



801-296-0477

## We Are Upgrading

Who knew the world would evolve the way it has? It's interesting how technology has evolved and the way it has made our lives both easier and, sometimes, what feels to be more complicated. Who would have ever considered that we'd have the ability to hold a phone in the palm of our hand that replaces phone books, radios, maps, and even computers?

With technological advances we're moving forward to make communication with you (our customer) easier. We continually strive for a friendly and smooth customer interaction with our technicians and office staff. Whether it's routine maintenance or an emergency repair, we know it's important that you have the ability to contact us. We're excited to announce that you can now reach us via text or by phone at **801-296-0477**. We recommend saving this number in your phones in place of any of our technicians' numbers you may have saved.

Thank you for your continued business, and if you have any questions, please call or **text High Country HVAC** at **801-296-0477**.

*Happy New Year!*

*Dan Limb & JC Bolton*  
President General Manager

## Dual Fuel 101

A question we're often asked is: What are heat pumps, and how do they work? A heat pump replaces the outdoor air conditioning unit and will cool the house in the summer. It then reverses its process to heat in the winter. These have been in use since the 1960s, but used primarily in areas without natural gas.

Similar to hybrid cars that use a combination of battery and gasoline for better fuel economy, "dual fuel" heating systems use electricity on mild winter days and switch to the gas furnace at colder temperatures to increase efficiency and lower heating bills.

Heat pumps haven't been common in our region, but they are a great option — especially now that both heat pump efficiencies and the cost of natural gas have increased. Please call today if you've been thinking about upgrading your home comfort system, and to learn more about dual fuel.

**Incentives & Rebates Up to \$4,800 or more**  
on a dual fuel system.

Call or **text High Country HVAC** at **801-296-0477** today!



801-296-0477

highcountryhvac.com

Heating & AC Installation & Service

Indoor Air Quality Solutions

Home Energy Audits

Ductwork • Basements



www.facebook.com/highcountryhvacinc

PRSR STD  
U.S. POSTAGE  
PAID  
THE NEWSLETTER  
COMPANY

High Country HVAC, Inc.  
705 N 1000 W Ste 9  
Centerville UT 84014

## Take advantage of this special offer!

**NO PAYMENTS AND NO INTEREST FOR 6 MONTHS**

WHEN YOU FINANCE A NEW LENNOX® SYSTEM FOR AS LITTLE AS \$132 A MONTH\*

AND

**RECEIVE UP TO \$4,800 IN REBATES & TAX CREDITS**

WITH THE PURCHASE OF A LENNOX ULTIMATE COMFORT SYSTEM™



\*Offer available January 9, 2023 to February 3, 2023. Offer based on a retail price of \$10,000. Requires purchase of qualifying system. Financing available to well-qualified buyers on approved credit. No down payment required. Financing requires 120 equal monthly payments of \$132 a month of principal and interest after the first 6 months. Normal late charges apply. Financing can combine with any eligible rebate. Minimum and maximum amount financed of \$3,000 and \$100,000, respectively. You may prepay your account at any time without penalty. Financing is subject to credit requirements and satisfactory completion of finance documents. Any finance items advertised are estimates only. See Truth in Lending disclosures available from lender for more information.

\*\*Rebate requires purchase of qualifying items between January 9, 2023 to February 3, 2023. Qualifying items must be installed by February 10, 2023. Rebate claims must be submitted (with proof of purchase) to www.lennoxconsumerrebatess.com no later than February 24, 2023. Rebate is paid in the form of a Lennox Visa® Prepaid card. Prepaid Card is subject to terms and conditions found or referenced on card and expires 12 months after issuance. Conditions apply. See www.lennox.com/terms-and-conditions for complete terms and conditions.

Wishing you a  
*Happy New Year!*

From all of us at **High Country HVAC**

# Changing SEASONS

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



Winter 2022-23



801-296-0477

highcountryhvac.com

See Back for  
Special Offer

## Get Your House In Shape For The New Year

Many of us pledge to make positive changes in our lives to start off the New Year. Perhaps the most popular resolution is getting in shape, so why not make a resolution to get your home's energy efficiency in shape, too?

During colder months, your heating system may be one of the hardest-working appliances in your home, but it's usually taken for granted until it

*Continued on page 2*

Please recycle this publication.  
© 2022 The Newsletter Company 1-800-828-7198



Continued from page 1

breaks down. Preventive maintenance will help keep that from happening, but eventually, the time will come when it makes more sense to replace equipment rather than repair it. In the meantime, there are ways you can help boost your heating system's efficiency and also get your energy budget in shape.

**Combat sources of cold air.** Cracks and gaps can account for 10–15% of overall heat loss. Stop breezes under doors by installing draft excluders, and be sure to weather-strip or caulk around windows.

**Ensure your house is properly insulated.** Insulation holds heat inside so that the air you're paying to heat is keeping you comfortable.

**Change your air filter.** A dirty air filter forces your heating system to work harder, which eats up energy and can wear down the equipment. Changing air filters regularly will also help keep indoor air clean.

**Consider your windows.** Heat can transfer through glass. You can cut heat transfer by 40–50% with double-glazing and low-e (low-emissivity) glass. More efficient windows make for more efficient heating, saving you money on energy bills.

**When it's time, shop smart.** If your current HVAC system limped through the last heating season, and is more than 10 years old, it may be time for a replacement. We can help you select the right HVAC system for your home and your budget.

Let us help your home comfort start the New Year off right. ■



**Sealing air leaks around windows and doors can save you energy and money.**

## Question & Answer



Children younger than 5, but especially younger than 2 years old, are at high risk of developing flu-related complications.

### Is it true that poor indoor air quality can make you sick?

Practicing healthy habits can guard against the flu: getting an annual flu shot, covering your mouth and nose when coughing or sneezing, washing hands, and staying home when you're sick. However, indoor air quality also plays an important role in your health.

Indoor air contaminants are responsible for, or can aggravate, many illnesses. Installing an air purification system will add one more tool to fight the flu. There are some that perform to a higher level, such as removing nearly all particles absorbed by the lungs, including infectious bacteria, and the majority of airborne viruses such as flu and cold viruses.

The health of your family should never be compromised. For more information on Influenza and the 2022–23 flu season, visit the Centers for Disease Control and Prevention at [www.cdc.gov/flu](https://www.cdc.gov/flu). And if you're ready to take healthy indoor air to a new level, our team is here to help. ■

## Get A Good Night's Sleep

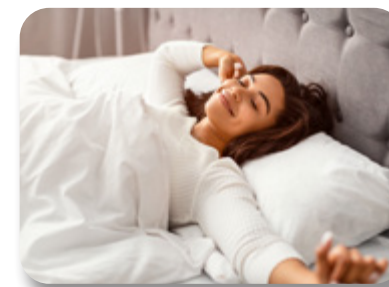
How important is a good night's sleep? According to the American Sleep Association, it may help the body conserve energy and other resources it needs to fight infection.

**Relax for a minute or two:** While it may be difficult to wind down after a hectic day, focused breathing exercises and meditation might just help you drift off to sleep quicker.

**Dial the perfect room temperature:** SleepScore Labs reports that the best room temperature for sleep is between 60 and 67 degrees Fahrenheit.

**Clear the air:** Poor sleep has also been associated with dust and pollen. The journal *Allergy, Asthma & Clinical Immunology* reports that Allergic Rhinitis, an inflammation of the inside of the nose caused by allergens, affects 10–20% of the world's population and can result in "impaired health-related quality of life, sleep and productivity."

Look to us for ways to improve your home's indoor environment, so you can get a good night's sleep. ■



According to the American Sleep Association, 30% of adult Americans experience short-term insomnia.

### Tip

Closing your curtains or blinds at night keeps up to 10% more warm air inside to help save on heating. For even more warmth, throw on an electric blanket for just 5¢ an hour.

## LENNOX Come Home To Comfort

Your schedule may change. The weather may change. Even the air quality in your neighborhood may change. But the iComfort® S30 adapts to help deliver the ultimate in comfort, energy savings and peace of mind.

**Smart Away Mode:** Works with an app on your smartphone to detect when you leave your house, and automatically puts your system into an energy-saving mode.

**Schedule IQ™ Technology:** Works with Smart Away Mode to help optimize heating and cooling based on the patterns of your family's schedule.

**Feels Like™ Temperature:** Takes into account the temperature and humidity to help make your home feel exactly like you want it.

**Allergen Defender:** Monitors the air quality and pollen levels of your zip code and automatically turns the fan on to clean indoor air when outdoor levels are high.

**Advanced Warnings:** Alerts you to issues before they interrupt your comfort. ■



The iComfort S30 can work with multiple mobile phones at the same time, so complete comfort is simple.

## Earth & Atmosphere

### Aurora Borealis

Those who live at or visit the far north might at times experience colored lights shimmering across the night sky. Officially known in the northern hemisphere as aurora borealis, the Northern Lights may look elegant and calm, but in fact are produced from millions of explosions of magnetic energy.

These haunting lights are a form of intense space weather, a result of the atmosphere shielding the Earth against fierce solar particles that would otherwise make our planet uninhabitable. Millions of electrically charged particles in the solar wind wash over Earth and smash into upper atmospheric gases. The energy from each collision is released as photons — particles of light. This causes the particles to glow.

Different gases in Earth's atmosphere give off different colors in the aurora. Oxygen gives off the green color and nitrogen causes blue or red colors.

The mystery of the aurora is not as mysterious as it used to be, but the dazzling natural light show can still fire our imaginations. ■



Auroras mostly occur around the Earth's north and south geomagnetic poles — aurora borealis to the north and aurora australis to the south.