

# Your Comfort Solution

Volume 10 Issue 1

Ideas To Improve Your Home Life

Spring 2013

**DuAll**  
Heating & Cooling  
www.DuAllHeating.com



## YOUR MONEY

### How to keep it!

Keeping the monthly 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. If you follow these guidelines, you'll be cooking tasty, healthy meals .

### 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.

**Special Points of Interest**

- How to keep it!
- Spring Cleaning
- Losing Weight
- DuAll wins Chamber award

### 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. Doubling up the quantities of a recipe with 'leftovers' in mind. Freezing half and serving it later in the month saves time and money.

### 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 .

## MY WORD



It may not have been a very cold or very wet winter, but I sure am ready for spring. Looking forward to the colors and even the smells of spring. Baseball, picnics, and

all the wonderful things that the warmer weather allows. Flowers blooming and the arrival of the Robins (which I have already seen). I remember last year at this time we were blessed with temperatures in the 70's and even 10 days in the 80's. And that was in March!

I am pleased to announce that the Bolingbrook Area Chamber of Commerce has recognized DuAll Heating and Cooling Inc. as the Best Small Business for the second time in five years. This is a great honor and we are very excited by the award.

The Regional Energy Efficiency Standard that we mentioned in our last issue of this newsletter is still on track to become law as of May 1<sup>st</sup> of this year. However..... There has been an agreement between the Department of Energy and the numerous organizations who have challenged the rule. But, there is another wrinkle. There is some other lawsuit that needs to be resolved before a judge can sign off on the agreement. And even then, the rule would just be postponed for five years. Have to love our government in action.

Speaking of our government, when the fiscal cliff came and went, the Energy Efficiency Tax Credits were automatically re-instated. What that means, as I understand it, is that the tax credits are back in effect. As long as you haven't

used your lifetime allotment, you can qualify. Just Google: "energy efficiency tax credits" for more information.

Emails! We will be asking our customers for an email address as we do maintenance and service calls. We will be utilizing them for filter and service/maintenance reminders as well as any possible recall or safety issues on your equipment. Please know that we will never share or sell any of your information, including email addresses.

It has been brought to my attention that not all of our customers know about our "Maintenance Savings Plan". I was sorry to hear that and take full responsibility. Our MSP, which it is referred to as, is a simple plan whereas the customer pays a once a year fee and gets two calls each year. One for spring air conditioner service and the other in fall for furnace/humidifier maintenance. You no longer have to remember to call us to schedule your annual furnace or air conditioning maintenance. We will call you and set up an appointment that is convenient for you. As an MSP customer, you also get 10% off any repairs that may be necessary within that year and you also get priority scheduling. Just that simple. Please let Donna know if you are interested. We would be happy to get you signed up.

Enjoy the summer!

Larry



## Identity theft-Bears Repeating

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.

## CHAMBER OF COMMERCE

### 2013 B.O.B.B. AWARDS

In one of Bolingbrook's premier events for the business community, more than 400 residents, businesses, and local leaders came out for the 9th annual Best of Bolingbrook Business Awards March 8.

Known as the one of the area's most elite business awards event in the western suburbs, the 2013 BOBB Awards were held at the Bolingbrook Golf Club.

Nearly 50 businesses were nominated for an award, and a total 23 finalist packets were reviewed for the honors. Other award recipients included DuPage Township in the

Non-Profit & Government category, bd's Mongolian Grill in the Restaurant & Hospitality category, *DuAll Heating & Cooling* in the Small Business category, American Family Insurance, Rey Aguayo Agency in the Professional Services category and COTG, A Xerox Company for the Large Business category.

"We are so proud of all our finalists, and especially our BOBB winners," said Carpanzano.

"This year, we were able to recognize those businesses who have been locally involved and who

know community involvement is key to their success. These businesses invest in our residents, our non-profits, and our chamber all for the benefit of Bolingbrook - we can't thank them enough for their involvement."

A number of celebrities and entertainers welcomed and entertained guests throughout the evening, including Sondra Solarte, FOX News, Good Day Chicago Reporter and Bolingbrook resident, who handled red carpet interviews; and emcee Patrick McGann, WTTW's "Chicago Stand-Up Project" creator/host and Zanies Comedy Club House emcee since 2008.

### Tips to Save

- Use the microwave to cook small meals. (It uses less power than an oven).
- To remove grease from clothes: empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains.

## HOUSEHOLD TIP

## Organizing a Family Cleanup Day

You've seen the scenario played out in vintage sitcoms. An entire family on a Saturday morning is cleaning. Before you chalk it up to the wonderful fantasy of television, check out these tips for a successful family cleanup day.

Make sure the assigned day has no prior engagements during the time period allotted for work. Check and recheck schedules and plan ahead. Don't accept excuses. Let everyone know that this is a family event and they are all strongly **invited** to be there.

Gather supplies before the day arrives. Trying to run to the store for

things that come up can ruin momentum. Careful planning will allow you to have everything you need on location when the day arrives.

Have some good snacks and drinks on hand for break times. Choose your families' favorites. Having predetermined breaks can keep the family motivated to keep working.

Make chores age appropriate. Do not expect children who are too young to participate in heavy cleaning and organizing. Have work that they can do available or create alternate activities that still help. Sorting safe items can be good for preschool and school age children. If some of your children are too young to participate consider having a trusted relative or friend take care of them during the cleanup.

Make the cleanup into a contest. Divide up the family into equal teams. Divide up the tasks that need to be done into equal jobs. Give each team the same general amount of work. The team that accomplishes the most by the end time gets an extra treat.

Turn off the ringers to your phones, and let extended family and friends know that you'll be unreachable that day. A distraction can cause the whole job to fall apart.

Plan a reward for when the job is finished. Take the family out to a movie and/or dinner. Or if you are all too tired from your hard work, order a pizza and rent a movie. You'll all be able to lounge on the couch basking in the knowledge of a job well done.

## YOUR BODY

## Losing Weight

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 a healthy way to shed those pounds.

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. 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).

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). Plan out your dinners and find the foods you need for them, so you won't be tempted to head for McDonald's! Get heaps of pre-made salads that have either no dressing or light dressings. Chicken is very low in fat, so aim to have chicken often. For lunches, buy whole-meal bread to have with light tuna and salad. With lunches, eat a fresh piece of fruit. For breakfast, plain yogurts are a yummy and light treat. Eat them with fresh fruits. Or, for a more exciting start, try blending bananas, plain yogurts, frozen berries, and super low-fat milk in a blender for a delicious, low-fat smoothie. High-fiber cereals with low-fat milk are also great.

Join the gym. Exercise is at the core of all dramatic weight loss. Focus on high-level

fitness activities such 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 because you can get the same benefits of running without health problems. Swimming also burns a large amount of calories.



Drink water. It's a cliché, but it works. It is especially important when you are exercising. Try to go for two liters of water a day.

The goal is to lose fat, not just weight in general. If you are doing strength training you might actually see an initial gain in weight -- don't worry! You have probably lost fat and gained muscle (which is heavier than fat).

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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 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 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 member of the Bolingbrook Chamber of Commerce.

## ON THE LIGHTER SIDE

Who said; "Money Can't buy happiness but it will get you a better class of memories".

Answer: Ronald Regan

## CONTINUED

*(Continued from page 1)*

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.

And of course, there's plenty of evidence that adding veggie options to your diet may not only be easier on the monthly grocery bill, but it'll help you live a healthier lifestyle and, as a result, lead to lower health care costs down the road.

Tip of the day:

Change  
Your  
Filter