

Anchor Heating & Air's **HOME**sense

Smart & simple ways to enrich your home living



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Four Things You Can Do to Get Ready for Winter

With winter just around the corner, now is the time to give your home a winterizing "checkup." Here are four tips on what to look for and take care of so your home is ready for those cold north winds.

1. Have your heating system cleaned and tuned. A pre-season tune-up is a good investment – it reduces the chances of breakdowns in the middle of winter, improves safety, and pays for itself through more energy efficient operation.
2. Have your duct system tested for air leaks. The typical duct system loses 25 percent to 40 percent of the energy put out by the central furnace, heat or air conditioner. Leaks are usually the biggest problem we find.
3. Get your home's air checked to find out if the air you are breathing
4. Consider replacing your old furnace or heat pump. Just like a car, heating equipment doesn't last forever. If your system is more than 10 years old, and you are planning to stay in your home more than a few years, it is wise to consider replacing it before it fails permanently. A new system is safer, more dependable, and can pay for itself through energy savings as it is up to twice as energy efficient.

Luckily, we can help you with any of these cool weather preparations. Just give us a call and we'll send someone out right away.

MY WORD

By Barry W. Tysor



Dear Friends,

Way back in January, when we were making resolutions for 2020, none of us could have predicted the twists and turns this year had in store. There has been social and economic unrest in addition to that other thing... a global pandemic.

It's a lot to digest, and it has meant a lot of hard decisions for everyone. Through it all, I've learned that the best thing I can do is to continue to focus on taking care of my family, employees, and customers.

The need for services has never been more important as people spend more time in their homes. The way we interact with each other has never been more important as we strive to make everyone safe and comfortable. Focusing on family, health, resilience, and you, has always been a good strategy.

Thank you for being a valued customer. Thank you for trusting us to help protect your health, home, and family. We look forward to serving you for many years to come.

We hope you enjoy the newsletter. As always, if there's anything we can do to be of service, just let us know. We're here for you.

Barry W. Tysor



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Fall Home Checkup

For most folks, owning a house is just about the biggest investment you'll ever make. Surprisingly, however, many people follow the policy of: "If it ain't broke, don't fix it."

The worry only starts when something stops working. But that approach is simply a "crisis in waiting." Something *will* go wrong. The only question is when. Regular home maintenance is your best choice for staying ahead of needed repairs, and the practical aspects are undeniable.

Conducting a home checkup every six months can help you detect problems. Inspect your home thoroughly and look for pressing needs. This could include painting walls and doors, cleaning the roof and gutters, checking smoke and carbon monoxide detectors, as well as replacing warped or worn shingles. Watch for these other areas too:

Home comfort system – Furnaces and central air conditioning systems last for about 10 years. After that, you tend to pour so much money into repairs and energy costs that, truly, you'll end up saving in the long run by installing a newer energy-efficient system. Also, regular maintenance is designed to keep your system running smoothly year in and year out. We can help you with maintenance or a new system. Just give us a call.

Attic insulation – You may not spend much time in your attic, but don't let the principle of "out of sight, out of mind" cause you to underestimate how much that area is affecting your home energy bills. Because air leakage is a leading cause of energy waste, insulating your attic can make a big difference in energy efficiency.



Making Mental Health a Priority

We know how to stay physically healthy – nutritious diet, exercise, routine checkups. Until recently, there’s been much less of an emphasis on mental and emotional wellbeing. The good news is that you can build resilience and optimism in the same ways you strengthen a muscle – with repetition. Here are a few exercises for your mental health regimen:

- **Cut the connection.** No, not from your family and loved ones. Social media and the digital world can consume time and energy without producing a return. Plan set times to be away from your phone and technology. Use that time to...
- **Practice self-care.** Get enough sleep. Intentionally spend time doing things you enjoy, whether that’s

sipping coffee and looking out the window or taking a hike outdoors. Uninterrupted time that’s devoted to the things that make you happy or peaceful can help fuel your reserves during times of high stress.

- **Re-focus.** Helping others can help you. Are you able to pick up groceries for a neighbor? Handle errands for a friend? Being of service to others, even in small ways, positively impacts mental health.
- **Ask the experts.** A licensed mental health professional can help with specific issues and a game plan to help you get through life’s tougher seasons. Seeking help if you need it takes courage. Be bold and be brave – ask for the help you need.



GET YOUR FURNACE CHECKED

Call for a preseason tune-up, and get your furnace ready for an active winter. Annual maintenance lengthens equipment life, improves energy efficiency and helps prevent dangerous risks such as carbon monoxide leaks. Plus, you can join our Comfort Club to save on this tune-up and future ones, too. Call [Anchor Heating & Air](tel:770-691-0259) today at **770-691-0259**.

Seasonal Swaps

Making a few swaps to your home décor can transform it into a seasonal oasis. Start by mimicking the richer colors you see outdoors to make the indoors more inviting. The fabrics and textures you use can also accentuate the season – think about heavier fabrics like flannel or wool instead of lighter summer cotton and linen. Plus, you can boost the coziness factor with plush throw pillows. You can also trade flowers for earthier vines, branches, and pinecones or even use fall fruits and gourds of different shapes and sizes to create beautiful autumn centerpieces.

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Cheese It Up This Fall

As temperatures change, one thing comes to mind: comfort food. This baked mac and cheese ticks all the boxes for a warm, homey meal:

- 16 oz macaroni, cooked
- 8 oz mozzarella, divided
- 8 oz sharp cheddar, divided
- 8 oz smoked gouda, grated
- 4 oz parmesan, shredded
- 4 cups whole milk
- 8 tbsp butter, divided
- 1/3 cup flour
- 1 tbsp Dijon mustard
- 1 egg
- Salt & pepper to taste

Preheat the oven to 350°F and lightly grease a deep 9x13 pan. Cook macaroni just shy of al dente. Drain and stir 2 tbsp of butter into the pasta. In a heavy saucepan over medium heat, melt the remaining butter and whisk in the flour. When the mixture is bubbling, slowly add the milk, whisking continually until the mixture begins to bubble and thicken. Add the Dijon mustard, salt, and pepper. Begin adding your cheese, stirring between additions, until the mixture is smooth. Reserve the parmesan and 2 oz each of the mozzarella and sharp cheddar. When all the cheese is melted and the mixture is smooth and thick, stir in the pasta. Pour the pasta mixture into your prepared baking dish and top with the remaining mozzarella, cheddar, and parmesan cheeses. Bake at 350°F until bubbling and golden brown on top.



Fall in Love With the Great Outdoors

With temperatures cooling off, the great outdoors is calling. Fresh air and open spaces are great mood boosters, and there are plenty of options for fall. Need a few fun ideas to try?

- **Try a U-Pick farm.** Spend a day outside, picking your own apples and other fall fruits with the family. It's fun for kids and adults alike and gives you a chance to try out new recipes with your harvest.
- **Find a pumpkin patch.** Pumpkins are the theme of the season, and pumpkin patches are classic Americana. Plus, there are often extra activities for even more fun.
- **Visit a park.** Not your everyday neighborhood park. Think state or national parks that are within driving distance. It's a great way to discover nature or get away at a low price point.



Fast Fix

Quick tip for fall allergies: Nasal irrigation. It sounds unpleasant, but a daily saline sinus rinse clears stopped up sinuses and helps prevent infections. Plus, it helps reduce congestion, improve breathing, and even rinses allergens away. Important note: follow the directions exactly; tap water isn't recommended for nasal irrigation.

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Fall Lawn Fix-Ups

The leaves are falling and the air is turning crisp. But that's no excuse to ignore your lawn. Now is the time to get rid of weeds and bugs, nourish the grass for winter, and plan for a beautiful spring.

The best part? It only takes four simple steps to protect the lawn all winter long and create gorgeous, green grass when the weather warms up again:

Name
Address
City, State Zip



6556 Adair Place
Douglasville, GA 30134
LIC#: CN006327



- **Let the leaves be your guide.** When the leaves start to turn, it's time to fix up the lawn. Don't wait to plan for the lawn's winter care until the first frost hits or the temperature drops below 45 degrees. It will be too late to tackle bugs and weeds, and the problems can literally multiply for the coming spring.
- **Give the lawn a winter coat.** Apply a winterizer, available in almost any local gardening store. Winterizing the yard will strengthen the root system and give the lawn the vital nutrients it needs to rejuvenate from the stress of summer heat and to survive the cold winter months. A fall fertilizer application also ensures your spring lawn will be lush, green, and healthy.
- **Eliminate weeds before winter.** Weeds not only germinate in the fall, but they also can leave behind seeds that will germinate in the spring. Applying a weed control in the fall will kill weeds in the lawn and reduce the number that pop up in the spring.
- **Re-seed for a lush lawn.** The best defense against weeds in your lawn is a healthy turf. Fall is a great time to patch up those bare spots or overseed the lawn.



HomeSense