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## How to Overcome HVAC Challenges

When things go wrong with your HVAC system, it can be challenging to determine the best approach. You don't want to ignore problems, but you also don't want to call in a professional for something you can handle on your own. As the owner and user of your HVAC equipment, you are in a position to compare how it's acting up versus how it should behave. Here are some tips for approaching HVAC issues to overcome challenges.

### Identifying the problem: Look for patterns

One of the first steps in solving a problem is identifying it. When it comes to your HVAC equipment, you live with it on an ongoing basis. You know how it operates when everything in your home is comfortable and functioning. Use this baseline knowledge to find patterns that could indicate issues. For example, your cooling might be sufficient on most days but lacking when the temperature is extreme. If this has always been the case, you can consider upgrading to a larger system. If this is a recent issue, it may indicate a problem with the unit's performance. Knowledge of the baseline will help you and an HVAC technician determine what the next step could be.

### Pay attention to how you use your system

Do you crank up your heating or cooling to the max and leave it there when you're not at home? Or do you constantly adjust the temperature, turning it up and down to ensure you're perfectly comfortable at all times? Depending on how you use



# Joke Section

**How are computers and  
air conditioners alike?**

*Both stop working when you  
open windows!*

**How do leaves get from  
place to place?**

*With Autumn-mobiles!*



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## Overcome HVAC Challenges

Continued from page 1

your HVAC system, certain issues are more likely. This information is useful for a technician reviewing your system as it paints a picture of the conditions that your equipment experiences through use.

### Look for easy solutions first

When things go wrong, it can be tempting to assume the worst and overreact. Sometimes the best solution is the simplest. Review basic maintenance items first. If you notice that your heating isn't what it should be or the airflow through your grilles is slow, look at your filter. Are you overdue on its replacement? If your system isn't responding to temperature changes, inspect your thermostat to see if there are loose wires or if it needs to

### Know when to call for help

Knowing when to call for professional help is key. The more you know about your equipment, the easier it will be for you to judge whether you have a small problem that can wait or whether to call for help immediately. Ongoing maintenance and open communication with the right HVAC professionals will help you get there.

If you need help solving an HVAC problem or need to discuss further HVAC needs, give us a call.

## Tips to Reduce Your Food Budget

Just when you finally decide to watch your spending, pay off that debt, save something for retirement, and make some sacrifices, along comes inflation to ruin all your plans. It's frustrating and disheartening. After all, you need to eat, you need to feed your family, and if there are allergies and food sensitivities, you can't always choose the cheapest option. Here are some tips for lowering your food bill.

### Limit Bulk Shopping

The trick to saving while bulk shopping is to only get the items you use often. For everything else, only get small quantities as you need them. Stay away from

perishable bulk items that don't get used in time, like fruits that spoil in the fridge almost every time you buy them. This way, you save each time you shop as well as go through less waste.

### Reduce Food Waste

Food waste occurs when you purchase or cook more than you consume. Reducing bulk purchases of perishable items is one way to reduce this. You can also have a "leftover night" where you consume all leftovers before cooking anything new. Another tip is to do a weekly review of everything in your fridge and pantry to make sure nothing gets wasted.



## Eat Out Less Frequently

You'll find this on nearly every money-saving list for a reason. Eating out costs more. You're paying for food, for someone to make it, and for the atmosphere. You don't have to completely cut this out of your budget, but plan ahead and stick to your limit for each month. When you do eat out, choose cheaper menu options if possible. It's not the ideal situation, but the savings will be worth the sacrifice.

## Less Snacking

Snacking between meals has become something of a daily habit for many people. We're no longer satisfied with three meals a day. You might be surprised at how much money you spend on snacks. Substitute a cup of tea for an afternoon snack or distract yourself when the cravings hit. It's not an easy task, but a sacrifice that will benefit your pocket and your health.

## Grow Food

Depending on where you live, it might be easy to grow a fair amount of the foods you buy. As long as you get one thing off your grocery list, it helps. Start researching

how to grow staples like potatoes, carrots and other more filling foods. Focus also on food that grows easily in your region and you actually like.

Dealing with a higher food budget can be scary, but there are options for lowering your food bill and lots of information available. Stay focused and you'll find even more ways to reduce your spending.



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EXPIRES 10-15-22



# \$50 OFF

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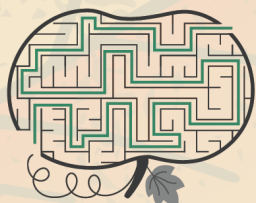
SINGLE USE ONLY. CAN NOT BE COMBINED WITH ANY OTHER OFFER. CALL FOR MORE DETAILS.

EXPIRES 10-15-22

## COMPLETE THE AUTUMN MAZE!



Answer Key:



# O'Brien

Heating & Air Conditioning

# O'Comfort



## Autumn Vegetable Salad And Saffron Dressing

### Ingredients

- 12 rainbow carrots - washed and peeled
- 1 medium zucchini - sliced
- 8 stalks long stem broccoli
- 1 tbsp olive oil
- 3.5oz mixed cherry tomatoes - halved
- 4 spring onions - thinly sliced at an angle
- 3 plum tomatoes - cut into small pieces
- Handful black olives - stoned and sliced
- 1/2 cucumber - cut lengthways, sliced at an angle
- 3 tbsp roughly chopped basil

### Ingredients For Dressing

- 3/4oz cider vinegar
- 1/2 tsp Dijon mustard
- Pinch saffron strands
- 1 tsp granulated sugar
- 1 1/2oz extra virgin olive oil
- 1 small shallot - finely chopped

### Instructions

Heat a griddle pan over a medium-high heat. Tip the carrots, zucchinis and broccoli into a large mixing bowl, lightly season and toss together with the olive oil. Once the griddle is hot, add the vegetables in batches and leave to slightly char for around 3-4 minutes, then transfer back to the bowl. When all the vegetables are charred, add the remaining salad ingredients, toss together and set aside.

To make the saffron dressing, whisk the vinegar, mustard, saffron and sugar together in a bowl with a pinch of salt until the sugar has dissolved. Whisk in the oil gradually, then stir in the shallots. Dress the salad and serve.

