

Your Comfort Solution

Volume 7 Issue 2

Ideas To Improve Your Home Life

Fall 2010

DuAll
Heating & Cooling
www.DuAllHeating.com



MY WORD



Once again,

it's that time of year to sit down and reflect on what has happened over the last six months and what lies in the future. In as much as the past summer

did not really set too many records, what it did was make a lot of people uncomfortable. Many days in the upper eighties, with high humidity for what seemed to be the entire summer. That and many days in the nineties!

If you are a ComEd customer, you may have noticed that we partnered with them this year, in their *Smart Ideas* program. We are verifying the energy savings through good maintenance and proper installations. We hope to continue this program next season.

This was the first season of R410a (Puron) replacing R22 (Freon) systems as the standard.

Thankfully, the transition went very smooth. The costs of the equipment actually came down since being introduced and the engineers are

managing the issues associated with the changeover.

You may notice a new coupon on the back of the newsletter. We are trying to do our part by lowering the

costs of our Maintenance Savings Plan to help everyone be able to keep their equipment clean and running efficient. Our current members already know the value of having their equipment serviced on a regular basis, now they can save a few dollar more, and you can too!

Over the last six months, we have attended many new seminars, webinars and training classes. We try to stay on top of the industry to better serve our customers. With new technology, there is always the need for new training. It's truly amazing what some of these new furnaces and thermostats can do.

As of this writing, the Bears are now 2-0 and look to face the Pack-

ers on Monday night! By the time you read this, the outcome of that game will be well known. Hopefully, they are on their way to the playoffs

and another Super Bowl win, just 25 years after the first one. Go Bears!!! (I am the eternal optimist!)

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.*

ON THE OUTSIDE

Chore list for Fall

Fall is a great time for tending to household chores, The summer heat has subsided hopefully, and the weather is now cool and comfortable. Start by checking the following areas:

Garden: This is just the right season for planting perennials, trees and shrubs. Prune non-flowering shrubs, and trim back tree limbs near your roof. When frost is in the forecast bring houseplants inside. Also, look for end-of-season sales on gardening equipment.

Winter preparation: Cold weather is coming, so get ready. Give your heating system a pre-season tune-up. Also, check caulking and weather-stripping around doors and exterior windows. Clean out gutters and downspouts, and make sure outside water pipes are drained and protected from freezing. Check automobile tires, brakes and antifreeze.

Garage: Make a clean sweep of the place. Remove everything and sweep the floor. Before you put it back in, make sure you really need it. Get rid of unused items and organize tools, outdoor gear and yard equipment. Also, remove anything that's likely to freeze, such as paint.

Tax Tips: Taxes can be the biggest chore of all. With the end of the year just around the corner, you've only got a little while longer to take advantage of available opportunities. If you're self-employed, set up a tax-deferred retirement plan. Or if you participate in a 401(k), fund it to the maximum allowed. And don't forget about your Flexible Spending Account, if you have one. Set up your medical appointments to make sure you use remaining funds.

Special Points of Interest

- Chore List
- Fall Allergies
- Sadie's Special
- Safe Shopping

YOUR MONEY

You don't need a gym to stay fit!

The average membership runs around \$40 per month for a basic gym membership, or \$1.32 per day. If you go 50 days per year, you spend \$480 per year and basically donate \$414 of that to the gym.

Fitness clubs know that many people will drop out and almost half of their members rarely go. This is why you typically have to sign a one or two-year contract, locking you into payments that are automatically withdrawn from your bank account. Just think about what you could do with an extra \$480+ per year.

Joining a gym is setting the intention to improve your health, and that is a worthy goal. But deep down we know that many of us rarely (or never) use our gym membership, here are some money-saving alternatives!

Exercising is as simple as moving your body. You don't need cardio theaters or fancy treadmills to do that. Just move!

Here are some great ways to start working outside a gym:

- Walk, run, or bicycle around the block.
- Use your own body weight for resistance training. Sit-ups, crunches, lunges, and squats will make you sweat and require zero equipment. Want to make it a little tougher? Try tricep dips using a chair.
- Go for a swim at a neighborhood pool.
- Check out workout DVDs from your local library or Netflix. Try something new with yoga, Pilates, ballroom dancing, ballet, and kickboxing DVDs.
- Search online for workouts you can download to your iPod. There are affordable subscription sites that offer streaming videos you can access from your home or office, or while traveling.

Need some social interaction? Try the following activities:

- Venture to your neighborhood basketball court after work.
- Walk or jog with a buddy or your dog on a nearby trail.
- Check out fitness classes at your local community center, which often run about \$10 per month.
- Take a fitness class through a community college.

Search online for yoga studios that offer free yoga-in-the-park, donation classes, or work-for-trade options.

Try several activities -- meet a friend for a run on Monday, jump rope on Tuesday, take a yoga class in the park on Wednesday. That's the great thing about ditching the gym: You can change up your routine, mixing workout environments and enjoying active time with friends, all while saving you hard earned cash.

YOUR HEALTH

Managing Your Fall Allergies

Seasonal fall allergies and the common cold share many symptoms, but if you're an allergy sufferer, it's harder to find relief. Try these helpful tips!

Identifying the Symptoms

The cold, flu, and allergies share many of the same symptoms: nasal congestion, sniffing, itchy and watery eyes. Allergies, however, will never be accompanied by a fever or vomiting, though you may notice some wheezing or even a rash and hives on the skin. They also will not respond to cold medications.

Cold and flu viruses tend to have set life cycles, while allergy symptoms will last as long as the allergen is present. If your symptoms are fleeting (only in one room or when you do a certain activity) or constant for weeks, you're most likely suffering from allergies.

The Body's Reaction

When the pollen and mold spores interact with the human body, an allergy sufferer's immune system "mistakenly

sees them as foreign invaders and releases antibodies – substances that normally identify and go after bacteria, viruses, and other illness-causing organisms". That's why allergic symptoms can be so similar to those of a cold.

Keep in mind that when your immune system is occupied with killing off "harmful" allergens, it is weakened and the white cell count in your blood may be lowered. You could become more susceptible to contracting seasonal viruses at that time. Treating and preventing allergens will help preserve your body's immune system and keep other illnesses at bay.

Here are a few things you can do to control indoor exposure to allergens:

- Close the windows to avoid pollen collection in the home.
- Filtrate the air with a high efficiency particulate air (HEPA) filter to

remove pollen, mold, dust and other allergens from the air.

- Regulate the humidity level in your home to 40 percent or lower to reduce mold spore production.
- For mold allergies, eliminate fish tanks and aquatic life from the home, use a strong mold-killing agent to clean your bathroom, and give away your houseplants.
- Keep basement and garage areas dry and store clothing and other goods in plastic totes instead of boxes.
- Clean the heating filters before you turn the system on for the winter.

- Wash your sheets, blankets, and comforters in hot water each week and bathe your pets to reduce the spread of particulates and dust mites.



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CONSUMER INFORMATION

Shopping Tips

The holiday season will be here soon and with it brings the cyber criminals who continue to aggressively create new ways to steal your money and personal information. Scammers use many techniques to fool potential victims, reshipping merchandise purchased with a stolen credit card, and selling fraudulent or stolen gift cards through auction sites at a discounted price. Shoppers should be cautious and not provide financial information directly

to the seller, as fraudulent sellers will use this information to purchase items for their scheme from the provided financial account. Always use a legitimate payment service to protect purchases.

Diligently check each seller's rating and feedback along with their number of sales and the dates on which feedback was posted. Be wary of a seller with 100 percent positive feedback, if they have a low total number of feedback postings and all feedback was

posted around the same date and time.

Be careful about purchasing gift cards from auction sites or through classified ads. If you need a gift card, it is safest to purchase it directly from the merchant or another authorized retail store. If the gift card merchant discovers the card you received from another source or auction was initially obtained fraudulently, the merchant will deactivate the gift card number and it will not be honored for purchases.

DISAPPEARING TAX CREDITS

As we near the end of the year and head into dreaded *Tax Time*, it is still not too late to take advantage of the federal tax credits for homeowners. When you purchase a 95% furnace, not only can you collect a 30% tax credit on your federal taxes, there is a \$250 NiCor rebate, and Amana has discounted prices on their 95% line through the end

of the year. If you consider lifetime unit replacement warranties on the heat exchanger, ten year parts and labor AND up to twelve months "Same as Cash" financing, there is never a better time to replace your old, inefficient furnace. If you already have a high effi-

ciency furnace, maybe you could benefit from a 98% efficient "on-demand" water heater. They will also qualify for the 30% tax credit, as well as save you a bunch of money all year long.



YOUR BODY

Preventing High Blood Pressure

You've heard it many times. High blood pressure increases your risk for heart disease. So, let's do something about it. With a few lifestyle changes people at any age can take steps each day to keep blood pressure levels normal.

- **Eat a healthy diet.** Eat lots of fresh fruits and vegetables, which provide nutrients such as potassium and fiber. Also, eat foods that are low in saturated fat and cholesterol. And, limit the amount of salt you add to your food. Be aware that many processed foods and restaurant meals are high in sodium.
- **Maintain a healthy weight.** Being overweight can raise your blood pressure. Losing weight can help

you lower your blood pressure.

Find out whether your weight is healthy by having your body mass index (BMI) checked.

- **Be physically active.** As little as 30 minutes a day of physical activity can help lower blood pressure. Adults should engage in moderate physical activities for at least 5 days of the week.
- **Don't smoke.** Smoking injures blood vessels and speeds up the hardening of the arteries. Further, smoking is a major risk for heart disease and stroke.
- **Limit alcohol use.** Drinking too much

alcohol is associated with high blood pressure.

Your doctor can measure your blood pressure, or you can use a machine available at many pharmacies. You can also use a home monitoring device to measure your blood pressure.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure in your blood vessels when your heart beats. The second (diastolic) number represents the pressure in your vessels when your heart rests between beats.

Blood Pressure Levels

- Normal: Systolic: less than 120 mmHg
Diastolic: less than 80 mmHg
- At risk : Systolic: 120-139 mmHg
Diastolic: 80-89 mmHg
- High: Systolic: 140 mmHg or higher
Diastolic: 90 mmHg or higher

Tips to Save Energy

- Purchase a good selection of high-quality rechargeable batteries and a charging unit. You'll save money in the long run and keep hazardous materials out of our environment.
- Use energy saving products such as small electric pans or toaster ovens to cook small meals instead of heating your large stove or oven.

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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, 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, a winner of the *Best of Bolingbrook Businesses Award* and a member of the Bolingbrook Chamber of Commerce.

ON THE LIGHTER SIDE

Who said; "You do what you can for as long as you can, and when you finally can't, you do the next best thing. You back up but you don't give up."

Answer: Chuck Yeager

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Here are a few things you can do to control outdoor exposure to allergens:

- Remove piles of damp leaves and yard waste. Do not keep a compost heap nearby. These are mold breeding grounds and may release mold spores that travel into the home or settle into your fall jacket.
- If you must do yard work, always wear a mask to avoid inhaling mold spores.

After spending time outside, take a shower to remove pollen from your hair and skin. Also remove your shoes and jacket immediately to reduce the spread of pollen in the home.

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

