

# COMFORTABLE LIVING

## Spring 2019

## HOW TO BEAT ALLERGIES WITH YOUR HVAC SYSTEM

Most of us welcome springtime with melting snow and the promise of summer. But for people with allergies, rising outdoor temperatures mean stuffiness, headaches, watery eyes and all-over misery.

You can't change the weather or the outdoor allergens. Fortunately, you can minimize the effects of allergens inside your home with these HVAC tips.

### **Ensure you have proper ventilation**

Despite the outdoor triggers for your symptoms, the answer is not to keep stale air in your home. Indoor allergens can build up and make you just as sick, or worse. Fresh air is critical for allergy sufferers and the right ventilation system will keep the allergens to a minimum.

### **Upgrade your filter to HEPA**

HEPA stands for High Efficiency Particulate Air and it works by forcing air through a mesh that traps allergens like dust, pollen and pet dander. Keep in mind that HEPA filters have larger pressure drops and can adversely affect airflow through furnace, reducing its heating and cooling performance. Talk to a professional before you replace your regular filter.

### **Use a room or whole-house air purifier**

Air purifiers can be portable units placed in various rooms in your home, or they can be integrated into your HVAC distribution system. Besides filters, you can choose from ionizers, UV Light purifiers or adsorbents like activated charcoal. Ionizers charge dust and other particles.

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## HOW TO BEAT ALLERGIES WITH YOUR HVAC SYSTEM

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So that they either stick to charged plates in the ionizer or bond with other particles and become too heavy to remain airborne. UV light neutralizes and kills microorganisms. Adsorbent materials, like charcoal, trap particles on its surface and in its pores.

### Clean your ductwork

Dust and other allergens can build up in your ductwork and get distributed throughout your home. Have your ductwork cleaned regularly to keep your air clean and free from these particles.

### Add humidifiers or dehumidifiers

You need the right humidity levels in your home to fight allergy symptoms. Too much moisture causes mold that worsens symptoms and too little can dry out mucus membranes, giving easy entry to allergens and germs. Installing a humidifier or dehumidifier (depending on the climate where you live) will work to keep moisture levels at the ideal 30-50% levels to help you fight allergies and symptoms.

If you have issues with the air quality in your home and want to find ways to reduce your allergy symptoms this spring, give us a call and we can help you make the right changes to your home's HVAC systems.

# Joke Section

Why did the AC tech  
Run toward the AC?

**He was charging it!**

What's big, fuzzy, &  
Uses a lot of electricity?

**An A/C unit next to a  
dryer vent!**

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## WHAT YOU NEED TO KNOW

# ABOUT GROUNDING

One aspect of your home's electrical system is grounding. While we tend to pay attention to the main wiring, the grounding system is an integral part of your home's electrical system.

### Electrical supply basics

Electricity flowing through your appliances enters through the live wire and returns via the neutral wire. These are the two prongs you see on plugs. But what about plugs with a third prong that fits into the socket's round opening?



That is known as the grounding wire and it plays an important role in your home's electrical system.

### What is grounding?

When electricity flows, it takes the path of least resistance. The Earth offers this path and electrical grounding systems use this to keep us safe.

Wiring systems and metal surfaces that might become energized are connected throughout your home to a rod that's buried in the ground. This rod allows extra charge to flow into the earth. It's important to note that very early systems didn't have this and if you live in an older home, you may not have a grounding system in place.

### Benefits of grounding

Here are the reasons you need to ensure that your electrical system is grounded:

#### Protection from electrical surges

Electrical surges happen when lightning strikes or from the main power supply. The extra electricity needs somewhere to go. Without grounding, it can flow through your body, cause a fire or seriously damage your appliances.

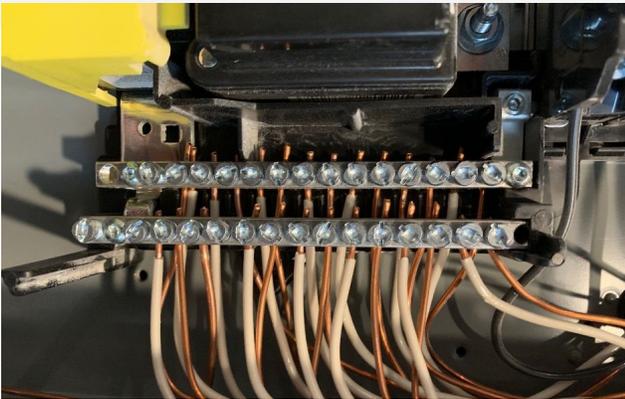
# ELECTRICAL WORD SEARCH

1. **GROUNDING**
2. **CYCLING**
3. **AMPLITUDE**
4. **DIODE**
5. **ELECTRICITY**
6. **GATE**
7. **INVERTER**
8. **MAGNETISM**
9. **RELAY**
10. **VOLT**

M	A	G	N	E	T	I	S	M	N	R	I
Y	T	I	C	I	R	T	C	E	L	E	N
R	L	G	G	N	I	L	C	Y	C	E	V
F	C	F	B	R	E	L	A	Y	S	D	E
G	B	S	T	L	O	V	F	G	G	O	R
G	R	O	U	N	D	I	N	G	A	I	T
E	D	U	T	I	L	P	M	A	T	D	E
W	N	R	P	Y	B	U	M	X	E	P	R

COUPON

CORNER



## Voltage regulation

The power flowing into your home isn't perfect. Sometimes slightly more electricity can enter your home's system. For more sensitive devices, this can cause damage, even without a major power surge.

## Tripping the circuit breaker

When electricity flows to earth via the grounding system, it creates a short circuit. This trips the breaker, preventing further damage and keeping you safe from fire and electric shock until you can fix the problem.

## What to do if your system isn't properly grounded:

Some sockets and extension cords may have two prongs, which means that they are not connected to the grounding system. If you remove the third prong of a device to plug it in, you are putting yourself at risk!

If you live in an older home without grounding you should consider upgrading to keep your home and your family safe.

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**Directions:**

**Step 1**

Preheat oven to 450 F. Preheat a pizza stone or generously oil a large baking sheet. Melt the butter in a large skillet. Add the leeks and cook over moderate heat until just softened but still bright green, about 5 minutes. Transfer to a bowl and let cool. Stir in the chicken, half of the Fontina and the olives and season with salt and pepper.

**Step 2**

On a lightly floured surface, roll or stretch the dough to a rough 14-inch round. Transfer the dough to a floured pizza peel or rimless cookie sheet, or to the oiled baking sheet. Spread the chicken and leek mixture on the pizza, leaving a 1-inch border of dough. Brush the border with the olive oil. Sprinkle the remaining Fontina over the top and season with pepper.

**Step 3**

Slide the pizza onto the hot stone, if using, and bake for about 10 minutes on the stone or 16 minutes on the baking sheet, until the crust is golden and the cheese is bubbling. Transfer the pizza to a rack and let cool slightly before serving.

**CHICKEN & LEEK PIZZA**



**Ingredients:**

- 1 Tablespoon Unsalted Butter
- 3 Large leeks, white & tender green portions only, sliced crosswise 1/4 in. thick and separated into rings
- 2 Cups shredded skinless roasted chicken
- 1/2 pound Fontina cheese, shredded (2 Cups)
- 1/3 cup spicy oil-cured olives, pitted and coarsely chopped
- Salt & freshly ground pepper
- 1 pound pizza dough, at room temperature
- 1 teaspoon extra-virgin olive oil