



801-296-0477

Humidify Your Way To Healthy Indoor Air

Dry indoor air is a common problem in the winter. Unfortunately, when you turn your heating system on, indoor air becomes drier. As cold air is heated, it expands, which causes the relative humidity level to decrease. Relative humidity is the percentage of water vapor in the air in relation to how much water the air can hold at a given temperature. A healthy level is between 35–45%, but in many homes it regularly falls below 20%, which can lead to skin irritations, sore throats and even respiratory problems. Low humidity can also damage woodwork, flooring and furniture, causing it to shrink, warp or crack.

We have the solution — the AprilAire® Whole-Home Steam Humidifier. When added to your home's comfort system, this humidification system works to maintain correct moisture levels in your home. It's able to self-adjust based on indoor and outdoor temperatures to maintain proper humidity levels using an Outdoor Air Temperature Sensor. Unlike portable humidifiers that are noisy, only humidify a single room and require almost daily maintenance, a steam humidifier is silent and adds moisture as needed to circulated indoor air throughout your home, and typically only needs annual maintenance.

A Whole-Home Steam Humidifier is the answer for total indoor comfort this winter and for many winters to come. Call **High Country HVAC, Inc.** today and discover how we are "Raising Your Comfort To New HEIGHTS."

A Note Of Appreciation

This is typically the time of year when many of us stop to reflect on the past year, "where does the time go?" It may seem cliché, but we want to let you know just how thankful we are for your business, trust and support.

Our team may live and breathe all things relating to HVAC, but we realize you don't. That's why we take care to consider your unique needs when repairing or replacing a heating or cooling system. Our goal is to provide you with the service and system that's right for your family and your home.

We also realize it's not always easy to choose which company to trust inside your home. We're grateful you've put your trust in **High Country HVAC, Inc.** and do not take it for granted. Let us know if we can ever be of service via our website www.highcountryhvac.com or give us a call at **801-296-0477**.

Wishing the best to you and yours for a happy and healthy New Year.

Sincerely,

Dan Limb & JC Bolton

President

General Manager

"Raising Your Home Comfort to New HEIGHTS"



801-296-0477

www.highcountryhvac.com

Heating & AC Installation & Service
Indoor Air Quality Solutions
Home Energy Audits
Ductwork • Fireplaces



PRSR.T. STD.
U.S. POSTAGE
PAID
THE NEWSLETTER
COMPANY

High Country HVAC, Inc.
938 Mary Margaret Drive
Kaysville UT 84037-6831

Take advantage of these special offers!

FURNACE TUNE-UP SPECIAL

ONLY \$89

Save on your system service. We'll put your system through a tune-up and perform preventive maintenance.

Offer good through 2/28/17 at High Country HVAC. Please present coupon at time of service or sale. Not valid with other offers. If you can't use this coupon, perhaps your neighbor can.

STEAM HUMIDIFIER INSTALL

\$100 OFF

Improve your indoor air quality with a humidifier.

Offer good through 2/28/17 at High Country HVAC. Please present coupon at time of service or sale. Not valid with other offers. If you can't use this coupon, perhaps your neighbor can.



www.facebook.com/highcountryhvacinc

Changing SEASONS

A QUARTERLY PUBLICATION FOR THE CUSTOMERS OF HIGH COUNTRY HVAC, INC.



Winter 2016-17



801-296-0477

www.highcountryhvac.com

See Back for Special Offers

Saving Water Is A Win-Win

According to the EPA, the average American family uses more than 300 gallons of water every day, and, on average, approximately 70% of that water is used indoors while 30% is devoted to outdoor water use. During colder months, we tend to spend more time indoors, which can lead to increased water usage around the home. Consider implementing the water-saving tips that follow. You'll not only save water, which is good for the planet, but also see the added benefit

Continued on page 2

© 2016 The Newsletter Company 1-800-828-7198 Please recycle this publication.

Continued from page 1

the added benefit of lower monthly water bills. Now, that's a win-win situation for us all.

In the bathroom:

- Drop a little food coloring in the toilet tank and if the color shows up in the bowl without flushing, you have a leak.
- Showers use less water than baths, but keep them short!
- Replace a faulty toilet with a low-flush model.
- Turn the tap off while brushing your teeth or shaving.

In the kitchen:

- Only run the dishwasher with a full load.
- Scrape dirty dishes clean, instead of rinsing, before placing them in the dishwasher.
- Plug the sink when washing dishes by hand.

In the laundry room:

- Wash clothes only when you have a full load.
- Check the washing machine's hoses regularly for cracks.
- Change out an old, water-guzzling washing machine with a new, efficient one. ■



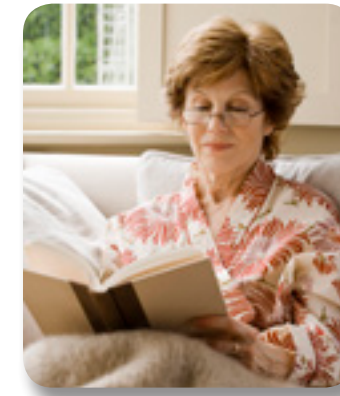
Cutting shower length by just one minute can save 2.5 gallons of water — that you've paid to heat!

Rest Easier With A Carbon Monoxide Detector

Carbon Monoxide (CO) is the leading cause of death by accidental poisoning. Because it's odorless and colorless, it can be difficult to detect. Early warning signs of CO poisoning can resemble symptoms of the flu or a cold. Higher levels of poisoning cause dizziness, nausea, severe headaches and mental confusion.

CO is released into homes as a result of incomplete combustion of any fuel-burning appliance, including furnaces, gas stoves, clothes dryers, fireplaces, water heaters and space heaters. Improperly vented or poorly maintained appliances are often the culprits for CO leaks.

A CO detector will first sound a warning when CO is beginning to build up indoors. If the detector is in full alarm mode, ventilate your home with fresh air and turn off all appliances that could release CO. Call 911 if anyone is exhibiting symptoms of poisoning. ■



Install a Carbon Monoxide detector in your home, near your sleeping area.

Tip

In the winter, set ceiling fans to rotate clockwise, and at low speed, to pull cool air up and gently push warm air down.

LENNOX™ Healthier PureAir™

Combatting indoor air pollution is a concern for new and old homes alike. New homes tend to have higher concentrations of chemicals, and old homes can be breeding grounds for mold and mildew. All homes, no matter how clean they appear, are contaminated with dirt and dust. In fact, according to the U.S. Environmental Protection Agency, the air inside the average home is up to five times more polluted than the air outside.

The PureAir system removes pollen, dust mites, bacteria, molds, odors and harmful chemicals from indoor air — and destroys them. The system uses a combination of ultraviolet light and innovative filtration technology to capture and eliminate pollutants, maximizing your home's indoor air quality (IAQ). ■



Lennox PureAir removes more than 95% of particles down to 0.3 microns, including dust, pollen and pet dander.

Question & Answer



Contact us if your home has cold and hot spots, so we can get you back to living in the comfort you deserve.

Why Is My Home Heating Unevenly?

If your heating system isn't keeping every room in your house comfortable, then something may well be wrong with your system, or even with the house itself. A few potential causes of uneven heating are:

Leaky ductwork: This is one of the most common causes of uneven heating and also of inefficient heating. If air ducts are leaking, temperatures can't successfully flow throughout your home. You may wind up with cold spots, or worse yet, your system may be forced to work overtime as it attempts to balance out temperatures. This can lead to a spike in heating costs.

Subpar insulation: Home insulation prevents unwanted heat transfer. Heat is always going to move toward cooler areas, which in colder months means the outdoors. If an area of your home isn't sufficiently insulated, it'll likely feel cooler than those that are.

Improper settings: Double-check that the thermostat has been set properly. Someone may have bumped up against it, or a programmed setting was adjusted to override and then never reverted back to the pre-programmed schedule. ■

Earth & Atmosphere

The Coldest Places On Earth

Remember how the term "polar vortex" went viral during the winter of 2013–14? Well, that was nothing compared to a few places historically found at the top of that unenviable list: The Coldest Places on Earth.

Vostok Station, Antarctica has an ice cap climate, meaning there's sub-zero temperatures year round. January is its warmest month with a high of -16.8°F, and August its chilliest, with a high of -60.7°F.

International Falls, MN has been dubbed "Icebox of the Nation." January highs reach approximately -9.2°F.

Yakutsk, Russia is the coldest city in the world with a population of over 250,000 people. Located 250 miles south of the Arctic Circle, it's lucky to hit -25°F during winter, and is routinely -60°F and below.

Hell, Norway is a tiny village with barely 1,440 people and is known for some of the coldest, darkest winters in the northern hemisphere. At 63 degrees latitude, it's one of the highest inhabitable locations on the planet. ■



February 2015 was one of the coldest on record for many major cities in the Midwest and Northeast.