



House Plants More Than Just Looks

You may have houseplants because they brighten up a room and bring the outdoors inside, but I bet you never thought a houseplant could actually serve a health benefit in your home. That is exactly the case, certain houseplants can actually improve your home's indoor air quality! Next time you want to bring nature inside, consider these houseplant options that will look good and keep your household air clean and pure.

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Peace Lilies

The Peace Lily is one of the most popular air cleaning houseplants. Shade and weekly watering are all it needs to survive and produce blooms. It topped NASA's list for removing all three of most common VOCs — Formaldehyde, Benzene and Trichloroethylene. The plant leaves are known to be poisonous to house pets, so be careful.



Golden Pothos

The Golden Pothos is one of the best plants for removing Formaldehyde from carpet and other materials in our homes. Beautiful, low-maintenance, and cleans the air. Plus, it's extremely easy to grow. What's not to love?



Gerbera Daisy

This bright, flowering plant is effective at removing Trichloroethylene, which you may bring home with your dry cleaning. It's also good for filtering out the Benzene that comes with inks. Add one to your laundry room or bedroom — presuming you can give it lots of light.



Spider Plant

Even if you tend to neglect houseplants, you'll have a hard time killing this resilient plant. One pot in a 200 square foot room is enough to perform as an air filter. Spider plants are very strong in absorbing Carbon Monoxide and Formaldehyde. It decomposes Benzene and Nicotine in tobacco as well.

If you are wondering how many plants you need, the recommendation is one - 6 inch plant per 100 square feet of interior. Also, make note of where you place the plants in your home. The effort of air cleaning plants is reduced if they are set in a draft.

Volatile Organic Compounds (VOCs)

Formaldehyde

Found in foam insulation, plywood, particleboard, clothes, carpeting, furniture, paper goods & household cleaners.

Trichloroethylenecomes

Found in dry cleaning, inks, paints, varnishes, lacquers & adhesive.

Benzene

Found in tobacco smoke, gasoline, synthetic fibers, plastics, inks, oils & detergents.

**Trusted
For Over
50 Years.**

Military Discount

Do you have a hero? Maybe it's your mom, dad or maybe even Batman! No matter who your hero is, nobody can deny the fact that the true heroes are the men and women that fight for this country.

We appreciate all our Veterans and current Military that sacrifice everything to keep us safe and allow us to have the freedoms we enjoy today.

To show our appreciation, Frisbees now offers a Military discount of 5% on all **Service Calls**. Show your Military ID to our service technicians, and we'll apply the discount as a thank you for your service to our country.

* The discount only applies to service calls. You can not get the 5% discount in addition to any other offers or discounts. Excludes commercial service.



**5% MILITARY
DISCOUNT**



Where Does The Water Go?

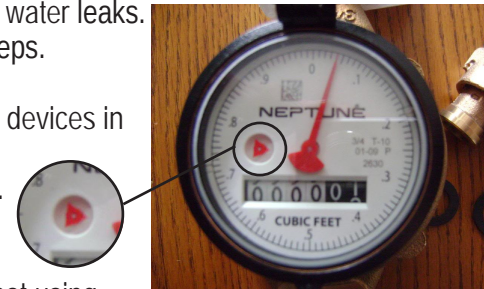
Do you know the real facts about leaks and how much water is really wasted every year by homeowners? Here are some alarming fact about water leaks:

- Ç Leaks account for, on average, 10,000 gallons of water wasted in the home every year, which is enough to fill a backyard swimming pool.
- Ç The amount of water leaked from U.S. homes could exceed more than 1 trillion gallons per year. That's equivalent to the annual water use of Los Angeles, Chicago and Miami combined.
- Ç Ten percent of homes have leaks that waste 90 gallons or more per day.
- Ç Fixing easily corrected household water leaks can save homeowners more than 10% on their water bills.
- Ç A toilet that runs constantly could be wasting 200 gallons of water or more every day!

Chart Your Leaks		
Rate of Leak	Gallons Wasted	
Drops Per Minute	In 1 Billing Cycle	In 1 Year
10 dpm	24	292
20 dpm	48	584
30 dpm	72	876
40 dpm	96	1168
50 dpm	120	1460
60 dpm	144	1752
70 dpm	168	2044
80 dpm	192	2336

You should occasionally check your home for water leaks. It's easy to do just by following these quick steps.

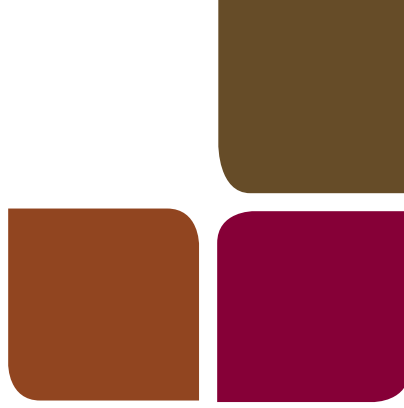
- Ç Turn off all water faucets and water-using devices in your home.
- Ç Locate the water meter in your basement.
- Ç Find the red triangle on the face of the meter.
- Ç If the red triangle is rotating and you are not using water, you have a leak. Check toilets and faucets - and don't forget the outside faucets.
- Ç When conducting this test remember to account for automatic ice makers and humidifiers.



Quick Tips For Your Home

Disconnect your garden hoses from your outside sill faucets before the freezing temperatures arrive to avoid broken waterlines in the spring. Outside sill faucets are frost proof, and they are designed to drain themselves to prevent the faucet from freezing. When there is a garden hose hooked up to the faucet, it prevents it from draining correctly like it is designed to.

You are probably used to running a ceiling fan in the summer months, but don't forget it can be helpful in the cold months too. Since we all know heat rises, you want to push the warm air back down. If you reverse the direction of your ceiling fan to clockwise, that will push warm air back down. A great tip when you start up your furnace this fall!



Warning Signs You Need A New Furnace

Summer is winding down and that also means the weather will soon be changing. We'll be turning off those A/C's for the comfort of warm air from our furnaces. When you turn on your furnace this year, pay attention to the warning signs below that may indicate you need to invest in a new one.

How old is your furnace?

The National average life expectancy is 15-20 years. You should be shopping if your unit is close to or older than that. You may be tempted to try and make it through another season, but don't wait until it's a cold winter night and your furnace completely fails. Do it now! Shopping for a new furnace in an emergency situation does not allow you time to make your best decision.

High Energy Bills

If you've noticed an increase in your energy bills, your furnace could be the culprit. The efficiency of your furnace will decrease overtime, especially if you don't have regular maintenance. Sometimes the furnace will run longer to provide the same amount of heat, which is why you may see an increase in your bills. Think wisely about letting this continue because that money could be used on buying a new furnace instead.

Frequent Repairs In The Past 2 Years.

We've all heard the expression that a car can "nickel and dime" you. That same thing can be true of your furnace. Furnaces incur the most breakdowns in the last 2 years of their lives. In those last couple years you start to lose parts, one at a time. That can start getting expensive, which is kind of like putting new tires on a car with 400,000 miles on it.

Are You Comfortable?

This is the most obvious warning sign that homeowners tend to rely on, but sometimes when it gets to that point it can be an emergency situation. Rather than waiting until there is a complete failure of the unit, pay attention to see if you are always trying to adjust your thermostat to make it more comfortable or if some rooms are too cold and other too hot. Those may be signs that your furnace lacks the ability to properly distribute the air to keep you comfortable in your home.

Strange Noises

The older the furnace, the more noise it is likely to make. Have you heard banging, popping, rattling or squealing noises from your furnace? If so, this may be a sign that your old furnace may need replacing.

Certainly there are other warning signs too, but keep these in mind next time you start up that furnace. If you are starting to explore your options of a new furnace, Frisbees offers FREE estimates.



Did You Know?

On average a furnace runs 1,000 hours a year, with a life expectancy of 15-20 years. Now let's compare that to something we can really relate to. If this was an automobile that was driven 1,000 hours at 30 miles per hour (to make the math simple), that would mean you accrued 30,000 miles per year. Multiply that by 15 and your furnace would have 450,000 miles on it. Would you still have a car with that many miles on it?

Do You Like Buffalo Wings?

Here's a yummy twist on the traditional buffalo wing.

Buffalo Chicken Spaghetti

- ☞ 1 jar Franks Buffalo Sauce (in the ketchup aisle)
- ☞ 8 oz. container sour cream (or fat-free if you want)
- ☞ 2-3 chicken breasts (cooked and cubed)
- ☞ Chopped celery (optional)
- ☞ Diced tomatoes (optional)
- ☞ Spaghetti or your choice of pasta
- ☞ Bleu cheese or Parmesan

Mix the buffalo sauce and sour cream together and warm on the stove. You can also add celery to the sauce if desired.

Once the chicken is cooked and cubed, add it to the sauce mix. In the meantime, cook your pasta until done.

To serve, top pasta with buffalo chicken sauce and add your desired toppings of tomatoes and Bleu cheese or Parmesan cheese. Enjoy!

If you have a recipe to share, please send an e-mail to rhondai@frisbeesinc.com or mail to Frisbees Attn:Rhonda at 4101 S. Minnesota Ave, Sioux Falls, SD 57105.





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Sensor Lights A Bright Idea

Do you ever leave the house wondering if you shut off the pantry light, or you just can't get your kids to turn them off when they leave a certain room? You might not think it is a big deal until it starts happening on a regular basis. Then you will probably notice when you get your electric bill, and it's higher than usual.

There is a solution to make sure it doesn't happen again with sensor lights. These sensors are easily installed, and are designed to only turn on and off when you enter and leave a room. A motion-sensor can either replace conventional light switches or be placed onto an existing lighting fixture. While motion-sensing lights are normally associated with outdoor lighting applications, they are becoming increasingly popular indoors in places such as pantries, hallways, and back-door rooms. Talk to our expert electricians about what applications may work for you.

Sensor lights are great for homeowners and even businesses for many reasons:

- Ç One of the major benefits of indoor motion sensor lights is that they can save you substantial amounts of electricity. Many people go throughout the house and then forget to turn the light off after they leave the room. Motion sensor lights will turn the lights off for you when you are not in the room.
- Ç Perfect for rooms where the light switch is not near the entrance. You won't have to walk across the room in the dark again!
- Ç Are your arms always full when you come in from the garage? A sensor light in a foyer would come on automatically so you wouldn't have to struggle trying to turn on a switch with full arms.
- Ç These lights are great for businesses, especially bathrooms where people are constantly walking in and out of and probably don't ever think about turning the lights off.

