

# LIVING IN COMFORT

FALL 2018

**APPEL**  
HEATING & AIR CONDITIONING  
www.appelheat.com | 317-846-0434



CELEBRATING 70 YEARS! 1948-2018

## Why Humidify?

What not only saves energy and money but also has the power to soothe dry sinuses, chapped lips, and symptoms of the flu and common cold? Whole-house humidifiers, of course!

During the winter months, the environment inside our homes can be dry and punishing. Whole-house humidifiers are installed directly into your HVAC system to keep the humidity levels in your home at a steady and healthy level. Adding moisture to overly dry air can help keep skin and sinus passages from drying out and, by keeping your nasal passages lubricated, can help speed up the healing process if you contract the flu or a cold. They're good for keeping fall and winter allergies at

bay, as well, and can even help cut down on snoring!

A whole-house humidifier also lets you set a specific humidity level, which allows you to save energy and money. Because humid air feels warmer than dry air, you can keep your home at a lower temperature while still maintaining your comfort. A high quality heating system paired with a whole-house humidifier will allow you to stay warm, cozy, and healthy all winter long.

This season, Appel makes it easier than ever to stay comfortable. Now through the end of November, take **\$150 off an Aprilaire whole-house humidifier!** (See coupon on back page for details.)



## News From the DOE

Did you know? As a part of its Energy Conservation Program for consumer products, the Department of Energy (DOE) establishes energy efficiency standards for many appliances used daily in American households.

**On July 3, 2019**, a maximum fan energy rating (FER) will take effect for furnace fans.

This is a first for the DOE, as up to now they have only regulated the performance of the entire HVAC system, not its individual components. The goal of this new mandate is to reduce energy consumption in furnaces by approximately 40% in 30 years, saving consumers upwards of \$29 billion.

Read more about this new regulation and what it means for you on our website at [appelheat.com/FER](http://appelheat.com/FER).

## Ending the Thermostat Wars

He's too hot, she's too cold. One or the other stealthily makes their way at 3 am to go change the thermostat. The optimal sleeping temperature is a point of contention for many couples, so we're here to set the record straight once and for all. (Drum Roll, please.)

Research has shown that your bedroom should maintain between 60-67 degrees for a good night's sleep. When you're getting ready to snooze, your internal thermostat lowers in anticipation of rest. Having the bedroom too warm can disrupt your sleep cycles and lead to a restless, low quality sleep.

The next time you're fighting insomnia, making things cooler may just be the ticket to dreamland.





# The Evolution of Smart Thermostats

Thermostats have come a long way in recent years. They seem to evolve every season into more comprehensive and sophisticated components of effectively managing your energy usage for both comfort and finances. But are you ready to make the switch to one of the more high tech options?

## How Smart Are They, Really?

While the basic function of a thermostat has remained constant (establishing a set point for optimal comfort), things have gotten quite fancy. Once considered cutting edge, programmable thermostats allowed the user to set temperatures for certain times of the day and days of the week, typically on a 7 day cycle, to accommodate for periods in which the house was unoccupied or the residents were sleeping. Now homeowners can invest in a thermostat which integrates wifi, web and mobile apps, and multiple sensors. Smart technology takes this a step or two further and not only determines the presence of individuals in your home and adjusts the indoor climate accordingly, but also interfaces with your lights and locks, and can even stream your music.

## Are They Right for You?

The savings in heating and cooling costs, according to the EPA Energy Star Program, amount to around \$180 per year. Money aside, other considerations include your habits and those of your family. If you travel often or work odd hours away from home, for instance, a smart thermostat can help tailor your energy usage to reflect those unpredictable schedules. Ask yourself also if you are a tech kind of person in general—if you wait anxiously for the latest smart phone release, then smart thermostats are probably right up your alley. If you dread having to upgrade your cell phone, camera, or other electronics, you may not want to add another device to your list.

## How Can Appel Help?

From helping determine whether or not a smart thermostat is right for your home and lifestyle, to installing and mounting sensors in your home, we are happy to offer our expertise and advice on all of your heating and cooling concerns!

## A Simple Winter Car Kit

Before we know it, the snow will be flying. Not only do colder temps seem to bring out car issues, but the road conditions can get hazardous as well. Prepare ahead of time by gathering these supplies:

- Flashlight (batteries stored separately)
- Blanket (you can find lightweight packable down blankets that roll up nicely)
- Snacks (trail mix, chocolate bars, nuts—anything nonperishable)
- Extra cold weather gear such as gloves, socks, and a pair of boots
- Jumper cables
- A sturdy ice scraper
- Flares

Throw it all into a tote bag or small laundry bag. Then tuck it away in the corner of your trunk in case a winter weather crisis hits.



## What Goes Bump in the Night

Between kicking on and off and that steady, reassuring hum, your furnace probably makes many contented, continuous noises. But what do you do when those normal sounds are replaced with bangs, clanks, and screeches?

- **Rattle:** If you're hearing a rattling sound while the furnace is running, this could mean an unsecured duct, screw, or flapping piece of sheet metal. If you see a screw that may be the culprit, go ahead and tighten it down to see if the problem corrects itself. If, however, you hear rattling before the blower kicks on, this could mean a cracked heat exchanger, which might be allowing dangerous carbon monoxide to escape. This needs immediate attention from a professional.
- **Pop!:** Popping noises are common and typically associated with routine temperature changes within the unit. So, relax unless that pop turns into a...
- **BOOM:** Booms are bad. They can mean possible ignition issues, and you should turn off your unit and have it checked out ASAP.
- **Hum:** A low hum is to be expected from most units. It just means the blowers are doing their job. But if that hum sounds like a 747 going through your house, this means problems—likely in your blower fan. Time to give us a call.
- **Screech:** Screeching sounds coming from your furnace may indicate blower motor or inducer motor issues. To avoid things getting worse, you definitely want to have us come take a look.

No matter what noises are coming from your furnace, we are available 24/7 to help diagnose and address any issues. When in doubt, give us a call!



# Say What?

There's an entire alphabet soup out there of HVAC terms that are often tossed about during a service call. We do our best to keep the language simple and educate homeowners as we go along, but just in case you want to brush up on a few furnace-related terms, here's list to get you started:

## Furnace Filter

Outside air is pulled into the heating unit and passes through the filter. The filter keeps dust and debris from entering the heat exchanger.

## Heat Exchanger

The main element of the furnace, this consists of coils or tubes where the air is heated for distribution by the gas burner.

## Gas Burner

This mechanism uses a pilot light to heat up the air in the heat exchanger. The heated air is then forced out by the blower motor.

## Blower Motor

The blower motor powers the blower wheel and distributes the heated air throughout the house via ductwork.

## Ductwork

These are the closed pipes and chambers that allow air to travel throughout your home.

All of the above components are ultimately controlled by the thermostat.

## Thermostat

This is a temperature-controlled device that tells the furnace when to turn on or off based on your desired temperature.

Knowing the basics of these important parts and how they're all connected will help you follow along when we come out for your next service call!

# Bring the Heat

It's important to us to be good neighbors, and that desire is never more evident than during our yearly participation in Bring the Heat. This is an initiative that combines the expertise and goodwill of Indiana Power and Light, Citizens Gas, Indianapolis Housing Authority, and companies like ours to provide low income and moderate income families no-cost furnace inspections and repairs. It's neighbors helping neighbors at its finest, and we are proud to contribute our experienced professionals, equipment, and resources to this worthy program.



Retired Appel Service Technician, Perry Curtis, volunteers with Appel Service Manager, John Mills, at the 2018 Bring the Heat event on September 29th.

# Our Employees Are the Best!

We are so appreciative of our team of amazing and dedicated employees! Each and every day they do what it takes and then some to keep our customers comfortable and happy. From donating their time to Bring the Heat to taking the extra time during service calls to explain things thoroughly and completely, our professionals take customer service to a whole new level. We are proud to have each and every one of them on the Appel Team!

## Pomegranate Salsa

There's a lot to love about fall produce, and one of our favorites is the gorgeous pomegranate. There are tons of health benefits packed into this member of the berry family. It boasts 7 grams of fiber and 3 grams of protein per cup and is packed with Vitamin C and Vitamin K.

### Ingredients:

- 3 pomegranates, seeded
- Handful of mint, chopped
- Handful of cilantro, chopped
- ½ lime, juiced
- ½ red onion, finely chopped
- ½ jalapeno, finely chopped
- Salt to taste

### Directions:

Toss all the ingredients together and enjoy with pita or tortilla chips. Healthy and delicious!





530 South Rangeline Road  
Carmel, IN 46032

[www.appelheat.com](http://www.appelheat.com)  
317-846-0434

Presorted  
Standard  
US Postage  
PAID  
Permit #618  
Carmel, IN

**\$150 off**

**Aprilaire whole-house humidifier**

Valid Oct 15 - Nov 30, 2018. Cannot be combined with any other coupon, discount or offer. Appel Heating & Air Conditioning  
[www.appelheat.com](http://www.appelheat.com)

**\$500 off**

**any new high efficiency gas furnace**

Valid Oct 15 - Nov 30, 2018. Cannot be combined with any other coupon, discount or offer. Appel Heating & Air Conditioning  
[www.appelheat.com](http://www.appelheat.com)

## Help Us Go Green!

Are you as fed up with all the paper you get in the mail as we are? We want to do our part to reduce all this paper waste, and you can help! Visit [www.appelheat/go-green](http://www.appelheat/go-green) to opt into email communications from Appel. It's quick and easy...and Mother Earth will thank you!

## What a Crazy Summer We Had

This summer was LONG and HOT, and we had our team working around the clock to satisfy a record number of emergency service requests. As a result, a few of our loyal customers experienced longer than usual wait times for their repair service calls. As a huge thanks for everyone's patience and understanding, we'd like to offer **\$50 off your next repair service call**.

**\$50 off**

**your next service call with a paid repair on your heating or cooling system**

Valid Oct 15 - Nov 30, 2018. Cannot be combined with any other coupon, discount or offer. Appel Heating & Air Conditioning | [www.appelheat.com](http://www.appelheat.com)

## Lace Up Those Skates!

Gather up the mittens and hats and get ready to hit the ice! Carmel's signature Christkindlmarkt will usher in its second year on November 17th and run through December 23rd. You and your family can enjoy skating on the Ice at Center Green and experience many other German traditions. Stroll around the market while enjoying authentic German food and drinks.

For daily schedules of events and other details throughout the season check out [www.carmelchristkindlmarkt.com](http://www.carmelchristkindlmarkt.com).

