

# Homeowner News

News & Information For The Customers Of AIR-TRO A/C & Heating Autumn, 2005

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## Inside...

Easy Spinach Quiche

Four Household Tips For Autumn

Heating System Tune-Up & Safety Check Special Offer

Keeping YOUR Lights On

The CORNER



## Ouch! Heating Will Be Expensive This Winter!!!

This was already shaping up to be an expensive heating season, with double digit increases in the cost of natural gas expected. And then came Katrina.

The U.S. Energy Information Administration recently released a revised short-term energy outlook. According to the EIA (see [www.eia.doe.gov](http://www.eia.doe.gov))...

*Dramatic increases in domestic energy costs, assisted by everything from tight world oil markets, to blistering summer heat, to the ravages of Hurricane Katrina, have made for an exasperating summer for many consumers and have set the stage for a potentially expensive winter heating season beginning a month or two from now.*

How bad will it get? Try this. Under the Medium Recovery Scenario, homeowners can expect...

Natural Gas ↑ 71%  
Electricity ↑ 17%  
Heating Oil ↑ 31%  
Propane ↑ 40%

### What Can You Do?

The first, and most obvious step is to get your heating system tuned up for the winter. Heating system tune-ups are not expensive, especially if performed as part of our service agreement. A heating system tune-up will cut heating costs up to 10% per heating system. If you have not had a tune-up for several years, the savings may be more.

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### Pumpkin Facts

Did you know that pumpkins are fruits? The largest recorded pumpkin weighed 1,016 pounds. Now that's a big pumpkin!

In colonial Connecticut, pumpkins were used as guides for haircuts, resulting in the term "pumpkin-head" being used for New Englanders.

Apocolocynopsis is fear of being turned into a pumpkin. If this applies to you, seek help... fast!



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# Easy Spinach Quiche

Spinach quiche is a healthy, warm, and filling dish, perfect for fall weather. Use this simple recipe to easily create your own perfect quiche from scratch.

- 1/2 cup butter
- 1 cup milk
- 4 eggs
- 1 tablespoon chopped garlic
- 1 cup chopped onion
- 10 oz package of frozen spinach, thawed
- 1/2 cup crumbled feta cheese
- 1 cup shredded cheddar cheese
- 9 inch pie crust



Preheat oven to 375°F. In a medium sauce pan, melt butter over medium heat. Sauté onion and garlic until onion is browned.

Stir in spinach, feta cheese, half of the cheddar cheese, and mix. Separately, mix eggs and milk. Combine with spinach mixture. Add salt and pepper.

Pour combined mixture into pie crust. Bake 15 minutes. Sprinkle on remaining cheese.

Bake another 35 minutes until a toothpick can be removed smoothly. Let stand 10 minutes before serving.



## Four Household Tips For Autumn

1. Use old toilet paper rolls to store extension cords. The toilet paper rolls keeps them neat and untangled.
2. Candles will burn longer if you place them in the freezer for a few hours before you plan on using them.
3. Create your own room scents by spraying perfume on light bulbs. When ever the light is turned on, the bulb will give off the fragrance.
4. Ants never cross chalk. If you are plagued by lines of ants, try placing a chalk line in their path.

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### Homeowner News

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## Coldest Winter On Record?

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During a tune-up, we will tune the burners of your furnace to ensure you are getting the most efficient burn. We will check the flue temperature to ensure you are not sending money up the chimney, make sure your furnace is drafting correctly, verify the fuel flow, set the heat anticipator and calibrate your thermostat, and adjust air flow.

We will also clean your burners, combustion chamber, and heat exchanger surfaces, improving air quality. Perhaps most important is the potentially life saving safety checks of fossil fuel combustion systems.

Get your heating system tuned-up sooner rather than later. We are already scheduling maintenance calls. The last thing you want to do is wait for the cold weather when every contractor in town is backed up with getting people's heat working.

### Thermostat Settings and Clean Indoor Air

Lowering your thermostat setpoint a few degrees will save money. Unfortunately, it's also uncomfortable to lower the thermostat and it's easy to forget.

A duct-mounted air cleaner will make your home cleaner, healthier and more comfortable by removing indoor air contaminants like dust, pollen, and other allergens. If a member of your family suffers from asthma or allergies, this equipment can really be a great benefit. Unlike room air cleaners with tiny fans, a duct-mounted air cleaner uses the powerful blower in your furnace to clean large volumes of air, and you also get the benefit of cleaning the air for the entire home rather than one or two rooms. How much medication can you eliminate because your indoor air is cleaner and healthier? How many colds and

flues can your family avoid because you've installed effective indoor air filtration?

Many people like to set the thermostat lower at night, to snuggle up under warm covers. But no one likes to wake to a cold room. By using a programmable setback thermostat, you can sleep and wake in comfort. Also, you will never forget to set the thermostat back when you leave for work. Call us to install one. We will even show you how to program it.

### Replace Your Heating System

Though it requires a greater investment than the steps we've already discussed, the biggest savings come from a new, high efficiency heating system. Depending on the age of your old system, we can cut heating bills as much as 50%. This may not make up for the dramatically rising cost of energy this year, but it will make it tolerable.

Call us and we will provide you with a no-obligation assessment of your home and the amount of energy you can save. While we're at it, we can also fix any nagging comfort problems you might have in one or two rooms.

We've also got some great financing programs that make a new heating system fit anyone's budget. You've got nothing to lose (except sky high bills) by checking it out.



**\$25 SAVINGS**  
**Homeowner News Readers...**  
 Mention this newsletter when you call to get a \$25 discount on a heating system tune-up and safety check (or take the discount off the price of a new maintenance agreement).



