



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 clichéd, but we want to let you know just how thankful we are for your business 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 you 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 us, and we don't take it for granted. Let us know if we can ever be of service.

Wishing you and yours a Happy and Healthy New Year!



Joe Lynch, Owner

Joe Lynch

Quality Accessories And Service

You know to call us for your heating and cooling needs, but did you know we also offer other home comfort services and accessories?

- **Want cleaner air inside your home?** An air cleaner effectively and efficiently traps particles — such as dust, pollen, spores and pet dander — leaving you with a cleaner, healthier home environment.
- **Need help lowering your utility bills?** A smart thermostat can provide you with more precise temperature control. Plus, you'll be able to control your HVAC system from your bedside table, or even when you're not home.
- **Humidity issues?** Low humidity can create dry, unhealthy conditions inside your home. By installing a humidifier, you can keep your home at the optimum relative humidity level for comfort, health and lower utility bills.
- **Carbon monoxide concerns?** Carbon monoxide (CO) is an odorless gas that can pose a deadly threat to your family. Our technicians can service your system filters, clean the burners, inspect heat exchangers for cracks and check the flue and vents for corrosion. An inspection helps detect potential CO leaks to give you peace of mind.

For information on these and other cooling and heating accessories and service, call **WestAIR Heating & Cooling** at **763-498-8071** today!

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**See Back for
Special Offers!**

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

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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. 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

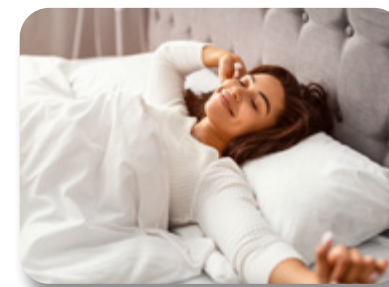
How important is a good night's sleep? According to the American Sleep Association, it may help the body conserve energy and other resources it needs to fight infection.

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.

The Brains Of Your HVAC System

A thermostat can have a huge effect on energy efficiency and comfort, since it controls every other part of your HVAC system. It's important to use a thermostat that can give you maximum return on your system investment.

Programmable thermostats work by reducing system use when you're away, so you don't waste money on cooling an empty house. Think about your schedule and decide if you require more simplified settings or ones that allow changes from one week to the next. Web-enabled thermostats offer smart features, such as reminders when it's time to change the air filter or alerts if there is some kind of system malfunction.

Let us help you find the thermostat that's right for your HVAC system, and your specific needs. ■



If you're installing a new HVAC system, now is the time to upgrade your thermostat.

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.