



801-296-0477

May Is Clean Air Month

May is Clean Air Month, so it's a perfect time to learn how indoor air can be made healthier for people with allergies, asthma or lung diseases. Providing clean and healthy air for your home is one of our top priorities, and we have the best equipment available to make your home healthy for your lungs.

People in the U.S. spend up to 90% of their time indoors, so it's more important than ever to ensure your heating and air conditioning system is working at top efficiency. Ask us about monitoring and analyzing the specific air quality in your home. With that important data, we can show you the best filtration and ventilation solutions for your home.

We can install whole-house ventilation systems that remove stale, contaminated air and replace it with clean, filtered air without introducing new pollutants from the outdoors. And we have a variety of air filters and cleaners to remove dust, dander, pollen and bacteria from your home.

Improving your home's air quality is just one reason we're in business. Please call **High Country HVAC** so we can determine the best type of indoor air-quality equipment to ensure your family's health and comfort.

A Tune-Up Explained

You've heard it enough by now to know that a spring tune-up for your air conditioner is a smart idea, but you may have wondered what you're actually paying for. Below is a list of some of the inspections and procedures that professional technicians include in a quality tune-up:

Clean the condenser. Involves giving the outdoor unit some TLC with a foaming cleanser.

Assess the airflow. There are three ways that technicians can get an accurate measurement of your system's airflow. The gold standard for capacity operation is 400 cfm of air per ton of cooling; if the reading is off, the cause should be investigated.

Measure the bulbs. Measurements of the wet and dry bulbs (indoors and outdoors) need to be taken to determine the necessary Super Heat (an HVAC tool involved in refrigerant charge).

Set the refrigerant charge. Depending on what the measurements reveal, the technician will set the charge accordingly.

Clean the blower components. An essential aspect of your air conditioning system, the blower should be cleared of built-up material and adjusted if necessary.

Check the filter. The technician may simply clean it or replace it altogether.

The result of a thorough tune-up is savings on your energy bills and the confidence that your system will be in pristine condition when the temperature begins to soar, eliminating costly emergency repairs.

At **High Country HVAC**, we're always happy to take the time to explain our services. Call us today at **801-296-0477** to schedule your spring tune-up.



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Renovations Can Help Create A Healthier Home

Spring is often an ideal time to put renovation projects into action. And whether it's repairing damaged or broken items, or expanding your living space, consider how improvement projects can be geared toward making your home healthier.

Establishing a healthy home means different things to different people. You may be one who likes to incorporate eco-friendly products, or a parent with

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young children or a mobility-impaired senior who wants a home that's free from potential hazards. Others may view a healthy home as one that will alleviate seasonal allergies.

Here are just a few ways to make your home environment healthier:

Be aware of furniture materials. Toxic PBDEs, which are chemicals used as flame retardants on furniture fabrics produced prior to 2006, can send toxins into the air. Some manufacturers may still use these flame retardants in new forms, but with similar risks. Before purchasing furniture, ask if a product is treated, and select naturally fire-resistant materials like wool and cotton.

Lighten up. Lighting can have a dramatic impact on whether a home feels inviting, warm and/or uplifting. Experiment with different types of bulbs and lighting fixtures to turn drab and dreary rooms into brighter places. Proper lighting also improves safety.

Eliminate tripping hazards. Consider the color, placement and number of area rugs in your home. And add nightlights in hallways to help make it easier to see obstacles.

Declutter the home. Besides attracting dust and making a home harder to clean, a cluttered space can affect emotions. Adding storage shelves or cabinets can help keep items organized.

Whether your project is big or small, a spruced-up home can help you and your family relax and recharge — and that's a very healthy way to enjoy your home. ■



Left unchecked, an A/C system can lose 5% of its operating efficiency due to dust and dirt buildup. Call us to schedule a tune-up!

Supply And Return Vents 101

If your home has central heating and cooling, it has a network of ducts that provide a pathway for air to cycle to and from your heating and cooling system. When your air handler is on, it's simultaneously blowing air into rooms and sucking air out of them.

Supply vents are the covers for the openings in each room, through which conditioned air is blown out. This air travels from your system, through ductwork and out of the supply vents.

Return vents cover larger openings and are connected to your return ducts. When your air handler is running, it sucks the air from rooms into the return vents and back to your system.

Supply and return vents are designed to work together in order to maintain a pressure balance in your system. Make sure you don't have furniture or anything else blocking any vents. By keeping them clear, air is not restricted and will flow efficiently. ■



Closing supply vents in unused rooms increases pressure inside ductwork, causing efficiency problems similar to a dirty air filter.

Tip

Two big warning signs that it may be time to replace your A/C are that it runs much louder than normal and costs a lot more than usual to keep your home cool.



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. 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



Correctly sized and sealed ductwork is a vital part of an energy-efficient system.

Will my ductwork need to be replaced if I purchase a new heating and cooling system?

Depending on the size and capacity of your new system, the answer may be yes. Your existing ductwork was designed to work with your current heating and air conditioning equipment. When upgrading to new equipment, the existing ductwork may no longer be capable of handling the airflow requirements of the new system.

After a complete analysis, we'll be able to determine if a ductwork replacement or retrofit is required. If the existing ductwork is compatible with the new system, it'll be thoroughly checked for leaks. Leaky ductwork not only affects comfort, it also decreases the efficiency of a heating and cooling system, forcing more energy use than necessary to keep your home comfortable.

Correctly sized, designed and installed ductwork is an integral part of a comfort system and helps you get the most from your investment. Rely on our advice and expertise to determine what is best for your home and comfort. ■

Earth & Atmosphere

Floods

As rain falls to the Earth, it seeps into the ground. But if the ground is covered in concrete or asphalt, or the soil is already saturated and cannot absorb the water faster than it falls from the sky, flooding can occur.

No area in the U.S. is completely free from exposure to floods. Coastal areas might experience a higher occurrence of flooding, but inland communities can also be at risk.

The U.S. Geological Survey and the National Weather Service work together to maintain flood warning systems across the country. Flood alerts are divided into several basic categories:

Flood watch: Conditions may suggest possible flooding within 12–48 hours.

Flood warning: Widespread flooding is expected or actively taking place.

Flash flood watches & warnings: Potential for especially rapid flooding, usually from heavy rain or dam failure.

Flood statements: Are issued when flooding is expected along any major streams where people and property are not threatened. ■



Avoid driving on flooded roads. Currents and depth of water are often hard to determine and can easily wash your vehicle away.