

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

Smart & simple ways to enrich your home living



What Have You Been Breathing?

The air inside your home has company – a lot of it. Along with oxygen and other gases that make life possible, your indoor air also contains volatile and particulate chemicals from routine household activities, including cooking and cleaning. Even the filling in your furniture gets in the mix, as do personal care products, scented candles and air fresheners.

According to the EPA, indoor air can be up to five times more polluted than outdoor air, which is why the air in an ordinary home rivals air pollution levels in major cities.

Increasing your ventilation – such as opening a window on a spring day or using an exhaust fan while cooking – are among the steps you can take to improve your indoor air quality. Also, watch what you add to the air. For example, take hobbies outdoors when possible, and opt out of heavily scented air fresheners and candles.

Getting your cooling and heating system tuned on a regular basis is also an important step for keeping your indoor air quality in check. As a matter of fact, OSHA says that inadequate system maintenance can be a major cause of poor indoor air quality – and what's true in commercial buildings is true in your home too.

Also, be sure to change your filters regularly. If you notice the dirt collected in a filter past its removal date, you can get a picture of the dirt that's moving through your air.

If you're concerned about your indoor air, there are a variety of solutions that can improve humidity levels, indoor air quality and overall comfort. Give us a call and let's talk.

☎ 770-691-0259

🌐 www.anchorac.com



ANCHOR
HEATING & AIR CO.

Since 1971 • Trust the Comfort Specialist

MY WORD

BY BARRY TYSOR



Hello friends,

We appreciate you! That's one of the most important messages we'd like for our customers to hear.

Whether you just called us for the first time or have been a loyal friend for years, each of you gives us the opportunity to serve. We couldn't be more thankful, and we're glad to help any way we can. As a top priority, that means providing great contracting services for a great value.

...continued on page 4



Enhancing Your Curb Appeal

Whether it's time to sell your home, or you simply want to put your best foot forward for the neighbors, first impressions are lasting impressions. So, it's a good idea to take a look at your house with a visitor's eye – and see if the view from the curb is up to par. What areas should be a concern?

- 1. Signs of decline.** You may not notice the cracks in your driveway that have slowly appeared over the years, but first-time visitors might. Consider resealing before an appraiser comes out. The same is true if an exterior paint job is long overdue, or if fence gates need repair.
- 2. An untidy mess.** "Debris" is never a good selling point. Check to see that your front yard and front porch are uncluttered – removing unused toys, sports gear and gardening tools that are left lying around. You may also wish to power wash sidewalks, walkways and driveway for a clean look.
- 3. An unkempt yard.** Take care of your lawn, including trimming overgrown shrubs or replacing shrubs that are dead or dying. Plus, treat weeds and keep your lawn trimmed.
- 4. Inspect your roof.** Check to see if your roof is missing shingles or looks old and worn.
- 5. Address your house numbers.** Are they visible and in good shape?

Improve Your Energy Efficiency

The desire to stay cool when it's hot outside (or stay warm when it's cold outside) has the biggest impact on your utility bill, accounting for about half of what you spend in energy costs. Far more than reading with the light on, preparing a home-cooked meal in your oven or relaxing in a hot shower, it's your comfort system costs taking up the bulk of your energy usage.

- Conducting a home energy audit is a good step for holding down these costs. You can begin with a do-it-yourself version where you walk through your home and inspect for drafty spots at windows and doors, between walls and ceilings or at the baseboard and flooring edges.
- Reducing air leaks could bring energy savings of 10% to 20% per year, plus you'll be a lot more comfortable. Call us to discuss more

ways to save energy in your home. There are options for every house and budget. You can start by:

- Setting thermostats a little higher reduces usage (a smart thermostat makes it even easier to adjust settings at any time). Also, check to see if your insulation is at the recommended level.
- Another priority for reducing energy usage is to maintain your heating and cooling equipment. Experts recommend getting a tune-up on your air conditioning system each year in order to keep it running at peak performance.

Call us today to schedule your tune-up if you haven't already. Or if your system is aging, upgrading to a more energy-efficient model will help you save energy dollars each month while enjoying consistent and reliable comfort.

The Secret to Saving Energy

It's the secret, actually, that we want everyone to know. A preseason tune-up is your #1 best bet for improving the efficiency of your air conditioning – meaning, you keep more of those energy dollars for yourself while avoiding future repairs. Call **Anchor Heating & Air** today at **770-691-0259** to schedule your tune-up.





Classic Strawberry Pie

When you're ready for a sweet treat this spring, this recipe is super easy to make and only takes a few ingredients.

- 9-inch pie crust
- 1 quart fresh strawberries
- 1 cup white sugar
- 3 tablespoons cornstarch
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup heavy whipping cream

Bake the pie crust according to package, then wash strawberries, pat dry and trim off stems. Arrange half the berries in the bottom of the pie crust. Place the remaining strawberries in a saucepan and mash with potato masher or similar gadget. Add a cup of sugar to the saucepan and stir in. In a measuring cup, add 3 tablespoons of corn starch to $\frac{3}{4}$ cup of water and stir to mix. In the meantime, cook the mashed strawberries over medium heat until simmering. Then gradually add the corn starch mixture. Bring to a boil, stirring frequently. Then reduce heat, simmering for about 10 minutes until mixture thickens. Stir constantly. Remove from heat and let cool a bit before pouring over berries in pie shell. Chill for several hours. Prior to serving, whip a half cup of whipping cream until it forms into peaks. Spread over pie and serve.

GET **\$25 OFF** THE BEST SERVICE WE CAN OFFER

For your next heating and cooling system repair, we'd like to make things easier on your wallet. Just clip this coupon for a \$25 savings on your repair bill. Then call us, and we'll give you our best service. Call **Anchor Heating & Air** today at **770-691-0259**.

Spiffing Up with Baking Soda

For a low-cost, non-abrasive cleaning solution for outdoor furniture and toys, mix a quarter cup of water and a quarter cup of baking soda in a container. Wipe down items with the mixture, then rinse off with a hose. You can also use baking soda, white vinegar and water to clean the grate of your grill. Mix vinegar with equal parts of water in a spray bottle. Sprinkle baking soda over the grill, then spray enough of the diluted vinegar to dampen (not soak) the baking soda. Wait 15 minutes then wipe with clean cloth.



Set Your Clock for a Good Night's Sleep

According to scientist and health expert Dr. Marc Milstein, lack of adequate sleep is linked to numerous health issues, including diabetes, Alzheimer's and weight gain, as well as your performance, mood, relationships and overall well-being. Yet you can start your day by preparing your body to sleep better at night.

The trick, Dr. Milstein says, is getting exposure to natural light first thing in the morning. By stepping into a few rays of sunshine, you'll set an internal clock that starts the countdown toward nighttime.

"That clock tells you when it's time to wake up and when it's time to fall asleep," Dr. Milstein explains. With exposure to natural light – either through a brief walk or a little time outside, "You set that clock so the right number of hours will pass so you'll feel tired at night."



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HOMEsense



MY WORD

...continued from page 1

Yet we also like to share good tips that will help you in your home, such as the kind you'll find in these newsletter articles. Please enjoy them and feel free to share them with a friend or neighbor. Also, don't forget to check out our discounts for extra savings.

Thanks again for being one of our customers. Remember, we're here when you need us!

Enjoy your spring!

Sincerely,

Barry Tysor

P.S. Now that the weather is warming up, it's time to get your air conditioning system ready for summer. Call us to schedule your tune-up if you haven't already.



Fast Fix

To mute a group text on an iPhone, swipe left on the group message to find the option "hide alerts." Tap there, and a half moon will appear on the left side of the text to let you know you've muted those alerts. To get alerts again, repeat and tap "show alerts."

Hurry: Offer ends May 15, 2020

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