

# Comfortable LIVING



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## How To Get The Right Temperature Throughout Your House

Homes can have problems with even heating or cooling throughout the house. Some areas might be hotter than others while some rooms might have a perpetual chill.

Here are some ways to get better control over the temperature throughout your house.

### General considerations

**Windows:** Some rooms are warmer than others because of sunlight coming in. In the northern hemisphere, southern-facing rooms get hotter because of this sunlight. Installing the right drapes or blinds prevents the space from over heating. On the other hand, you can turn down your heat on a sunny winter's day

while you let the sun do the work.

**Leaky construction:** If outside air enters your home through cracks in the wall or spaces around windows, this prevents your comfort system from doing its job, particularly with extreme outdoor temperatures. Have a professional fill in gaps where possible and consider renovating your building exterior to tighten up the construction to keep your rooms warm in winter and cool in summer.

### Air System Control

Residential air systems generally have ductwork that's sized to provide a certain amount of airflow to each space.



## Winter Word Find

T B S H W R H U J E Y G  
 T A O N E O P N D K Z G  
 Z M T T E G N E L A O U  
 E K N S R T L S V L C F  
 F I S A O S T H I F G B  
 W R D Z M M L I E W H X  
 J E O P F Q R C M O O H  
 I C E S Y U A E I N L Y  
 D L O C T L R M H S I R  
 P M E O P Y W N O T D A  
 D E C E M B E R A S A U  
 V M R R M D O V H C Y N  
 D I T E K N A L B A E A  
 F J Y M L B J E T R H J  
 C H I L L Y M M S F Z F

## How To Get The Right Temperature Throughout Your House *Cont'd from page 1*

Your system may have balancing dampers at the main branches. If not, this is something you can discuss with a professional. You can also control air with dampers in the grilles. That lets you reduce or close off the airflow to a space. More elaborate systems have dampers connected to thermostats. These open and close the dampers to allow airflow as needed for the space. In cases like this, the fan speed varies to provide only what is needed.

### Hydronic System Control

As with air systems, sizing the distribution of hot water throughout the system is the first method of sending the right amount of heat to each radiator (or "rad"). Hot water flow into the rads is controlled by a control valve, which may be connected to an individual thermostat in the space or to a central thermostat. If you have problem areas that need more control, a contractor can add a thermostat and control valve only for the rads in that space.

### Other methods of zone control

Depending on your system and home's construction, you may have to resort to adding heat in certain rooms with a space heater. Or you may have to use a fan in winter to cool down an overheated space. When doing this, be aware of the risk of sending your utility bill up as your central system works harder to overcome the additional load.

### Better comfort

If you want more control throughout your home, give Service Detectives a call and we can assess your system so your home is more comfortable this winter.

- |           |         |            |
|-----------|---------|------------|
| BLANKET   | FURNACE | SLED       |
| CHILLY    | HOLIDAY | SNOW       |
| COLD      | HOME    | SNOWFLAKE  |
| COZY      | ICE     | THERMOSTAT |
| DECEMBER  | JANUARY | UPGRADE    |
| FIREPLACE | MITTENS | WINTER     |
| FROSTY    | SCARF   |            |

### Answer Key

J Z E S W M A T T I H C  
 J H R L R E J B T W A L F  
 V E V B I B N A N I D I  
 N A C H A O C D M V A R  
 U V S V N E B E R V S D  
 V D U O N M A O P F M E  
 R I S H X O L T R M M S  
 W T N I E V A V A S S E I  
 H O O M O C M E O R J E  
 X H M I T M W Z M M H  
 E B E I H I S O S L I F E  
 E T A S R T R S N S N J  
 U O M L T E G N E L A O U  
 G Z G O N E O P N D K Z G  
 E Y G H H M R H U L E Y





*“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand,  
— Edith Sitwell*

## Save Power at Home With These 3 Devices

Electricity rates are going up everywhere and it doesn't look like it'll stop anytime soon. Instead of worrying about it and planning how you'll live on 50% less food, you can reduce your consumption and bring that bill down.

The first step is to figure out how you're wasting power. Here are some common ways you might be consuming more power than you need to:

### ***Using Inefficient Appliances***

Old appliances convert some electricity into heat which isn't used, and you'll never get back. Many modern appliances save enough on electricity to pay for themselves in a couple of years.

### ***Leaving Lights And Other Electrical Devices Running***

Leaving lights on in bedrooms while you're having dinner, falling asleep in front of the TV nightly, or having an empty freezer chest running in your garage are three examples of how you may be wasting power.

### ***Phantom Power***

Even when devices are turned off, or are on standby mode, they're consuming power. According to the Lawrence Berkeley National Laboratory, up to 10% of power is used by devices that are plugged in and not doing anything.



### **Devices to help you reduce power consumption**

#### **1. LED Lighting and Energy Star Appliances**

While there is no excuse to leave lights and appliances running, you certainly save energy by replacing your standard incandescent lighting with low power-draw LEDs and upgrading to more efficient appliances.

#### **2. Smart Power Strips and Charging Stations**

Some of these power strips use a timer to shut off power to your cell phone, tablet and other charging devices, reducing phantom draw with the added benefit of lengthening your battery life. If you want more precise shut down, some power strips detect the drop in power draw that signals when your device is fully charged and uses this to shut down exactly when needed.

#### **3. Occupancy Sensors**

Instead of worrying about turning off the lights every time you leave a room, occupancy sensors will turn on the lights when you walk into a room and turn them off once it detects no activity for a particular length of time. This works best for storage spaces, small bathrooms, and some outside lights.

#### **Professional Assessment**

If you need help assessing your power consumption and installing the right sensors and systems, give Service Detectives a call and we can help you bring your electricity bill down.



# Beef, Bacon, & Blue Cheese Pizza

## Crust:

1½ tsp yeast    1 tsp sugar    1 cup water    2½ cups bread flour    1 tsp salt

## Pizza:

3 cups mozzarella    2 TBS crumbled blue cheese    ½ cup Alfredo sauce  
1 TBSP minced garlic    2 TBSP bacon crumbles    Flat iron steak, sliced & diced  
1 cup chopped spinach

**Directions:** Mix the yeast, sugar, and water, cover and let rest until a layer of foam forms. Add the bread flour and salt. Mix. Cover for 30 minutes until it rises. Heat over to 450° F. Sprinkle the pizza pan with flour. Roll the dough. Cook for five minutes. Spread garlic, then Alfredo sauce on pizza. Cover with chopped spinach. Sprinkle blue cheese evenly. Add mozzarella. Add diced beef. Add bacon. Bake for 10 to 15 minutes until the crust starts to turn brown. Remove, let rest of two to three minutes. Cut and serve.

## Ingredients

- 1 or more large chicken breasts
- ½ cup of fresh spinach per breast
- ½ cup of grated mozzarella cheese per breast
- ½ Roma tomato per breast
- Olive oil
- Salt

Preheat oven to 375 degrees

Arrange chopsticks along each side of a chicken breast and using a sharp knife

# Spinach Hasselback Chicken

## Directions

make vertical cuts across the width of the chicken breast, spaced ¼ to ½ inch apart. The chopsticks keep you from slicing all of the way through the chicken.

Coat a baking dish with olive oil and place the chicken in the baking dish. Chop the spinach and stuff into the slits cut into the chicken. Stuff mozzarella into the slits. Slice the tomato into 1/8 inch slices, across the tomato and stuff one slice into each slit cut into the chicken. Drizzle with olive oil. Sprinkle a pinch of salt. Garnish with spinach. Bake for 25 to 30 minutes.



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