

Your Comfort Solution

Ideas To Improve Your Home Life

DuAll

Heating & Cooling

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Summer Gardening

When temperatures are high and rainfall is low, plants can get stressed out. Keeping up with certain tasks in your garden all summer will keep it looking beautiful. Mulching your plantings is one of the best ways to maintain moisture in the soil. Mulch all new plantings with an inch or two of finely shredded cedar, hardwood, cypress, or pine bark. Mulch adds organic matter to the soil, suppresses weeds, and gives a neat, finished appearance to your landscape. Add new mulch every year as the old mulch breaks down and replenishes the soil.

Maintaining the moisture in your soil during a dry spell is essential to the health of your garden. Watering requirements for new plantings are different than for established plantings. New sod may need watering every day or so, until it is rooted in. Established lawns generally need about an inch of water a week. Water slowly and deeply to create a deep root system that can withstand some drought. When planting a new tree or shrub, water in well to settle the soil around the root ball. Apply a layer of mulch over the top of the root ball. Check for moisture often in the first few weeks and water if needed until well established. Once a tree or shrub is established, it should not need much supplemental water unless we are in a sever drought.

Perennials and annuals planted in the garden need to be watered in when planted. Water often the first few weeks until established. After that, infrequent, slow and deep watering should suffice.

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My Word

Record Temps Again!



Hello friends, After the weather service said last summer was the hottest on record, they just came out and said that this winter, globally, was the warmest ever. Now, I do remember at the beginning of the winter that we had a string of days that were 20 degrees over average, but I also remember a string of days near the end of winter that were 10-20 degrees colder than average. Isn't the saying around here "if you don't like the weather here, wait a few days, it'll change!"

As most of you know, I am constantly preaching the benefits of changing your furnace filter on a regular basis. Yet, again this last winter, I fixed many furnaces that had broken due to clogged (dirty) filters. Now, don't get me wrong, I can use the business, but if you want to save the cost of a repair, remember to change your filter regularly. (And you might want to think about having your air conditioner checked, also)

Commonwealth Edison had their rate hike and most of us won't really see the effect until we fire up the air conditioner. In order to keep the operational costs down, it needs to be clean and operating at peak efficiency. The cost of a cleaning is well worth it, especially when you consider that it will help extend the life of your equipment.

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

I'd like to take this time to introduce you to the newest member of the DuAll Heating & Cooling team. My son, Larry Jr. (his nickname is Cearse) will be joining me on our service calls, learning the trade. So, if you see a different face at your door, wearing a DuAll shirt, you'll know who he is.

In the last issue of "Your Comfort Solution", I talked about the Bears and what I thought were their chances of going to the big game. I am proud to say, Congratulations to the Bears, for a job well done and a great season. If nothing else, it was a heck of a roller coaster ride. (and I'm looking pretty smart)

Chicago is pulling to host the 2016 Olympics. If they get it, it will bring worldwide attention to this area. Chicago has never hosted the Olympics. If I'm correct, the closest a games has been to Chicago, was way back in 1904, when St' Louis hosted the 3rd Olympiad. We wish them the best of luck

Well, spring is upon us and we have already started doing air conditioner clean and checks. Our schedule will fill up fast, so please give us a call right away. If you are a Maintenance Agreement Plan member, we will be contacting you very shortly, to get your appointment scheduled.

I hope everyone had a safe and enjoyable winter.

Regards,
Larry

Special Points of Interest

- Identity Theft
- Inactivity Kills
- DuAll wins award!
- Stay Cool in the heat

YOUR MONEY

Identity theft

It is nearly impossible to look at a newspaper without reading about another incident of identity theft.

Although identity theft is a growing threat, you don't have to be the next victim if you are prepared.

1. Avoiding identity theft through dumpster diving, shred important financial information before placing it in the trash or recycling bin.
2. Shred such information as credit card receipts, credit card offers, bank statements, paycheck stubs, tax information or any document that carries your social security number.
3. Instead of carrying your Social Security card, photocopy it, put the original in a safe place and then cut off the last four numbers on the photocopy. If your wallet is stolen,

your Social Security number won't be compromised.

4. Don't leave incoming mail in the mailbox for too long and don't leave any outgoing mail in your mailbox. Safe bet is to deposit your mail in an official blue postal mailbox.
5. When writing checks, use a heavy dark ink and fill out entire areas (payee, amount, etc.) which will make it harder to manipulate the check.
6. Safe guard your identity by closely monitoring your bank statements for any unusual activity.
7. Protect important documents such as passports, birth certificates and Social Security cards by placing them in a safe or safety deposit box.

8. Use caution when opening e-mail from an address you don't recognize. And never respond to a request from a company asking to verify your account information via e-mail.

9. Load an anti-spyware program on your computer but make sure it comes from a legitimate company.
10. For PINs and passwords, don't use the obvious—such as your birth month and year, your phone number or the last four digits of your Social Security number. Also never carry PINs or passwords in your wallet or purse.

What is clear is that, with the growing threat of identity theft, you need to be alert and proactive to protect yourselves, or at least lower the odd of being victimized.

YOUR BODY

Inactivity Kills

Everyone knows exercise is good for them, but many don't realize it's a matter of life and death. Sitting kills more than 300,000 Americans annually. If sitting were a real disease it would be the third leading cause of death in the US, right after heart disease and cancer.

Recently, the World health organization announced that about 2 million deaths annually worldwide are attributed to sedentary lifestyles.

A simple cure. Of course, you know what that is: moving. 30 minutes of moderate activity most days of the week can significantly reduce the risk of potential killers- such as heart attack, stroke,

high blood pressure, high cholesterol, and breast, colon, and pancreatic cancers- to disabling conditions such as

arthritis pain, menopausal symptoms, physical frailty, osteoporosis, and digestive problems.

Studies showed that a person's exercise capacity, measured by their ability to perform on a treadmill, was a more powerful predictor of mortality than all other risk factors, and it also showed that, regardless of any other risk factors you have, if you're physically fit, you can cut

your risk of premature death in half. And you don't have to break a sweat to gain a few more years of life.

Just going from being sedentary to being moderately active can cut your risk of coronary artery disease by 30 to 50%. The studies are very consistent that getting half an hour of exercise a day can dramatically reduce your risk of disease and boost health.

Look forward to it. Find a physical activity you like or are able to do, and schedule about 30 minutes of it in your day. If time is an issue, break it up, so you move for 10 minutes three times a day or 15 minutes twice a day. Progress gradually until you reach your goal of being active at least 30 minutes a day. It is important that you stick with it for 60 to 90 days. That's how long it may take to make your new activity a habit. After a while, you may find yourself finding excuses to include physical activity in your day instead of making excuses not to.

Tips to Save Energy

- DON'T leave the refrigerator door open. Every time you open the door, up to one-third of the cold air can escape.
- Replace a burnt-out light bulb with a new compact fluorescent bulb. Fluorescent bulbs use 75 percent less energy, and they last 10 times longer.
- Close the curtains during hot summer days to block the sun.
- Use cold water in the washing machine. Hot water won't get the clothes any cleaner, and it wastes a lot of energy.
- DON'T take a long bath – take a short shower instead. It might take 25 gallons of hot water to fill the bathtub, compared to only seven gallons for a quick shower.

INTERESTING FACTS

Every ton of paper that is recycled saves 17 trees.

The energy we save when we recycle one glass bottle is enough to light a light bulb for four hours.

Each person throws away approximately four pounds of garbage every day.

One bus carries as many people as 40 cars!

More than 1/3 of all energy is used by people at home.

Most families throw away about 88 pounds of plastic every year.

We each use about 12,000 gallons of water every year.

1/3 of all water is used to flush the toilet.

The 500 million automobiles on earth burn an average of 2 gallons of fuel a day.

Quick Tips

Yellowed perspiration stains can really ruin T-shirts and dress shirts. Add 4 tablespoons salt to 1 quart hot water, and sponge the fabric with the solution until stains disappear

Each gallon of fuel releases 20 pounds of carbon dioxide into the air.

Approximately 5 million tons of oil produced in the world each year ends up in the ocean.

By 1995 over 200 of

the world landfills will be full.

The amount of wood and paper we throw away is enough to heat 50 million homes for 20 years.

Earth is 2/3 water. but all the fresh water streams only represent one hundredth of one percent.

14 billion pounds of trash is dumped into the ocean every year.

It takes 90% less energy to recycle aluminum cans than to make new ones.

84 percent of all household waste can be recycled.

DuAll in the Community



DuAll is recipient of BoBB Award

February 23, 2007 was a great day for DuAll Heating & Cooling. We were honored with the prestigious, Best of Bolingbrook Businesses (BoBB) award in the category of Service—Business to Consumer (less than 25 employees). Other winners were Blue Noodle Promotional, Bolingbrook Park District, IKEA, Boughton Square Animal Clinic, Valley View Educational Enrichment Foundation, and Hawthorne Credit Union. The

presentation, hosted by the Bolingbrook Area Chamber of Commerce, occurred at a formal ceremony held at the Bolingbrook Golf Club. The third annual event was attended by over 250 guests from various businesses within the Bolingbrook area, as well as many local elected officials.

Thanks to all who voted for us, it came as a complete surprise.

Your health

Stay cool in the heat

Be aware of the signs of a heat-related condition, and be ready to take action or seek medical attention if needed.

- Dehydration, occurs when the body loses water and body salts. Symptoms include thirst, fatigue, dry skin, infrequent urination and a high heart rate. Be sure to drink plenty of fluids.
- Heat Rash, a red cluster of pimples or small blisters, is a skin irritation caused by excessive sweating. Wear light, loose-fitting clothes and stay in a cool, air-conditioned area.
- Heat exhaustion, can occur if exposed to high temperatures and if fluids are lacking. Heavy sweating, dizziness, weakness, nausea and vomiting are common, Get inside, take a cool shower or bath, rest and drink cool non-alcoholic beverages.
- Heatstroke, is when a person's internal body temperature rises to a dangerously high level and mental status changes. Symptoms can be confusion, delirium and hallucinations, along with a temperature above 103°. Focus on cooling the body—get indoors, rehydrate with fluids immediately and apply cool water to the skin. Seek medical help immediately.



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DuAll Heating and Cooling is a family owned business based in Bolingbrook, Illinois. We are licensed, bonded and insured. We service all types of furnaces, air conditioners, boilers, water heaters and sump pumps. We currently install **Ruud, Amana, Weatherking** 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 and we are constantly learning new ways to improve our customer's living space. 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

Here on Earth, it's almost always true that tomorrow will follow today. Yet there is a place where yesterday always follows today! Where is it?

answer: in the dictionary

continued

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Container plantings need to be checked for moisture everyday. Add soilmoist to pots to help retain moisture longer. A thin layer of mulch over the soil in the pots will help retain moisture better.



DuAll
Heating & Cooling
"Your Comfort Solution"
(630)247-1720

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 _____