

THE
ENERGY EXTRA
NEWSLETTER

AL-DON INDOOR AIR QUALITY SPECIALISTS, 11740 Lackland Industrial Drive, Saint Louis, MO 63146 • 314.567.5585 • www.al-don.com

Specializing in providing healthy, safe and comfortable indoor air quality for over 60 years.

5 REASONS TO SCHEDULE A FALL FURNACE INSPECTION

Once the cooler weather hits here in St. Louis, MO, this fall, you are going to want the inside of your home toasty and comfortable. This means turning on your furnace. Long before the first night you'll want it, you should have your furnace cleaned and checked by a professional from AL-DON. You may not think this maintenance is important, and you can save money by forgoing it, but you would be mistaken. Here are five reasons you should call to schedule your appointment today.

- 1. It prevents unexpected and costly breakdowns.** When you schedule your furnace clean and check on a regular annual basis, you are preventing breakdowns. By having a seasoned expert inspect and clean your system, he or she can spot any impending repairs or weaknesses. This alerts you, so you can take care of the issues in a timely manner, circumventing middle-of-the-night emergencies when emergency services will cost you more.
- 2. It saves on monthly energy bills.** By having your furnace cleaned regularly, which includes replacing or cleaning your filter, your furnace can work more efficiently, saving you energy. Once it gets dirty, airflow becomes diminished and blocked, causing your furnace to work harder, using more energy to do the same amount of work it normally does under easier conditions.
- 3. It keeps you and your family safe.** When your furnace is not inspected and cleaned before you use it every fall, you run the risk of missing a possible unsafe issue or repair. Sometimes something as dangerous as a cracked heat exchanger can occur. According to AHRI (Air-Conditioning, Heating & Refrigeration Institute) this can leak toxic carbon monoxide into your home's air, and you may not be aware of it at the beginning stages of the problem. (LINK: <http://www.ahrinet.org/Homeowners/Improve-Safety/Gas-Furnace-Safety>) By then, dangerous levels of the poisonous gas could already be in your home. Your professional technician can spot and address safety issues prior to them becoming unsafe.
- 4. It extends your furnace's lifespan.** Your furnace is meant to run smoothly and efficiently, with an expected lifespan of 15 to 20 years (for gas furnaces). When you neglect its annual clean and check, the dirt and dust accumulated inside builds up and causes problems. This in turn forces your system to work harder, wearing down its parts sooner. Keeping things running smoothly helps your furnace live a long and healthy life.
- 5. It keeps the warranty valid.** Your furnace most likely came with a manufacturer's warranty. Many of these warranties specify regular maintenance needs to be performed to keep the system in tip-top shape and to prevent unneeded repairs. By not scheduling these maintenance appointments, your chance of incurring repairs increases and may void your warranty.

To ensure the best results for both your furnace and your pocketbook, be sure to schedule your annual furnace clean-and-check appointment before the cold weather hits. You want your furnace to start right up without issue. Call one of our expert technicians at **314-567-5585** to make your appointment today.



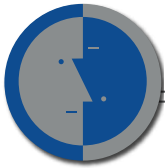
**DISABLED
ATHLETE
SPORTS
ASSOCIATION**

Help support Cheyenne and many others by volunteering at DASA, making a tax deductible donation, or participating in the DASA St. Charles Oktoberfest 5K, 10K and 1 Mile Fun Run on September 30th or join the dinner auction on November 3rd. More information available at their website. Please visit dasasports.org for more information or call **636.477.0716**.



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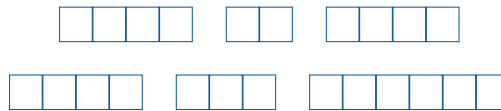
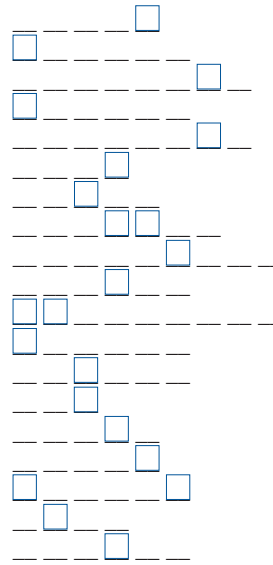
THE REGULAR PRICE

Get Ready for the Rainy season and end the damp basement musty smell! Get an APRILAIRE Whole House DEHUMIDIFIER Installed.



Installed without ductwork using existing electric. Cannot be combined with any other offers. Expires on 11/30/18. Please call for more details.

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Cannot be combined with any other offers. Expires on 11/30/18. Please call for more details.

Answers: 1.Scarf 2.Autum 3.Football 4.Leaves 5.Pumpkins 6.Cool 7.Boots 8.Harvest 9.Halloween 10.Family 11.Thanksgiving 12.Turkey 13.School 14.Pie 15.Crisp 16.Apple 17.Acorns 18.Cozy 19.Orange Secret Code: Fall In Love With the Season

From the Desk of Jeff Miller

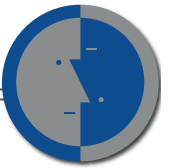


Wow! What a hot and humid summer. It started at the beginning of May and has never let up. I was beginning to think it was never going to end. But as St. Louis history proves, fall will eventually come. I am sure most people are ready for the cooler weather, the changing of the seasons, and the beautiful colors that fall brings. And of course, with the changing weather comes the time to have your furnace/hvac equipment cleaned and serviced. Humidifiers need to be cleaned so mold does not spread throughout the home. Be sure to have your heating equipment serviced by one of our expert technicians. Just give us a call and we will get you scheduled. Please, do not forget to change the batteries in your CO (Carbon Monoxide) and smoke detectors. Thank you for your loyalty and the opportunity to help with your HVAC and Indoor Air Quality needs.

On a personal note, Cheyenne is starting her fourth year at St. Louis University. It's hard to believe time is flying by so fast. It seems like yesterday that she was just starting at SLU. She spent one week of her summer break helping DASA (Disabled Athletes Sports Association) as a counselor at their "Camp We Can Do", held at Babler State Park. She really liked helping kids do some incredible things that they do not normally get to do. Our son Skyler is starting his senior year of high school. He spent this summer working on our installation crews. His help was greatly appreciated. For me personally, I celebrated my 40th year with Al-Don this summer. It does not seem possible. It has been an incredible journey. And finally, Al-Don will be celebrating the 60th year of serving our customers.

We wish everyone a wonderful and safe Fall/Winter. Enjoy the holidays and the time you will spend with family and friends. Thank you for allowing us to serve you over all these years. Your loyalty is very much appreciated. From the Al-Don Family, we wish you a pleasant and comfortable winter. If we can help in any way, just let us know.

Sincerely, Jeff Miller



Meet Leslie & Shelby



Leslie Bell Trimble, our new "Administrative Assistant," is happy to be "home" after living in central California, Kansas City, and Chattanooga for the last 4 1/2 years. She has 2 grown children (Matt, a local autobody man, and Maggie, studying performance at UNC-Greensboro), a Chocolate Labrador Boomer, and 3 Bluetick Coonhound grand-dogs. In her spare time, she is a runner (training for her 3rd half-marathon in October) and a pianist who loves spending time with family. Leslie still has the '69 Camaro Convertible that her dad built her when she turned 16. "Smile and stay positive about everything. A positive mindset will determine your happiness."



Shelby Kellems, our new bookkeeper, is the mother of two awesome kids, Rylee (4) and Kyleigh (2). In her spare time, she enjoys taking them on fun adventures, making memories.

They spend many weekends in Bonne Terre at her family's lake lot. She also has two dogs, Luna and Chloe. Shelby began her bookkeeping career in 2015 and thoroughly enjoys her job!

Mia would like for you to meet two new members of the Al-Don team!



HELP YOUR KIDS SUCCEED THIS SCHOOL YEAR



Going back to school in the fall doesn't need to be stressful for you or your kids. Here are some tips for your family to get the most out of the coming school year:

ORGANIZE A HOMEWORK AND STUDY SPACE: Whether it's a desk in their room or a corner of the dining table, set a spot that signals to them that it's time to get focused. Involve them so they're more likely to respond positively when they have to make use of it.

BE AVAILABLE AT HOMEWORK TIME IF POSSIBLE: Sending them off to study while you prepare dinner is great time management. However, it doesn't always work if they are reluctant to settle down or if they need your help. Set a homework schedule that allows you to be available if needed.

HAVE THEM DO AGE APPROPRIATE CHORES: Doing well in school takes more than just studying hard and turning in assignments on time (yes, that's important too!). Responsibilities at home will spill over into their school life, so they become more settled to do their own work with out needing you to nag.

EXTRACURRICULAR ACTIVITIES ARE IMPORTANT: As children get older, it might be tempting to take them out of their extracurricular activities so they can focus on work. But unless the activity is really hampering study time, it's important to leave kids with an outlet from stress. Physical activity, in particular,

will boost their performance.

TEACH THEM TO SET A MEASURABLE GOAL AND HELP THEM TO TRACK IT: Part of success in the adult world is setting and achieving goals. Use the coming school year to help them develop this skill and keep track of their progress as the year goes on. Keep it simple so it doesn't become more of a problem than a solution.

SET ASIDE DAILY TIME FOR THEM TO EASE EMOTIONAL STRESS: Home should be the place where your child experiences release from the tensions that build up throughout the day. Being away from you can be stressful for little ones. Even teens need comfort, affection and a listening ear at the end of a hectic school day. This one critical investment of your time will pay off in countless ways for the rest of your child's life.

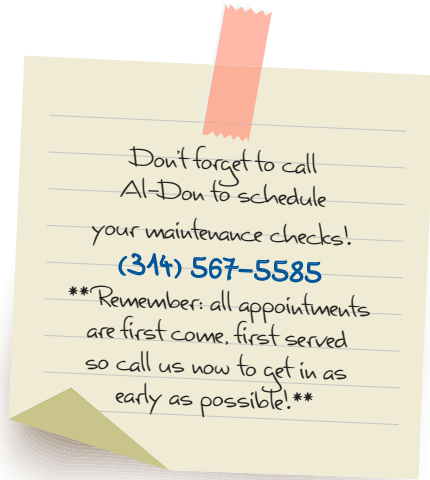
REMEMBER THAT THIS TOO SHALL PASS: When the stress seems insurmountable and all you want to do is hide in the basement while the storms blow over, remember that one day they'll be out of school, making their own way in the world. Then you won't have to wait until after bedtime to chill with a martini, but you'll surely miss them.

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PESTO RUBBED FLANK STEAK

Flank steak can be tough, but if prepared with care and rubbed with pesto, it will be one of the most flavorful beef dishes you will ever taste, as well as one of the simplest. You can buy pesto from the store or make it by blending cashews or pine nuts with olive oil, grated parmesan, fresh basil and garlic salt.

Ingredients:

- Flank steak
- Lemon pepper
- Pesto

Directions:

Cook the flank steak to 143°F. Be careful not to over cook sous vide is the recommended method. Sear the top and bottom, generously rub it with pesto, and let it rest under a tent of aluminum foil for around ten minutes. Slice into 1/4 to 1/2 inch wide strips and serve with your favorite vegetables.

Source: Matt Michel - President, Service Nation Inc.



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