

LIVING IN COMFORT

FALL 2016

**APPEL**
HEATING & AIR CONDITIONING
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What is Zoning?

Want more even temperatures throughout your home? Is one floor warmer or cooler than the other, or have you always wanted to control your living and sleeping areas separately? Perhaps it's time to consider a zoning system!

With a zoning system, you have multiple thermostats, dampers that direct the air to different ducts throughout the house, and a control panel that runs the whole operation. For example, if the upstairs needs to be cooled, but the downstairs is fine the way it is, the A/C will turn on, the damper(s) to the upstairs areas open, and the damper(s) to the downstairs close.

Zoning is best done on new homes when the dealer can design the ducts specifically for that option. But, as today's wireless technology advances, it's becoming easier to install this kind of system in existing homes, as well. Zoning is also best done on two-stage (two levels of capacity) equipment, so you aren't trying to force 100% of a furnace or air conditioner's airflow into 50% of the ductwork. With a zoning system, there are

ways to control excess airflow and noise when only half the house wants air. Another benefit is that the zone control panel will monitor the air temperature to make sure you aren't overheating a furnace or freezing up an air conditioner when not using all of the equipment's capacity. This is why zoning is preferred over just closing registers in unused areas of the house to try and force air into other spaces.

With existing ducts, two to three zones is the recommended number, as any more may cause an issue with excess air. With today's new variable capacity furnaces, a home with a matching zone system can have twice as many zones, because the cooling or heating system knows how much of the house wants air and can adjust the level exactly.

So...will you save on your energy bill with zoning? Some! Since air finds its way around the house despite zoning, however, savings won't be substantial. But done right, zoning will make the house a *lot* more comfortable.

Avoid Heating Hazards

Indiana's winters can be brutal, and heating your home is a necessity. Unfortunately, operating heating equipment improperly or carelessly can pose safety hazards and fires. Follow these tips to stay warm, toasty, and safe this season:

- Install a smoke detector and test it monthly. Smoke detectors save lives!
- A blocked or poorly maintained furnace can cause a fire. Make sure your vents are clear of any dust or debris, and have a technician perform regular maintenance.
- Give space heaters their space—keep them a minimum of 3 feet away from anything flammable.
- Never leave candles unattended, and blow them out before bed.
- Clean your chimney at least once a year. Blockages can pollute your home's air and cause a house fire.



What Happens if You Skip Routine Maintenance?

Your car needs regular maintenance to get you around town. Your body needs regular maintenance to keep you healthy. And your home's HVAC system needs regular maintenance to keep you comfortable and safe. It can be easy to overlook the needs of your heating and cooling equipment—out of sight, out of mind, right? But you're doing yourself a huge disservice by skipping out on your HVAC system's maintenance. Here's why:

- Without regular maintenance, malfunctioning or complete shutdown of your home's comfort system is imminent. An HVAC technician is trained to look for any potential problems and can replace broken parts or replace fluids to avoid potential disaster. And after all, a minor fix in time costs much less money than it would to replace the entire unit.
- Believe it or not, the condition of your HVAC system can drastically affect the cleanliness of your home. Things like mold, dirt, and dust build up over time and eventually spew out into your living areas. You can vacuum and mop all you want, but if you have an old, clogged, dirty system...you'll be cleaning forever.
- You insulate your home to protect against drafts and conserve energy, right? Without regular maintenance of your heating and cooling system, that effort may be going to waste. These units can develop blocks which, if not identified and cleared by a professional, can develop into leaks. This drastically reduces the efficiency of your system and leads to a higher energy bill.
- Skipping regular HVAC maintenance is not only costly, it can be dangerous too. Neglected heat pumps and heating units can lead to mechanical and electrical problems which, in turn, can result in a fire. In the long run, it's cheaper to pay for maintenance than it is to rebuild a home.



Three Reasons to Replace Your HVAC System this Fall

After this hot summer, it will be nice to finally turn your air conditioning off and enjoy the cool fall weather. But while your A/C system may be going into retirement for the winter, it's not quite time to put it completely out of mind. How old is your A/C unit? Was it able to keep up with last season's heatwave? If not, now is the perfect time to replace it. Here are three reasons why:

1. Convenience

You are less likely to be using your A/C system in the fall...which is perfect if you're considering replacing it. Instead of suffering without A/C in the summer heat, have it taken care of in the cool months, before it's needed. This also allows for more freedom with scheduling, as most HVAC technicians aren't as busy during the fall.

2. Time

If you're replacing your air conditioning system in the summer, it's most likely the result of an unexpected problem. You may end up making a snap decision about the unit you choose, because you want to spend as little time as possible sweating it out in the brutal Indiana heat. In the fall, you have much more time to do your research, comparing and contrasting various units to make the best decision for your home. If your HVAC system is old, you might be surprised to learn about all the new features and technology available on the market today—greater energy efficiency, more effective humidity and noise reduction, programmable WiFi thermostats.... These are just a few of the bells and whistles you'll come across when looking at all the new products out there.

3. Money

Remember reason number 2 up there, about all the time you'll have to research the different kinds of new HVAC equipment and systems? That can translate to huge savings for you. You'll have time to shop around and compare prices...and time to save the money necessary to make the switch. In addition, many companies (Appel, included!) run deals on off-season installation and maintenance.

Stay Healthy This Winter

Winter is flu season and the last thing you need is to get sick during the holidays. Stay healthy by following these easy tips:

- Get a flu shot. This vaccination can lower your chances of catching the virus by 50-60%.
- Use hand sanitizer. Put a bottle in your purse, your kids' backpacks, even in your car!
- Take your vitamins. Daily multivitamins are a quick, easy way to boost your immune system.
- Eat well. All year round, it's important to consume nutrient-packed foods. A healthy diet means a healthy life!
- Get plenty of sleep. If you're tired, so is your immune system... which means you're more likely to get sick!

Employee Spotlight: John Mills



To say John is a staple of the Appel team is a huge understatement. As our Service & Installation Manager, John is the guy who provides technical support to our technicians, installers, and salesmen. He's also responsible for all inventory control and purchasing, and quite a bit of data entry. HVAC system installation and repair can present many challenges from job to job, and John absolutely thrives in the environment. Many a project has benefited

from his expert problem-solving skills, and the satisfaction he gets from a job-well-done is infectious!

Before Appel, John spent 13 years at Radio Shack and describes himself as the "company geek." The HVAC industry has been going through a technological revolution in the last several years, which is very exciting to John—he loves learning about and playing around with all the newfangled electronics in the latest equipment and thermostats. When he's not hard at work, John enjoys photography and is the moderator of the world's largest HVAC interest forum, hvac-talk.com.

John has been with Appel for nearly 25 years, and we can't imagine the place without him!

Tips to Tackle Fall Allergies

The fall leaves may be pretty, but they sure can bring on the sneezes. Find relief with these quick tips:

- Avoid eating bananas, melons, zucchini, cucumber, and chamomile tea. These have all been shown to trigger or worsen ragweed allergies—the #1 culprit of fall allergies.
- Honey, however, is great for allergy sufferers. Consuming 1-3 teaspoons of local honey can help build your immunity to the pollens in your area.
- Allergens can stick to your clothes, so change them and remove your shoes as soon as you get home. Similarly, shower at night to wash out the day's pollens from your hair before you sleep.
- Ragweed and other pollen counts are often at their peak between 5:00am and 10:00am. If you can, avoid spending much time outdoors during this period.
- Wear a mask while raking leaves to avoid inhaling mold spores.
- HEPA filters are your friends! Use them in your vacuum cleaner and your home's HVAC system—they can be real sinus savers.
- Be sure to clean your heating vents and change the filters before turning on your heat for the season.



Detox Your Home... With Plants!

Often when we think of pollution, we think of the outdoors, but indoor air can become just as contaminated. From the carpet to your furniture and household cleaning products, toxic chemicals and contaminants are infiltrating your home's air. Replacing the source of these contaminants and leaving the windows open are a good start, but aren't always realistic, depending on your budget or the season. It's been proven over and over that household plants have qualities that can purify the air and detoxify your home. What are these miracle plants? The list may surprise you!

Aloe Vera — Aloe has more uses than just treating a bad sunburn. With its ability to absorb toxic chemicals from common cleaning products, it purifies and serves as an early warning system for homeowners. When the chemical makeup of the air becomes too high, this sensitive plant will develop telltale brown spots.

Peace Lily — This plant is not only pleasing to the eye—peace lilies have the ability to absorb contaminants such as formaldehyde, trichloroethylene, benzene, and xylene, which are found in carpeting, plastics, adhesives, paints, and more. If you decide on a peace lily for your home, though, make sure you keep it out of your pet's reach. These beauties are poisonous to our furry friends.

Ficus Tree — This common household plant is an appealing addition to offices and homes due to its striking, elegant appearance. And like the peace lily, it's also great at removing common toxins, such as formaldehyde, from the air. They can be a little finicky to care for, but the results are worth it!

Florist's Daisy — These lovely little plants—also known as florist's Chrysanthemum—have become even more popular in recent years, in part because they scored so highly in NASA's Clean Air Study. In addition to their bright, pleasing looks, they have the ability to remove half a dozen contaminants from the air in your home!

Snake Plant — Don't let the name fool you, this is a beautiful plant for indoor decoration and it offers an extensive amount of protection against contaminants in your home. It's great for the bedroom, as it produces oxygen during the night and, for those of you with a less-than-green thumb...it's one of the hardest plants to kill.

A beautiful houseplant can really pull a room together. Isn't it nice to know it can also help protect you from harm? Bring the outdoors in for a cleaner, healthier home!



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No Bake White Chocolate Pumpkin Fudge

Ingredients:

- 12 oz white chocolate chips
- 5 3/4 tbs coconut oil
- 1/3 cup canned pumpkin puree
- 1 tsp cinnamon
- 3/4 tsp ginger
- 1/2 tsp allspice
- 1/4 tsp nutmeg

Directions:

- If solid, cut the coconut oil into 8 pieces.
- Microwave the white chocolate chips and coconut oil on half power until melted, stirring every 30 seconds.
- Once melted, add in the pumpkin puree and spices and stir for about a minute.
- Pour the mixture into a lined loaf pan. Place in the freezer or refrigerator for 45 minutes or until firm.

Enjoy!

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Like Our Work?

We'd love to hear from you! We take pride in the work we do, but it's always encouraging to hear nice words from our satisfied customers. Send us a testimonial, and it could be featured on our website! We're on Facebook, Google, and Yelp, as well. **Send us some love!**

Fall Fun in Indiana

When the cooler weather hits and the kids spend their days in school, it's easy to get a little stir crazy. Use the beautiful fall weather as an excuse to explore everything our fair state has to offer!

- Head to **Brown County** for a hike or guided horse ride through the lovely autumn leaves. Don't forget to take a wander through the shops in quaint Nashville, and grab a bite at the historic Hobnob Corner Restaurant.
- It's apple picking season! Take the kids out to **Stuckey Farms** and grab your fill of the 27 different varieties of apples. Stop in the store on your way out, and pick up a caramel apple or cup of cider.

- Are you all about Halloween? Check out the **Children's Museum's Haunted House**, the **Headless Horseman Hayride at Conner Prairie**, or the many terrifying attractions at **Hanna Haunted Acres**. There are also many spooky, family-friendly **ghost tours** all around Indianapolis and Hamilton County.
- Don't forget to check out the **Historic Irvington Halloween Festival**, October 22-29! With a street fair, pumpkin carving and costume contests, food trucks, and a masquerade ball, this iconic Indy event has a little something for everyone.

