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HVAC ZONING

What are your options?

Most homes use one thermostat that serves the entire house. As simple and easy as this system is to set up and maintain, it results in uncomfortable areas of your home. Wherever the thermostat is, there too will be your comfort (unless you're turning it up or down to compensate for some other part of your house that's struggling).

If you're tired of shivering in your bed while the living room remains the most comfortable room, here are some ways to introduce zone control into your home.

DAMPERS IN DUCTWORK

In most furnace systems, one thermostat controls the furnace and the air is distributed throughout the ductwork without any variations in airflow to suit the needs of individual spaces. Adding dampers to branches and having each damper open and close according to the needs of each zone thermostat will allow for greater control in each area. Depending on your ductwork, you can have one damper serving each floor of your home.

CONTROL VALVES WITH THERMOSTATS

For hot water heating systems, each radiator can have a control valve that opens and closes when the space thermostat calls for heat. You can also group radiators in a given space and connect them to a thermostat that serves that common area.

SUPPLEMENTAL HEAT IN CRITICAL ROOMS

If dampers aren't practical for your home's system (due to duct design for example), adding supplemental heat to a space that typically doesn't get enough might be the best solution. You may have a situation where one room or area is colder while the rest of your home remains comfortable. Adding another source of heat in this one space will allow you to only use what you need, so you don't have to overheat the rest of your home to stay comfortable.

MULTIPLE SMALLER UNITS

A decentralized system allows for control in each zone with individual thermostats controlling each piece of equipment. For example, multiple heat pumps serving separate rooms or groups of rooms will run as needed to serve each zone. This is not a common system but you can discuss it with a professional to see if it works for you.

(CONT. P2)

HVAC ZONING

What are your options? (CONT.)

BOOSTED AIR CIRCULATION

If some areas of your home are susceptible to air stratification, where hot air stays at the top near the ceiling and cooler air sinks, giving you the chills, you may benefit from improved air circulation to take care of this zone. Rather than modify your entire home's system to improve comfort in this problem area, a targeted solution will give proper control and comfort throughout your home.

If you need help making your house more comfortable with the right zone control, give us a call.

Tic-Tac-Toe

Can you win 2 out of 3?

Why You Need to Try MINIMALISM

It's easy to go through life accumulating stuff you needed at one time, thought you needed or thought you might need some day. It stays in your home, either cluttering visible space or tucked into a hidden corner, unseen and unused. They become hidden burdens that affect you with their mental "noise".

Here are some reasons to try minimalism (you don't have to commit right away but you may want to!):

REDUCE STRESS

Clutter has the ability to raise your stress levels without you even knowing it. Piles of paper, boxes filled with miscellaneous items, and crowded rooms bombard your mind with messages. Some of these messages are connected to undone tasks, some are more obvious, like guilt about not having a tidy space. Or you may have a tidy space and your cupboards and drawers are filled to the brim. Clearing it out silences those messages, those "voices" and lowers your stress level.

(CONT. P3)

What do you call a
snowman with a six-pack?
An abdominal snowman!

Today's not the day to be making
jokes about the weather.
It's snow joke outside!

Why You Need to Try MINIMALISM (CONT.)

LET OTHERS BENEFIT FROM THE STUFF YOU DON'T USE

Clothes that no longer fit or utensils packed away in the basement don't serve anyone. You don't benefit in any way from holding on to it. If you're worried about needing something in the future and you've held on to it for a decade because it hasn't fit your lifestyle at any point (and still doesn't), let it go to someone who will use it now.

YOUR HOME WILL FEEL BIGGER

Everything in your house takes up room. It's something most people don't consider when they buy something new to bring it into

their home: where will this item "live"? If you don't have the room for it, then you end up using space that you would otherwise have available. Getting rid of excess clutter automatically makes your home more spacious.

REDUCE YOUR TASK LIST

Speaking of a tidy home, it takes work to keep it that way. Even if you manage to put everything away at the end of every day, having fewer items to deal with would shorten this task and make it easier. Cleaning is also quicker if you don't have to push items around to get to the surfaces that need cleaning. You'll have less to manage overall, freeing you up to focus on what's important.

Even if you think minimalism isn't for you, consider taking steps to declutter your home of the items you definitely don't need as a starting point. If you're fed up of stepping over and around piles of stuff, want to breathe easier and accomplish more, minimalism is the way to go.



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Chicken Picatta in Extra Creamy Sauce

INGREDIENTS

- 1 1/2 Lb. boneless and skinless chicken thighs
- Kosher salt and pepper, to taste
- 5 1/2 Tbsp ap flour, divided
- 1 Tbsp canola oil
- 1 Tbsp unsalted butter
- 1 1/4 c. chicken stock
- 1/4 c. dry white wine
- 3 Tbsp fresh squeezed lemon juice
- 2 Tbsp heavy cream
- 2 Tbsp chopped fresh parsley leaves
- 1/4 cup capers, drained

INSTRUCTIONS

Season chicken with 1 tsp salt and 1/2 tsp pepper. Dredge chicken in 4 Tbsp flour until evenly coated. Heat canola oil and butter in a medium skillet over medium heat.

Working in batches, add chicken to the skillet in a single layer and cook until golden brown and cooked through, reaching temp of 165F,

about 4-5 min per side. Set aside and reduce heat to medium low. Whisk in remaining 1 1/2 Tbsp flour until lightly browned, about 1 minute.

Whisk in chicken stock, wine and lemon juice. Bring to a boil. Reduce heat and simmer, stirring until reduced and slightly thickened, about 3 min.

Source: <https://damndelicious.net/2020/03/03/creamy-chicken-piccata/>



Stir in heavy cream, parsley and capers; season with salt and pepper, to taste. Return chicken to the skillet. Serve immediately.