

THE  
**ENERGY EXTRA**  
 NEWSLETTER

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

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



## 7 Reasons to Fall in love with Fall

Summer usually gets all the love. Spring tends to come in second place but that's because it's the end of winter and summer's coming (notice a trend?). Fall usually means the end of fun in the sun and pending winter misery. But it doesn't have to be that way.

### Here are some reasons to love fall:

**It's beautiful**—Fall is an artist's dream because of the bold and beautiful colors, but you don't have to be an artist to appreciate it. Take in the beauty and bask in the golds, oranges, and yellows that brighten up your surroundings.

**No more sweltering**—You may have lost outdoor time in the summer because of a heat wave or two. Fall is the time to get it back, especially in the early days. Enjoy a light sweater and cool, fresh breeze instead of summer's oppressive humidity and scorching sun.

**Say goodbye to the bugs**—Your kids are probably happier about this (unless they enjoy bringing critters into your house, in which case you'll be more relieved). No more shooing away flies and getting eaten alive by mosquitoes. Enjoy more outdoor time free from the bugs as they start to diminish for the season.

**Cozy days and nights**—Typically we complain about gloomy weather, but there's something cozy about the rain tapping on the windows and drumming on the roof. You don't need nature sounds from your phone to lull you to sleep on a rainy night. Enjoy the fall rainy weather instead of suffering through it.

**Autumn leaf play time**—Fall allows you to relive your childhood in piles of autumn leaves (before you make your kids rake them, of course). Take advantage by going for walks in the park and crunching through carpets of colorful leaves.

**Kids go back to school**—The laid back, lazy days of summer finally come to an end when the kids go back to school. Regardless of the situation (home schooling, virtual, or in-person learning), they benefit from fall's return to daily routines and learning.

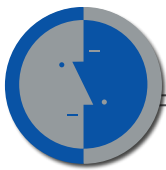
**It's an opportunity to prepare**—Normally you wait until December to make your New Year's resolutions, but fall gives you an opportunity to get a headstart. Instead of waiting for a new year to set everything in place for your resolutions, use this time of year to take stock and prepare for the upcoming year.

Fall doesn't have to be your favorite season, but hopefully now you can look forward to enjoying it year after year.



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**SAVE \$50**

**OFF the regular price. Cannot be combined with any other offers.**



Restrictions may apply. Please call for more details. Expires on 12/31/21.

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Get RESULTS by attacking pet and cooking odors, air pollutants, VOCs (chemical odors), smoke, bacteria, viruses, and mold spores in your home so your family can breathe easier!



Cannot be combined with any other offers. Please call for more details. Expires on 12/31/21.

## FROM THE DESK OF JEFF MILLER:

It is hard to believe it has been 20 years since the catastrophic attack on the twin towers. So many lives lost. So many families affected. Our society totally changed. It was one of those events that we marked where we were and what we were doing when it happened. It caused the beginning of a war that we have been fighting for 20 years. There have been many floods, hurricanes, wildfires, and the never-ending pandemic caused by covid since the twin towers attack. Despite all the challenges and setbacks, we Americans have come together and risen above.

On a lighter note, I was walking Mia, one of our dogs, the other morning like I do every morning. Mia and I were stopped twice by two neighbors who have lived nearby for over 26 years. They just had to pet Mia. Mia thinks everyone in the neighborhood should pet her. While we were stopped, we started talking and catching up with each other. Both asked me when we purchased the company from my dad. I was taken aback. I just assumed everyone knew that my mom was the owner. My dad worked for a major corporation here in St. Louis for 35 years then joined mom and I in 1985. Al, Don, and my mom started Al-Don in 1959. Mom established the high level of customer service we deliver. We strive everyday to continue that tradition. With the help of my wife, son, and our highly talented team members, we continue to provide the top-notch customer service for which we are well known.

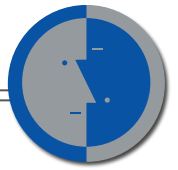
As we head inside for the fall and winter months, we (Al-Don) are here to help take care of your heating and Indoor Air Quality (IAQ) needs. Just call Leslie (our dispatcher) to schedule an appointment or go online to our website to schedule.

Now for the latest on Cheyenne and Skyler. Cheyenne is close to completing her bachelor's degree at St. Louis University. She is starting to investigate and evaluate her options in continuing her education. Skyler has been a welcome breath of youthfulness to help those of us who are starting rack up many years of experience. He is doing well.

As we continue to take the necessary precautions to fight the coronavirus, please be careful and enjoy the time you are spending with your family. If you should have any questions or would like your HVAC system evaluated, give us a call. We are here to help you obtain information and make the right decision for your situation. Thank you for allowing us to serve you after all these years. Your loyalty is very much appreciated. If we can help in any way, just let us know.

Sincerely,  
Jeff Miller





## ENERGY WASTING HABITS TO BREAK THIS FALL

Habits often go unnoticed until someone points them out or we're faced with unpleasant consequences. In addition to your personal habits affecting health and relationships, you may have habits that affect your energy consumption, costing you more time.

Here are some that you may not notice but need to change.

### Opening windows at wrong time

There's nothing like fresh air to clear our your house and keep stuffiness at bay. Ventilation is critical, and if, during the right weather, you leave your windows open to circulate through your home, your family will benefit. If, however, you open them to cool an overheating room (or vice versa in summer), your HVAC system will have to work harder, wasting energy.

### Setting your temperature too high

As the temperature drops in the fall, your body might be craving the fading summer warmth. There's a definite temptation to turn up the heat inside to prolong the comfort you enjoyed during the summer. Unfortunately, this also consumes extra energy. Set your thermostat a degree or two lower to save on energy.

### Postponing furnace tune-ups

As long as the furnace comes on when the temperature drops, everything is ok, right? Not so fast. Without regular tune-ups, you're wasting energy to keep your home warm during fall and winter. The longer you procrastinate, the more energy you waste. If you haven't already, call in the pros to tune up your furnace for the season and save on energy. Leaving a dirty filter in your furnace prevents air from flowing freely throughout your ductwork and increases the pressure that your blower has to overcome. This has two negative impacts: it forces you to set the temperature higher to provide the right amount of heat throughout your

house and it makes the fan work harder. Replace your filter regularly to ensure that you're not wasting energy in addition to having poor air quality.

### Long hot showers

Cranking up the heat in your shower costs you energy from hot water and also affects your HVAC system. When your bathroom steams up, you'll have to run the exhaust fan longer to remove all that moisture, adding strain to your HVAC system as it heats up the replacement incoming air (which generally enters through any gaps in construction or when the exterior doors open). If you have an energy recovery ventilation (ERV) system, this is less of a problem, so consider this upgrade.

It's time to change some habits. If you need help with HVAC upgrades and maintenance that will help you save energy, give us a call.



## MIA WANTS TO KNOW IF YOU'VE BEEN HAPPY

with the service that Al-Don provided in your home or business. If you are, please go to our website, [www.al-don.com](http://www.al-don.com), and leave a Google, BBB, or general review.

If you aren't, please call us immediately so that we can remedy this situation!

Mia says, "Be sure to continue washing your hands and covering your face with a mask! Also, please ask about our air purification with Air Scrubber Plus!"



## Joke Time!



Why did the air compressor sweat?

-Because it ran all day!

Who helps the little pumpkins cross the road to school?

-The crossing gourd!

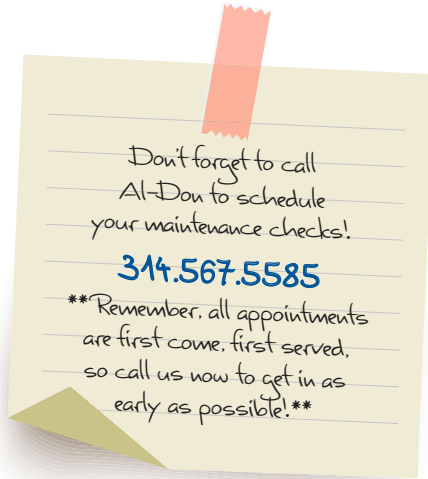
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## PUMPKIN SOUP

### Ingredients

- 2.4 lb pumpkin (any type) OR butternut squash, unpeeled weight
- 1 onion, sliced (white/yellow)
- 2 garlic cloves, peeled whole
- 3 cups vegetable or chicken broth/stock, low sodium
- 1 cup water
- 1/2-3/4 cup cream, half and half, or milk
- Salt and pepper to taste
- Parsley (optional, for topping)

### Directions

Cut the pumpkin into 2 1/4" slices. Cut the skin off and scrape seeds out. Cut into 1 1/2" chunks.

Place the pumpkin, onion, garlic, broth, and water in a pot. Bring to a boil, uncovered, then reduce heat and let simmer rapidly until pumpkin is tender, about 10 minutes. Remove from heat and use an immersion blender to blend until smooth. Season to taste with salt and pepper, then stir in the cream. Never boil your soup after adding cream because it will split.

Ladle soup into bowls, drizzle over a bit of cream, sprinkle with pepper and parsley if desired. Serve with crusty bread on the side!



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