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# Energy Wasting Habits to Break This Fall

Habits often go unnoticed until someone points it out or we're faced with unpleasant consequences. In addition to your personal habits affecting health and relationships, you may have habits that affect your energy consumption, costing you more over time.

Here are some that you may not notice but need to change.

### **Opening windows at the wrong time**

There's nothing like fresh air to clear out your home and keep stuffiness at bay. Ventilation is critical and if during the right weather, you leave your windows open to circulate through your home, your family will benefit. If, however, you open them to cool an overheating room (or vice versa in summer), your HVAC

system will have to work harder, wasting energy.

### **Setting your temperature too high**

As the temperature drops in fall, your body might be craving the fading summer warmth. There's a definite temptation to turn up the heat inside to prolong the comfort you enjoyed during summer. Unfortunately, this also consumes extra energy. Set your thermostat a degree or two lower to save on energy.

### **Postponing furnace tune-ups**

As long as the furnace comes on when the temperature drops, everything is ok, right? Not so fast. Without regular tune-ups, you're wasting energy to keep your home warm during fall and winter.



The longer you procrastinate, the more energy you waste. If you haven't already, call in the pros to tune up your furnace for the season and save on energy.

Leaving a dirty filter in your furnace Dirty filters prevent air from flowing freely throughout your ductwork and increase the pressure that your blower has to overcome. This has two negative impacts: it forces you to set the temperature higher...

**CONT. P2**

## Energy Wasting Habits To Break This Fall (Cont.)

...to provide the right amount of heat throughout your house and it makes the fan work harder. Replace your filter regularly to ensure that you're not wasting energy in addition to having poor air quality.

### Long hot showers

Cranking up the heat in your shower costs you energy from hot water but it also affects your HVAC system. When your bathroom steams up, you'll have to run the exhaust fan longer to remove all that moisture, adding strain to your HVAC system as it heats up the replacement incoming air (which generally enters

through any gaps in construction or when the exterior doors open). If you have an energy recovery ventilation (ERV) system, this is less of a problem so consider this upgrade.

It's time to change some habits. If you need help with HVAC upgrades and maintenance that will help you save energy, give us a call.

# 7 Reasons to Fall in Love with Fall

Summer usually gets all the love. Spring tends to come in second place but that's because it's the end of winter and summer's coming (notice a trend?). Fall usually means the end of fun in the sun and pending winter misery. But it doesn't have to be that way.

Here are some reasons to love Fall:

### It's beautiful

Fall is an artist's dream because of the bold and beautiful colors, but you don't have to be an artist to appreciate it. Take in the beauty and bask in the golds, oranges and yellows that brighten up your surroundings.

### No more sweltering

You may have lost outdoor time in the summer because of a heat wave or two. Fall is the time to get it back, especially in the early days. Enjoy a light sweater and cool, fresh breeze instead of summer's oppressive humidity and scorching sun.

### Say goodbye to the bugs

Your kids are probably happier about this (unless they enjoy bringing critters into your house, in which case, you'll be more relieved). No more shooing away flies and getting eaten alive by mosquitoes. Enjoy

more outdoor time free from the bugs as they start to diminish for the season.

### Cozy rainy days and nights

Typically we complain about gloomy weather but there's something cozy about rain tapping on the windows and drumming on the roof. **CONT. P3**





## 7 Reasons to Fall in Love with Fall (Cont.)

You don't need nature sounds from your phone to lull you to sleep on a rainy night. Enjoy Fall rainy weather instead of suffering through it.

### Autumn leaf play time

Fall allows you to relive your childhood in piles of autumn leaves (before you make your kids rake them up of course). Take advantage by going for walks in the park, crunching through carpets of colorful leaves.

### Kids go back to school

The laid back, lazy days of summer finally come to an end when the kids go back to school. Regardless of the situation (homeschooling, virtual or in-person learning), they benefit from Fall's return to daily routines and learning.

### It's an opportunity to prepare

Normally you wait until December to make your new year's resolutions but Fall gives you an opportunity to get a headstart. Instead of waiting for a new year to set everything in place for your resolutions, use this time of year to take stock and prepare for the upcoming year.

Fall doesn't have to be your favorite season but hopefully now you can look forward to enjoying it, year after year.



## Joke Time!

Why did the air compressor sweat?

*Because it had to run all day!*

Who helps the little pumpkins cross the road to school?

*The Crossing Gourd!*

## Coupon Corner

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**A HEATING OR A/C REPAIR**

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Enjoy a

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## • PUMPKIN SOUP •

### *Ingredients*

- 2.4 lb pumpkin (any type)  
OR butternut squash,  
unpeeled weight
- 1 onion, sliced (white/yellow)
- 2 garlic cloves, peeled whole
- 3 cups vegetable or chicken  
broth/stock, low sodium
- 1 cup water
- Salt and pepper to taste
- 1/2 - 3/4 cup cream, half and  
half or milk

### *Instructions*

Cut the pumpkin into 2.25" slices. Cut the skin off and scrape seeds out. Cut into 1.5" chunks.

Place the pumpkin, onion, garlic, broth and water in a pot. Bring to a boil, uncovered, then reduce heat and let simmer rapidly until pumpkin is tender, about 10

min. Remove from heat and use a stick blender to blend until smooth. Season to taste with salt and pepper, then stir through cream. Never boil your soup after adding cream because it will split.

Ladle soup into bowls, drizzle over a bit of cream, sprinkle with pepper and parsley if desired. Serve with crusty bread on the side!

