

Comfort @ Line

Fall/Winter 2024-2025

Your Comfort is Our Business

How To Maintain Your Heating System

No matter what kind of heating system you have, you'll want to perform regular maintenance on it. Most issues that can affect your heating system aren't noticed until it's too late—and often at the worst time. Preventative HVAC maintenance allows you to deal with potential problems before they become larger issues and costs less than emergency HVAC repairs.

Maintenance requirements vary depending on your home's heating system type.



Forced-air systems have filters that need replacement at least twice a year to ensure the system runs efficiently. Luckily, this is an easy do-it-yourself (DIY) job for most homeowners. Most heating systems should be annually inspected, cleaned, and serviced by a professional. A licensed HVAC technician should

check your heating system in the fall and your air conditioner in the spring.

A heating system is a big investment—and one you could be living with for the next 25 years. By comparing the different types of heating systems for homes, you'll learn which best meets your needs and is most compatible with your home. Before purchasing a new system, we recommend receiving quotes for the cost of an HVAC installation from Hart & Iliff's HVAC installation professionals for a customized system.

All of Hart & Iliff's Heating/Cooling Technicians are Certified New Jersey Master HVACR Technicians or Apprentices with hundreds of hours of training and years of experience. Our Master HVACR Contractor License number is 19HC00083800. We offer the following HVACR services:

- Installation, maintenance and repair of all types of heating equipment including oil gas and electric.
- Installation, maintenance and repair of all types of hot water making systems including, oil, gas, electric and solar thermal.
- Installation, maintenance and repair of all types of central air conditioning equipment.
- Installation, maintenance and repair of split system air conditioning equipment.

We also offer emergency service to our regular customers 24/7.

Good Reasons For Choosing Hart & Iliff

You expect to receive personal attention when you select a fuel oil dealer or heating/air conditioning service provider in the Northwest New Jersey area. You want a company that considers you important and makes a special effort to give you fast, competent service.

Is this too much to ask today? We don't think so. It's the way we've been taking care of our customers since 1889.

At Hart & Iliff, we recognize that each customer is unique. This is why we spend time getting acquainted, visiting your home, and inspecting your heating and air conditioning systems. Today, you expect more than service excellence from your comfort service provider. That's why Hart & Iliff offers unique worry free price protection programs that eliminate expensive winter price spikes and control your heating costs. We also offer our customers emergency service 24 hours a day 7 days a week.

Have a friend or family member who would like this kind of professional service? We would appreciate the referral, and they will too!

Hart & Iliff

Fuel and Energy Systems

Fuels / Heating / Cooling

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Master HVACR Contractor License #19HC00083800



Which company owns Bugatti, Lamborghini, Audi, Porsche, and Ducati?

Test Your Knowledge

- 1) Which type of fruit is produced by the ficus tree?
 - a) fig
 - b) starfruit
 - c) date
 - d) mangosteen
- 2) According to legend, the Lone Ranger's mask was made from which item of clothing?
 - a) his mother's shawl
 - b) his brother's vest
 - c) his father's shirt
 - d) his grandmother's apron
- 3) Which European capital is built on 14 islands connected by 57 bridges?
 - a) Oslo
 - b) Helsinki
 - c) Bern
 - d) Stockholm
- 4) Which company owns Bugatti, Lamborghini, Audi, Porsche, and Ducati?
 - a) McLaren
 - b) Volkswagen
 - c) Mercedes
 - d) Peugeot
- 5) Mississippi State, Fresno State and Gonzaga University all share which mascot?
 - a) wildcat
 - b) bulldog
 - c) cardinal
 - d) bear

—from *mental_floss*

Answers: 1) a 2) b (His brother, a Texas Ranger, had been killed by the notorious Butch Cavendish.) 3) d 4) b 5) b

How To Manage Your Stress Levels During The Holidays

The holidays can be joyous times, but they are also a stressful time for many people caught up in the rush of holiday planning and family issues. Here are some helpful hints for reducing stress during what should be a fun and relaxing time:

- **Recognize the signs of stress**, such as sleeplessness, irritability and anxiety. Avoid these by getting a handle on things instead of just letting them happen.
- **Allow yourself to say “No.”** Be realistic about what you can and cannot do during this busy month. Accept help when it is offered.
- **Watch your diet.** It's easy to overindulge in holiday treats that can affect your mood. Sugar overload will make you sluggish, for example, and the stimulating effect of caffeine may make you overanxious. Too much alcohol can also add to the stress of the season.
- **Exercise.** Not only will it combat those extra calories you're consuming, it will also relieve tension and provide relaxation.

Out Of The Blue

Blue is a notoriously tricky pigment to capture. It's rare in nature—the stone originally used to produce blue paint was once worth more than gold. So humans tried to manufacture the blues they needed with mixed results. The dyes and paints they came up with often turned out to be poisonous, expensive, impermanent—or all three.

Mas Subramanian wasn't at all interested in this problem. In the department of chemistry at Oregon State University, he was looking for materials with novel magnetic properties to use in advanced computer hard drives. He would mix up likely chemicals and bake them in a furnace at 2,000 degrees Fahrenheit. But when he added manganese oxide to the recipe, he got a colorful surprise—a pile of bright blue powder.

The new pigment is stable and nontoxic. It reflects infrared radiation, so it might help keep buildings and vehicles cool. Now, Subramanian is working with paint manufacturers and energy conservation companies to develop the product.

Take a Cold Shower For Better Health

Showers keep you clean, but a cold shower can be good for your health. An article on the *Success* website spells out the benefits of taking cold showers:

- **Immunity.** Scientists believe there's a correlation between cold showers and increased production of an amino acid called glutathione, which boosts the immune system, gets rid of toxins, and eases stress.
- **Better skin health.** A hot shower removes important oils from the skin, making it dry and itchy. Cold showers reduce skin inflammation. They also prevent your hair from becoming brittle.
- **Muscle recovery.** There's a reason why athletes soak in ice baths after a tough game. The cold water helps speed their recovery time and relieve soreness quicker.
- **Better moods.** Cold showers may prevent depression, according to researchers at Virginia Commonwealth University. Decreasing the temperature of your water and then spending two or three minutes under cold water sends electrical impulses from the nerves in your skin up to your brain, which could have an anti-depressive effect.

What Do You Know About Mistletoe?

This is the time of year when we love to have a spray of mistletoe decorating our holiday tables, worked into wreaths, or hanging over the door frame. Did you know these interesting facts about the season's most popular plant?

- **Mistletoe is toxic to humans.**

Ingesting the berries or other parts of the plant can produce symptoms including nausea, abdominal pain, diarrhea, blurred vision, changes in blood pressure, and possibly death. To avoid these, you might want to use the artificial variety for your decorations.

- **From bees to butterflies to birds, squirrels, porcupines, and deer,** the plant is a great source of nectar, nesting, and nourishment for most animals. The glue-like quality of the seeds helps them attach to birds feathers and beaks. When the birds perch in a different tree, the sticky nectar sticks on the bark and begins to grow into a new plant.

- **Mistletoe is a parasite.** The plant thrives by siphoning off valuable nutrients from its host trees and shrubs, causing decay, infection, and eventual death.

- **Some 20 species of mistletoe** are endangered, yet there are roughly 1,300 species worldwide, so this plant won't be going away anytime soon.

On Deadline: How To Deliver Results When They're Due

Meeting deadlines shows that you take your work seriously and that you value other people's time. Even outside of work, the ability to keep your promises on time shows your commitment to doing the right thing. Here are some important tips for hitting your deadlines (without driving yourself to exhaustion):

- **Start with specifics.** What exactly is the deadline? Clarify whether "end of the week" means 5 p.m. Friday or first thing Friday morning. And hammer down the results: What does your boss want? How will he or she measure your effectiveness?

- **Negotiate.** Is the deadline realistic? Try not to accept an assignment you can't complete on time. Suggest alternative dates, or work out what other tasks you should put on hold in order to give the deadline the attention it deserves.

- **Break the task down.** Take a look at what's involved, and identify the individual steps you need to take in order to achieve your goal. Lay them out on a calendar in step-by-step form so you know what you've got to achieve and you can monitor your progress.

- **Get started.** Don't procrastinate on step one. Focus on beginning without getting overwhelmed by the number of steps or the magnitude of the task ahead of you.

- **Build in a buffer.** As you schedule your work, give yourself a cushion of time—mark the due date a few days ahead of the actual deadline, for example. This will help you deal with changes or last-minute emergencies.

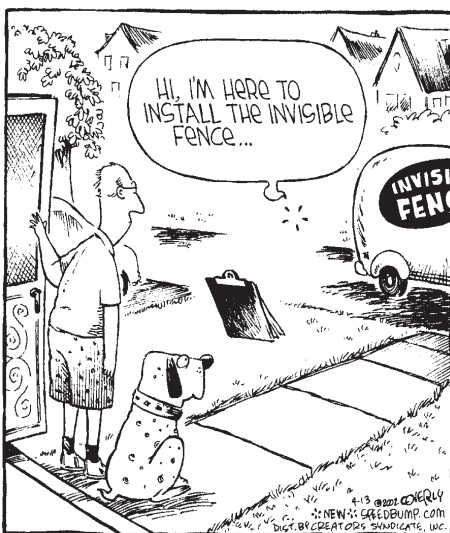
- **Stay in contact.** Let your boss, or whomever you're accountable to, know where you are on the project. He or she will feel more confident about your abilities, and you'll be able to alert the powers that be about potential roadblocks before they become full-blown crises threatening the deadline.

- **Enlist assistance.** Don't be afraid to ask for help. Your boss, a friend or a co-worker will probably be willing to pitch in if you explain the circumstances and the stakes honestly.



SPEED BUMP

Dave Coverly



The Best Time Is...Right Now!

Timing, as they say, is everything. In *Buy Shoes on Wednesday and Tweet at 4:00* (Harper Collins), Mark Di Vincenzo reveals the best time to do just about anything. Here are a few secrets:

- **Car service.** Take your car in Monday morning. Most drivers don't want to deal with a tune-up as the week begins, so you'll get your vehicle back sooner.
- **Operations.** If possible, schedule any operation requiring anesthesia early in the day. By afternoon, anesthesiologists might be tired and more prone to error.
- **Promotions and raises.** Approach your boss in January to ask about a new position or a bump in salary. Companies whose fiscal year ends in December will be more open to spending money at the beginning of a new budget period.
- **Gym memberships.** Although advertising is heavy in January, you can often find good deals during the summer months when gyms are trying harder to entice people to join.

It's That Time Again: Winter Snow and Ice Cometh

Undoubtedly, the cold weather this winter will bring our share of ice and snow. Please take the following five actions to help us ensure you get your winter deliveries in a timely manner:

1. Clear a path to your fill pipe so that the driver can easily locate it.
2. When you plow your driveway, keep in mind that oil trucks are 9 feet wide and do not have four-wheel drive.
3. If your driveway is not clear and dry, please salt and sand for the oil truck.
4. Trim low hanging tree branches to accommodate an oil truck 11 feet high.
5. If you want to know when you can expect your next delivery, call us at 973-383-1421.



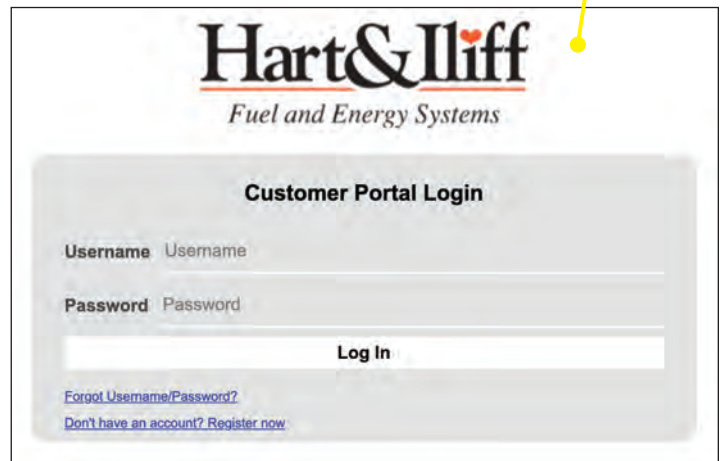
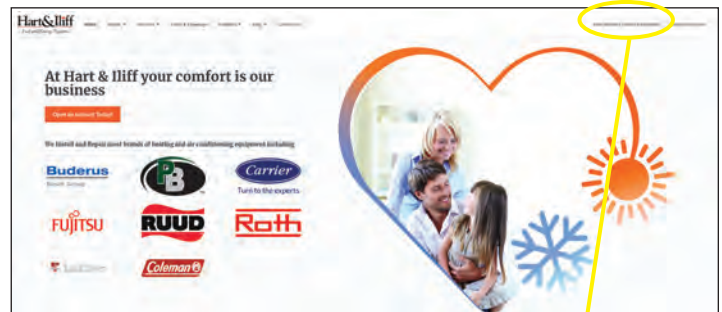
Have You Visited The Customer Portal?

Customers asked, and we listened. We created a customer portal where you can view your account, order oil, and make payments online without exposing any sensitive information to the whims of the internet.

The Hart & Iliff customer portal is a separate website which does not contain or store bank account, debit, or credit card information. This separate, mobile-ready website is updated daily with current customer information from our server. This includes:

- Account Information
- Account Balance
- Aging Summary
- Two Years of Invoice and Delivery History
- Delivery Graph
- Open and Paid Invoice List

Set up your account today. It's easy to register!



Season's Greetings!

As the Holiday Season and New Year approach we wish to thank you again for your business. As a small token of our appreciation we have enclosed a 2025 Landscapes of America Calendar. This issue of *Comfort Line* discusses our new customer portal, winter snow and ice, and installation services offered by Hart & Iliff.

As always, we appreciate the opportunity to be of service. If we can assist you in any way, please call us at 973-383-1421 or email us at info@hartandiliff.com. Your comfort is our business. Have a Joyous Holiday Season and a Happy and Healthy New Year!



Have you liked us on Facebook yet? Keep up with all the latest heating and cooling news...
www.facebook.com/Hart-Iliff-Fuel-and-Energy-Systems-395449910510865/timeline

