time you can give your family budget a big boost.

Being wise in our use of dollars does not always call for buying the least expensive item available. For instance, buying a very cheap appliance might mean repairing it more often, or even replacing it more quickly.

Frugal living, in other words, is about knowing that you get what you pay for. But – you should always get the most possible for your hard-earned dollars.

Here are some simple steps you can take toward living the good life as a

frugal family.

1. Maintain your tires and keep them inflated. Properly inflated tires improve your gas mileage by at least three percent – or around 12 cents per gallon.
2. Keep the car in good condition. A poorly tuned engine burns more gas, and a new air filter can improve mileage as much as 10 percent – or a cool 36 cents per gallon.
3. Consolidate errands and shopping, “batching” them, if possible, around your route to or from work and school.
4. When grocery shopping look for house brands.
5. Reduce food waste by planning ahead.
6. Turn off the TV, VCR or Radio when not in use.
7. Install low-flush toilets to save water.
8. Adjust the thermostat in small degree changes - your home won't heat or cool faster by cranking it up.
9. When installing a new furnace, check the energy rating and choose a high-efficiency unit for maximum energy savings. It will pay for itself in about 7 years.

YOUR BODY

Aging Gracefully

Healthy aging is a hot topic for baby boomers everywhere. Whether you're concerned about weight gain, sex drive or chronic diseases, the key to healthy aging is a healthy lifestyle. Eating a variety of healthy foods, practicing portion control and including physical activity in your daily routine can go a long way toward promoting healthy aging.

The merits of regular physical activity from preventing chronic health conditions to promoting weight loss and better sleep are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or physical ability. Check out six specific ways exercise can improve your life.

1. Exercise improves your mood.

Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better. Regular physical activity can even help prevent depression.

2. Exercise combats chronic diseases.

Regular physical activity can help you prevent or manage high blood pressure. Your cholesterol will benefit, too.

Regular physical activity boosts high-density lipoprotein (HDL), or “good,” cholesterol while decreasing triglycerides. This will keep your blood flowing smoothly by lowering the buildup of plaques in your arteries.

And there's more.

Regular physical activity can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

3. Exercise helps you manage your weight.

This one's a no-brainer. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn and the easier it is to keep your weight under control. You don't even need to set

aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but physical activity you accumulate throughout the day helps you burn calories, too.

4. Exercise boosts your energy level.

Physical activity delivers oxygen and nutrients to your tissues. In fact, regular physical activity helps

your entire cardiovascular system - the circulation of blood through your heart and blood vessels - work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

5. Exercise promotes better sleep.

Tips to Save Energy

- Plant evergreen trees to protect your home from the chilling winter winds.
- Use electric instead of gas powered lawn and garden equipment, as they create less pollution and are usually more energy efficient
- Add an extra blanket for warmth and turn down the furnace while sleeping.

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Consumer Information

Consumer Recycling

One thing I have noticed when driving through our communities is that people are still putting many things at the curb on garbage day that should be recycled. I thought I might let you know of two recycling centers right here in our neighborhood. One is in Naperville, located in the rear of the property behind Fire Station #4, 1979 Brookdale Road. The facility is open Saturdays and Sundays, from 9am to 2pm, excluding holidays. This facility is for household hazardous waste. Some examples are: used anti-freeze, cleaning products, fertilizers, mercury (in old thermostats and thermometers), oil based paints and stains, and prescription medications. The other is located in Bolingbrook, 299 Canterbury Lane. Phone number is 630-226-8800. The hours are Monday through Friday, from 7am to 3:30pm. This is a residential electronics facility. They accept TVs, recorders, personal computers, phones of all types, fax machines, adding machines, etc.

DuAll in the Community

Flight Fest When the thrill of aviation meets the enjoyment of Oktoberfest.

Bolingbrook's Clow International Airport will be hosting a new event this year. Saturday October 3rd, from 10am-10pm. There will be live music starting in the afternoon, with the headliner in the evening, "Manhattan Project". The music stage will be wedged between 2 military jets. There will be a craft show and a car show during the day with food and beverage, including beer and wine, available all day long. The Illinois Aviation Museum will be open with no additional entrance fees. There will be fun for the entire family, so bring your chairs and blankets for an all day picnic. Proceeds go to support the airport and all of its community programs.

Your health

Is it a cold or the flu?

Two days after catching a **cold** is when symptoms usually begin, and this is the most contagious time, when people are most likely to pass on the cold to someone else. These are the days when you notice the first signs and symptoms - sneezing, runny nose, cough. Once symptoms appear, they can last anywhere from two to 14 days and remain contagious until up to three days after they clear up.

You can spread the **flu** virus in the day or two before symptoms set in, but you won't even know yet that you're a contagion danger. Once you're in the thick of your flu, you'll remain contagious until your symptoms have resolved. This can take a week or two.

A few sniffles and sneezes, a cough now and then - these aren't big contagion dangers as long as you practice healthy hygiene. Wash your hands more often or keep a bottle of hand sanitizer convenient. Keep your hands and germs to yourself. Wipe your nose or sneeze into disposable tissues and throw them in the garbage immediately after you are done using them.

- **Feeling feverish:** A fever is a sure-fire sign that you need to take it easy. It means that your body is working to fight off infection.
- **Body aches:** Like a fever, these are signs that your body is battling a strong virus. During a cold, you may feel a bit achy, but the flu can bring on more intense body aches.
- **Severe sore throat:** Minor throat pain can occur with a cold or flu virus infection. But severe sore throat may be a sign of a bacterial infection that requires a visit to your doctor.
- **Seeing colors:** Two colors are sick day tip-offs - pink and green. Green mucus is a sign of bacterial infection, and conjunctivitis, or "pinkeye," is a contagious infection commonly associated with the common cold.

If your symptoms escalate, it's time to call the doctor office.

Seek immediate medical attention if:

1. You have a fever of 39.5°C (103°F) or higher.
2. Fever is accompanied by aches, fatigue, sweating, or chills.
3. Your symptoms get worse rather than better or last for more than 10 days.



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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 Chamber of Commerce.

ON THE LIGHTER SIDE

Who said; "To fall in love with yourself is the first secret of happiness. Then if you're not a good mixer you can always fall back on your own company."

Answer: Robert Morley.

continued

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A good night's sleep can improve your concentration, productivity and mood. And you guessed it - physical activity is sometimes the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep. There's a caveat, however. If you exercise too close to bedtime, you may be too energized to fall asleep. If you're having trouble sleeping, you might want to exercise earlier in the day.

6. Exercise can be fun!

Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical!

Physical activity doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find a physical activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!

DuAll
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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 _____