

Your Comfort Solution

Ideas To Improve Your Home Life

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DuAll
Heating & Cooling
www.DuAllHeating.com



ON THE OUTSIDE

Turning over a new leaf

One neat thing about fall is that every year it looks different: Sometimes the seasonal transition is earlier; sometimes it's later. Sometimes it's spectacular; other years it's slightly less impressive. There are many factors that weigh into how colorful fall will be, but the main one is weather.

Leaves contain pigments that visually tell us that a tree is undergoing a transition. We observe this by seeing the leaves change color. A given season's weather determines how much pigment we see. Here's the little science lesson behind it all:

Leaves are green thanks to the presence of chlorophyll, a green pigment that's necessary for plants to produce food. As temperatures decrease in fall, chlorophyll production slows. As this happens, the green fades, allowing other pigments, usually hidden by the chlorophyll, to show through. Just like "chlorophyll" is the name for "green pigment," the other pigments have "fancy" names, too. "Carotenoids" are the yellow and orange pigments present in leaves (easy to remember because "carrots" are orange). "Anthocyanins" are the purples and reds. Weather conditions

actually determine the presence of these pigments and the intensity of the color each year.

"What types of weather conditions? Well, fall's lower temperatures and shorter days stimulate the formation of the shed layer between the leaf and the branch. This is what causes leaves to fall off trees. The formation of this layer slows the flow of sugars in and out of the leaves. Warm days and cool, crisp nights promote good sugar production. Since the shed layer slows the exit of sugars, they build up in the leaves – which is a good thing if you want a colorful fall.

Nights below 45 degrees combined with warm, bright days stimulate the formation of red and purple pigments, but only when there's extra sugar in the leaf. If you've got nights below 45 degrees, but your days aren't bright and warm, fall's gorgeous reds will be muted or not even there.

So, what will your autumn color be like this year? Turn to Mother Nature and take a look outside. If you've got cool nights and warm, sunny days, you're likely to fall into something amazing!

MY WORD



Hi! My name is Larry Greenwich. You may have heard that a few times on WBBM over the summer. No, we really haven't gotten so big as to be able to advertise on

such a big radio station. We were just fortunate enough to WIN 100 commercials. If you were one of those who didn't hear it, I have posted it on our website, www.DuAllHeating.com. There are two versions, a 15 sec. and a 30sec. Happy listening!

Speaking of website, we are in the process of having our website updated. It will be very much like it currently is, only better. Look for that after the holidays. We are also thinking of getting a presence on "social networking" sites, but not sure if it is a good fit with our type of business. Let us know what you think. We still ask for reviews after our installations and service calls, if you are so inclined. If you like Yelp, or Angie's list or Google, or whatever, any mention would be appreciated. Hopefully, we satisfied you and they will all be good. If for some reason, you were disappointed, please give me a call and we will see what we can do to change that.

As you may or may not know, I am a big football fan. I was worried there for a while that I may not be getting my fall Sunday "fixes". But, never fear, the NFL is back. And off to a wonderful start. Looks like this season is going to be full of high scoring games with new teams emerging as leaders. I know things are not going to be the same for the Colts. Hopefully, my beloved Bears make it to

the championship game again this year.

I just recently read in a trade magazine about a new refrigerant. HFO-1234yf. It is already being used in new cars being produced in Europe. GM has announced that they will be using it in all their cars starting in 2013. It was back in 1993 when they last switched, from R12 to R134a. This was by law and mandatory.

Take a close look at the photo. There actually is an air conditioner back in those bushes. And according



to the owner, it was recently installed that way. Please take a look at your own air conditioner, and if there is vegetation growing near, or into, or covering your air conditioner, please cut it back. WAY BACK. It needs lots of air to perform efficiently.

In closing, I'd like to mention that this season was one of the worst I've seen for electrical storms and power surges. We repaired many, many electrical problems with air conditioners. Unfortunately, even if you are good about having your unit cleaned and serviced, nothing can really help you in these cases.

So now it's time to winterize your gardens, put away the lawn mowers and get the snow blowers ready. I was looking at the videos I took of last years snow storm. I'm not sure I'm quite ready to give up my shorts!

All the best!
Larry

Special Points of Interest

- How to keep it!
- Jet coming to Bolingbrook
- Food for Thought
- Get \$20!

YOUR MONEY

How to keep it!

This article is a continuation from are spring newsletter. As previously stated many of DuAll's customers are not of the age to receive AARP magazine, but even if you are a repeat of money saving ideas never hurts.

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.

Boost your knowledge with free online college courses. (You may need to buy books or download special software.) Yale, MIT and Stanford are among dozens of universities offering no-cost knowledge.

Visit education-portal.com and click on "OpenCourseWare" for a list of offerings by topic.

Trade in electronics like old cell-phones and computers at wirefly-tradeins.com or tigerdirect.cexchange.com and get a charity write-off, cash or gift cards. Costco, Best Buy and Sears also have electronics trade-in programs.

Snag great stuff at secondhand shops. Donations are often local, so head for thrift stores in wealthier neighborhoods. Find stores at thethriftshopper.com or thrift-shop-directory.com. Also, shop early in the week—many donations come in over the weekend. And watch for hidden bargains. Thrift stores often

set prices by category, say, \$3 per shirt no matter what the brand.

Keep your eyes glued to the register at the supermarket. Some stores have a "scan guarantee policy," which means you get the item for free or at a discount if the price the register displays is higher than the real price.

Kids eat for free—or at a discount—at dozens of chain restaurants. But check ahead, because often kids must be under a certain age, or you must order from special menus at specified times. Find spots at familyfriendlyamerica.com and coupondivas.com—whether you're on the road or at home.

YOUR HEALTH

Shed those Pounds!

While there are many things you can do to slim down, losing weight, like any change to your body, can be dangerous. If you have health as your goal (not just weight loss alone) you will be able to see the folly of all those fad diets that may seem to work quickly, but injure your heart or other organs. Here's the fastest and surest way to shed those pounds the healthy way.

1. Write down all the things you eat on a typical day. Carry a small notebook with you and jot down every snack, every drink, and the contents of every meal.
2. Go over the list and decide which things you don't want to have in your diet anymore. The things to take out are carbohydrates, saturated fats, and empty calories (foods high in sugar, soft drinks, etc).
3. Go shopping! No, not clothes shopping, food shopping! Pick things that you can snack on during the

day that are low in fat (dried apricots, nuts, rice cakes, fruits, baby carrots, baby tomatoes, and so on).

4. Snack on low-calorie, high fiber snacks during the day. Vegetables are generally very low in calories, very high in fiber, and full of flavor and nutrition. Avoid starchy vegetables like potatoes, and try to eat vegetables plain, without fatty dressings. Fruit also makes a good snack. Fruit contains more soluble fiber than vegetables, which slows your body's absorption of carbohydrates, thus releasing energy slower (preventing sugar highs) and keeping you full longer.
5. Join the gym. Exercise is at the core of all dramatic weight loss. Focus on high-level fitness activities such

Tips to Save Energy

Use kitchen, bath and other ventilating fans wisely; in just 1 hour, these fans can pull out a houseful of warmed air. Turn fans off as soon as they have done the job.

as running. While the focus of weight-loss exercise should be moderate aerobic workouts incorporating jogging, aerobic machines or classes and cycling, resistance training (weight training) can help both sexes stay lean by building muscle and raising metabolism. Swimming is also great if you are quite overweight, because you can get the same benefits of running without health problems. Swimming also burns a large amount of calories.

6. Drink water. It's a cliché, but it works. It is especially important when you are exercising so much! Try to go for two liters of water a day.
7. Get more fiber. People with fiber-poor diets have an average of ten

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HOUSEHOLD TIP

Food for Thought

Keeping the month food budget under control usually means smart grocery shopping. But making the right choices in the kitchen will cut costs, too. From choosing the right ingredients to portioning food properly, cooking wisely keeps the family budget in line without sacrificing taste.

Find the Middle Ground

While we would all love to eat filet every night, it's not practical on a budget. But just because you can't serve up beef tenderloin doesn't mean you have to resort to macaroni and cheese.

For example, grocery stores often have specials on top sirloin. Marinate it, grill it and it's a tasty alternative to more expensive cuts of meat. There are other cuts that

are cheaper too – ask the butcher for tips on how to best use whatever's on sale.

Save money on expensive marinades, too. Whip up a great homemade marinade in a flash from common household ingredients and spices.

Watch Your Portions

One of the biggest contributors to blowing a cooking budget is wasted leftovers. While leftover meals sometimes become tomorrow's lunch, they often end up in the trash or garbage disposal a week later. That waste represents your money going down the drain.

Look at the Whole Picture

Buying a package of six chicken breasts often makes cooking easier, but it won't necessarily make it less expensive. If not

frozen properly, the leftover chicken is wasted money. A better idea: buy the whole chicken. It's often much cheaper than buying all the individual precut breasts, thighs and legs and you get more variety.

Go Green

One of the best ways to save money cooking for the family is to substitute vegetables for meat once or twice a week. There are certain vegetables, in fact, that if cooked correctly satisfies in much the same way meat does (portobello mushroom and eggplant are two common substitutes), and they're often much less expensive. There are also healthy proteins like tofu and Quorn that work nicely as inexpensive and filling meat substitutes.



A4 Navy Jet Coming to Bolingbrook: The Illinois Aviation Museum at Bolingbrook's Clow International Airport will be accepting for restoration a US Navy A4 attack jet. The jet is in need of a couple years worth of restoration and will eventually be on static display at the museum. The museum is open from 10-2 on Saturdays thru Dec 17th and by appointment. For more information, go to www.IllinoisAviationMuseum.com or call 630/771-1937

YOUR BODY

Dental health

Did you know that your oral health can offer clues about your overall health? Or that problems in your mouth can affect the rest of your body? Understand the intimate connection between oral health and overall health and what you can do to protect yourself.

Your mouth is teeming with bacteria — most of them harmless. Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, can keep these bacteria under control. However, harmful bacteria can sometimes grow out of control and cause oral infections, such as tooth decay and gum disease. In addition,

dental procedures, medications, or treatments that reduce saliva flow, disrupt the normal balance of bacteria in your mouth or breach the mouth's normal protective barriers may make it easier for bacteria to enter your bloodstream.

Oral health is an essential component of health throughout life. Poor oral health and untreated oral diseases and conditions can have a significant impact on quality of life. They can affect the most basic human needs, including the ability to eat and drink, swallow, maintain proper nutrition, smile, and communicate. Poor oral health also has been connected to heart disease, Osteoporosis, Alzheimer's disease and diabetes.

Regular dental care is an important part of oral health. Having healthy teeth and gums isn't a given, though. If you think you're too tired to brush your teeth or too busy to floss, remember that your smile, seen by everyone, depends on these simple dental care habits. Brush up on daily dental care tips, and know which signs and symptoms deserve a dentist's attention.



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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; "As we say in the sewer, if you're not prepared to go all the way, don't put your boots on in the first place."

Answer: Ed Norton, "The Honeymooners"

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pounds of fecal matter sitting in their digestive system. Fiber helps digestion by scrubbing the walls of your intestines and removing build-up. A cleaner colon better absorbs nutrients, expels poisons, and minimizes material for harmful bacteria to live on; leading to a healthier immune system, less acne and a flatter tummy.

8. After losing your intended amount of weight, don't let up! Slowly adjust your diet and exercise to include more weight training and calories, to where it's comfortable. If you do gain any weight back, you want that weight to be lean, tone muscle, not fat. In addition, weight training, no matter what your age, prevents muscle atrophy and can help stave off osteoporosis.

*If you have a serious medical condition (such as asthma or diabetes) or you are severely obese, Always consult with your doctor first.

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"Your Comfort Solution"
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Referral Coupon

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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