



Simple Steps

To Reduce Your Family's Impact on the Environment

Annual Heating and Air Conditioning Maintenance

Many people wait until something is wrong before they feel that they can justify the cost of service and repairs. Problem is, by neglecting to have your furnace and air conditioner serviced regularly, you will pay more in the long run; more in energy bills, more in preventative repairs, and face replacements sooner from reduced equipment life. And, you will most likely experience equipment failure in the middle of the summer or winter, times of heavy use when you need your systems the most.

Regular maintenance will catch small issues before they become large issues and prevent total system failure. Also, when your equipment is serviced annually and running at an optimal level you will have much lower utility bills. This is good for the environment and your pocketbook.

Upgrade Old, Inefficient Appliances.

Dishwashers, clothes washers, ovens, refrigerators, water heaters, air conditioners, furnaces, boilers, and other major appliances can all run up energy costs quickly if they are not energy efficient or not running at peak performance. It is important to have your major appliances inspected regularly. If you are considering a renovation or upgrade, explore your options.

Fix Refrigerant Leaks.

Refrigerant is expensive. The longer you put off fixing the leak, the more that's evaporating (not to mention the harm to the environment). Not

only that, if moisture enters and reacts with the refrigerant, vital components like the compressor can be damaged and you may end up replacing your entire unit. Even if a total replacement is not required, the efficiency of your unit can be greatly compromised.

Seal Air Infiltration Of Your Home

If your home is not sealed to today's standards you could be spending 30% or more on your energy bill than necessary. Infiltration refers to airflow through gaps or cracks around windows, or in walls or flooring. Using caulk or other means to fill in the holes you can access will help to seal the building envelop so that less energy will be needed to maintain the temperature in your home. Having a home energy audit conducted will also give you more information about the most cost effective changes you can make to reduce costs.

Seal ducts located outside of the building envelope.

If you have ducts that run through your garage, attic, basement, or crawlspaces they may be susceptible to extreme temperature deviations from the portion of the home where the temperature is regulated. Sealing and insulating these ducts will result in a reduction of energy consumption.

Ceiling Fans

A ceiling fan can increase evaporation of perspiration from an individual and create the sensation of a cooler environment. Ceiling fans also cost much less to operate than your comfort system. This allows you to set the thermostat higher and still enjoy a comfortable environment. Be sure to turn the fan off when you leave the room.

Don't do everything at once. Pick a few projects to tackle each year. By making just a few of these changes, you could be saving a great deal of money on utility payments. We can help you to prioritize. Bovard's is always ready to help with all of your heating and cooling needs.

At Bovard Heating & Cooling we strive to provide the best products and services to our customers at affordable prices. Please contact us for all of your heating and cooling needs. We are happy to help with installation, maintenance and repairs.

Bovard Heating & Cooling
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Breakfast Pumpkin Cookies

Cost Per Recipe: Yield: 48 cookies

\$ 5.78 **Ingredients:**

Per Serving: 1 3/4 cups pureed pumpkin, cooked

\$ 0.12 1 1/2 cups brown sugar

2 eggs

1/2 cup vegetable oil

1 1/2 cups flour

1 1/4 cups whole wheat flour

1 Tablespoon baking powder

2 teaspoons cinnamon

1 teaspoon nutmeg

1/2 teaspoon salt

1/4 teaspoon ground ginger

1 cup raisins

1 cup walnuts, chopped

Instructions:

1. Preheat oven to 400 degrees.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoons on greased cookie sheet.
6. Bake 10-12 minutes until golden brown.

Source: <http://recipefinder.nal.usda.gov>

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The CORNER



Q: What do you get when you cross a snowman with a vampire?

A: Frostbite

Q: What do you get when you cross an archer with a gift wrapper?

A: Ribbon Hood

Q: How do sheep in Mexico say Merry Christmas?

A: Fleece Navidad!