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the bear facts

Fall
Winter 2018

the bear facts



energy savings

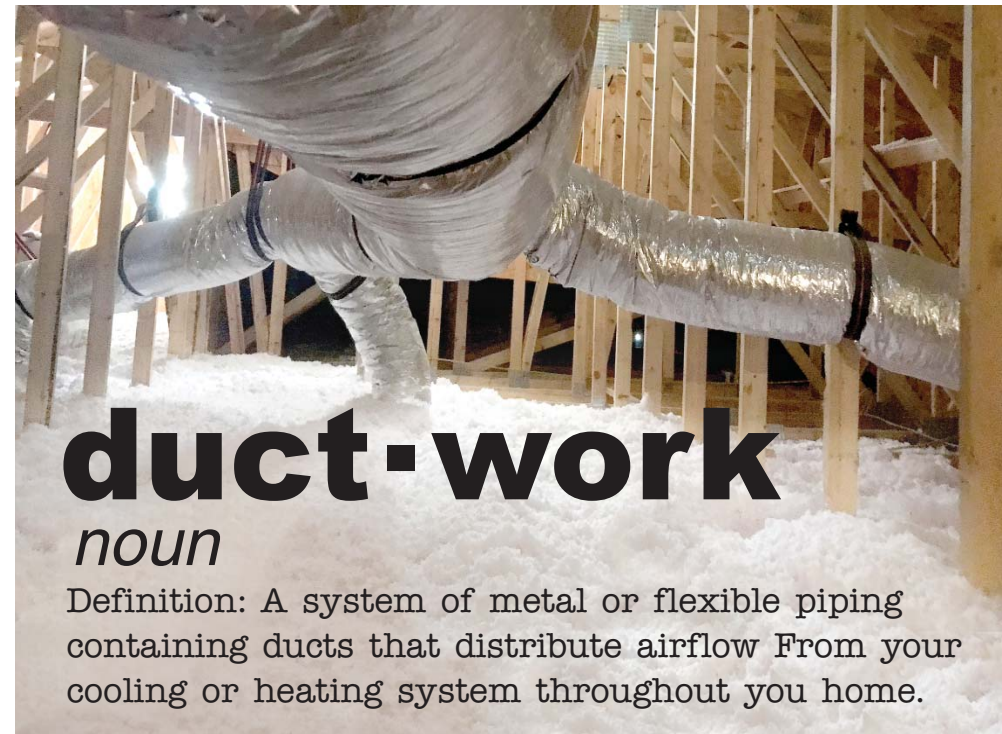
Over 28 million people work from home at least part of the time, according to the U.S. Department of Labor. This can save time and fuel by reducing your commute, but it may increase your home energy use. Improving the energy efficiency of your home office equipment will help you save on utility costs without hampering your productivity.

- Make sure computers and other office equipment are turned off when they are not in use for an extended period.
- Many electronic devices continue to use standby power even after they are turned off. Connect your office equipment to a power strip as a central shut-off to eliminate standby power losses.
- Set office equipment, such as printers and scanners, to automatically switch to sleep mode when not in use. In addition to saving energy, the equipment will stay cooler, which will help to extend its useful life.
- Use a laptop computer instead of a desktop. Laptops use less than one-third the energy of a typical desktop computer.
- Adjust your home's thermostat to the

unoccupied setting. This avoids wasting energy by conditioning the entire house while you are occupying only a small portion of it. Consider using a space heater in winter or a ceiling fan in summer to maintain comfort.

- Use task lighting with energy-efficient compact fluorescent lamps (CFLs). A desk lamp uses less energy than whole-room lighting.

When purchasing new office equipment, make sure that it is ENERGY STAR qualified. ENERGY STAR certified products use less energy than standard models. According to the U.S. Department of Energy, if every home office product purchased in the U.S. were ENERGY STAR qualified, Americans would save an estimated \$75 million a year in energy costs.



duct-work

noun

Definition: A system of metal or flexible piping containing ducts that distribute airflow From your cooling or heating system throughout you home.

Sounds simple enough, right? But did you know, there are over a million miles of ductwork in American homes, and according to experts, **at least two-thirds of them are leaking**. This means most homes are spending more on air conditioning and heating bills, plus they aren't as comfortable as they should be. Even worse, leaky ducts could potentially result in dangerous indoor air quality.

Duct leakage means the hot or cold air you are paying for is leaking out into the attic or crawl space. New homes today are shooting for only 2-5% duct leakage. Homes over 20 years old with metal ducts can have leakage over 40%.

It is also possible to have leaks that pull air into your home – air that is full of pollutants and irritants.

When energy was cheap, it didn't matter if there was leakage. In fact, most ducts installed between 1950 and 1980 weren't even sealed to begin with. Plus, many sealed ducts

have problems with the poor quality of materials. Believe it or not, duct tape shouldn't be used because the adhesive eventually dries out. So regardless when your home was built, your ducts probably need work.

There are generally 3 methods to fix leaky ductwork:

1) Strip off insulation, seal all seams and then wrap with radiant barrier covered duct blanket.

2) Tear out metal ductwork and replace with flex duct. This is usually not recommended since metal ducts are great if sealed correctly.

3) Strip off any duct insulation and have a spray foam company spray about 1-2 inches of closed cell foam on the ducts. The foam will both seal and insulate the ducts in one shot.

WARNING: Check your local building codes and fire officials on this one. Some cities do not allow this method.

To see if your ductwork needs work give us a call.

get the Inside Story

Welcome to the Fall & Winter edition of The Bear Facts, a newsletter published by Robért Refrigeration.

As we were preparing this newsletter in early October, it was still summer. Or at least it felt like summer!! But we all know, fall will eventually get here, if only for a short time, and then, winter will hit. Probably with a vengeance!

This newsletter is full of things to help you enjoy the fall and winter both comfortably and affordably! You'll find ways to save on utility bills, reduce fall allergy problems and even decorate your house.

We also wanted to take the opportunity to tell you about a new product we have found: The Air Scrubber Plus. It is an amazing new air purifier with space age technology. We want you to experience how clean the air in your home will be, we're offering 20% off installation. So check it out!

We'd like to thank you again for your business. Keep in touch! Remember, Robért Refrigeration is there when you need us.

Sincerely,
Kenny Robért, Jr.
Robért Refrigeration.



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KID TESTED. MOMMY APPROVED. NASA ENGINEERED.

Air Scrubber Plus Purification products are certified space technology to protect your home and family, which means it's guaranteed to have originated from technologies that came from space exploration. It is now available to protect you and your family from dust, germs, pet dander, viruses and more!

CLEAN

Contaminants are constantly brought into your home. Air Scrubber Plus is proven to destroy up to 99% of all surface contaminants. And it scrubs, purifies and cleans the air you breathe.

DEODORIZE

Whether smoke, a burnt dinner or a dirty pet is making your home smell, the Air Scrubber Plus can help. Working through your air conditioning system, it has a unique photocatalytic device that significantly reduces dust, pet dander, various allergens and odors such as cigarette smoke, paint fumes, mold and strong cooking smells.

PURIFY

Air Scrubber Plus can control dust, mold, pollen or many other pollutants that cause irritation and allergy symptoms. Specialized light waves, along with a proprietary catalytic process creates enviro-scrubbing molecules of oxygen and hydrogen that purify your air and can relieve allergy symptoms.



Call Robért today for more information on this revolutionary new product!

DON'T FALL for AUTUMN ALLERGIES

For some people, crisp afternoons and falling leaves are a signal that autumn is here, but for those sensitive to allergens, there's a clearer sign that fall has arrived: allergy symptoms. With record pollen counts already on the board, this fall is gearing up to be one of the worst allergy seasons yet.

According to the National University of Health Sciences, ragweed is one of the top triggers of hay fever symptoms. It often gives millions runny noses and watery eyes. Plus mold growing in moist soil, vegetation, fallen leaves and gutters can also lead to allergy attacks.

Here are some tips to help keep fall allergens from getting out of hand:

Wear a mask for outdoor chores. Pollen and mold spores can accumulate in fallen leaves and damp grass. When raking or mowing, wear a face mask. Reduce your outdoor activities on dry and windy days when airborne allergens are at their peak.

After a day outdoors, hit the showers. Pollen

can accumulate on skin, hair and clothing. If you spend more than an hour outdoors, showering and changing clothes may help.

Keep windows and doors closed. You may want to air out your house as the hot summer air cools off. For people with sensitivities to airborne particles; autumn breezes may cause sneezes. Keeping windows and doors shut.

Change your air filter regularly. This can be the most important tip of all. If someone in your home is prone to dust, dander and pollen allergies, a HEPA filter could be very helpful. HEPA filters have become increasingly available in many discount home improvement stores. But as helpful as this can be, they don't replace a professional cleaning of your system, at

least semi-annually.

Call Robért. We have a variety of Air Cleaners and Purifiers that can clean, deodorize and purify the air in your home by reducing airborne contaminants up to 99%. Even bacteria, mold and viruses. Call us today and schedule an appointment to see how we can help.



modern & fall

A new mix for an updated look

As the evenings get cooler and the morning sun takes a little longer to rise, it's time to give your home a look that captures the spirit of autumn.

This fall, think Monochromatic. And if you can't find everything you want in one color family - use paint! Pumpkins, pinecones, antlers can all be painted white. Add candles and flowers in the same hue and you'll have a beautiful look that can last all season.

Simple add a mix of these items to both the inside and outside of your home to immediately make it feel more cozy and warm. Try using several medium size pumpkins in a line down your front stairs. A few small pumpkins would draw attention lined up on top of your front door or across the mantle of a fireplace.

Craft stores have grapevine wreaths. Buy one and hot glue on small gourds and pumpkins, and even some nuts. This would make a great indoor wreath. Spray painted with a flat white (or using chalk paint) will give you a modern, yet cozy look. Or you could be daring and mix your metallics. There are so many varieties of gold, silver, bronze and copper available today to make your home really shine!

Remember, simple touches of natural materials with modern colors can create a lot of charm and warmth. And often you don't have to look any further than your local farmer's market.



ApplePecan Bread Pudding

Put your slow cooker to use for this comforting dessert.

Ingredients:

- 8 slices cinnamon-raisin bread, cubed
- 2 medium Granny Smith apples, peeled and sliced
- 1 cup chopped pecans (toasted is best!)
- 1 cup sugar
- 1 tsp cinnamon
- 1 tsp nutmeg
- 3 large eggs, beaten
- 2 cup half & half
- 1/4 cup apple juice
- 1/4 cup melted butter

Serve warm with ice-cream!



Directions:

Place bread cubes, apples and pecans in a greased 3 qt. Slow cooker. In a medium bowl combine sugar, cinnamon and nutmeg. Add eggs, cream, apple juice and butter; mix well. Pour over bread mixture. Cover and cook on low for 3-4 hours or until knife inserted in center comes out clean.



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