

Kellam Mechanical, Inc.'s

# HOMEsense

Smart & simple ways to enrich your home living.

— IT'S ABOUT TIME! —

## What Secrets is Your Air Conditioner Not Telling You?

It's nearly scandalous. We get phone calls during spring for a variety of service reasons. Sometimes the whole repair could've been avoided if you'd been listening to your AC's secrets. Here's what I mean:

### Funny noises that aren't funny.

Sometimes a homeowner will hear these at start up, but then they go away, so they assume all is 'ok.' Then the noises last longer or get louder, and most homeowners have numbed themselves into believing, "Oh, it just does that."

Could be a loose damper, which is very easily fixed. Or maybe a bearing is going bad. A tiny little ball designed to reduce friction has quit doing that, and the machine is screaming in protest for some attention. If you don't fix it the machine can and will often self-destruct the bearing assembly.



As you would imagine, not cheap. Yet if caught in time, a shot of lubricant or another quick fix could've avoided the whole thing.

### "My house is having hot flashes."

This is your AC whispering for a little TLC. When one room is warmer than another – by say more than 3 degrees – that means there's a correctable flaw in the system. Blockage, duct venting or maybe a different diffuser could take care of this annoyance very easily.

The thing is, don't "just get used to it" when you're paying to be comfortable in your home! Seriously, let us check it out. This is what we do.

**Bottom Line:** The longer you ignore your AC's little secrets, the more they grow to potentially drain your wallet. So let us come out to help soothe your system and bring you the comfort you both deserve. All it takes is a good listener.

## MY WORD

BY SCOTT KELLAM



Hello Friends,

Is spring

a time to slow down or speed up? The milder weather certainly gives us a chance to get outdoors more often, take in fresh breezes and enjoy the green and blooming landscape. It's great to relax and recharge after a long winter.

But being busy has its advantages, too! That's why we're so grateful to our customers for allowing us to serve you.

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Your Quick Call Comfort Hotline:

757-430-0358

[www.kellammechanical.com](http://www.kellammechanical.com)



# The Beauty of Biking

## Laundry Rescue

**F**or the love of laundry! If you are tired of spending so much money on laundry detergent here is your solution: Laundry Pro.

This revolutionary green product replaces the need for detergent, fabric softeners, sorting and front loading washing machine cleansers, such as Afresh. It reduces landfills. It eliminates odors, chemical use, pollution, static, and shrinking clothes. Laundry Pro preserves fabric during the wash cycle, protects bright colors from fading and makes clothes softer. It may be hard to imagine your life long routine changing; however, it is a money and time saver. New Laundry Pro users rave about it!

The average household of 4 spends about \$500 annually

### Laundry Pro

Experience love of laundry again with Laundry Pro saving you \$, time, & energy.

No more buying detergents, fabric softeners or machine cleansers.

Call **Kellam Mechanical** at **757-430-0358** and get \$25 off your Laundry Pro Installation through April 2016.

on laundry costs including detergents, fabric softeners, machine cleansers and energy. Your earth friendly investment will give you a return in just over a year.

Installation is simple, requiring existing washing machine hookups and 2' x 2' space to mount the device. Using cold water, Laundry Pro activates oxygen to remove dirt away from fabric fibers to prevent odor causing bacteria growth. It requires no maintenance, works with well or city water, made in Virginia and comes with a 2 year warranty.

If you are ready for to be rescued from your laundry woes, call Kellam Mechanical now at 757-430-0358.

Know someone else who needs Laundry Pro? Tell 'em Kellam!

**R**eady to enjoy the beauty of the great outdoors? There's nothing quite like feeling the wind in your hair and the sunshine on your face – especially after the extra time indoors this winter.



So why not pull out the bike from their wintertime hiding place and take a ride? There are lots of reasons to make this healthy activity part of your springtime routine:

## Portion Control

**W**hen it comes to food, self-discipline is a struggle. How can you watch what you eat when restaurants serve up entrees and sides that are over-sized for what most of us

Go halfway – When you're served a large plate of food, make the decision to eat only half of it – and take the other half home for another meal.

Eat slowly – Put your fork down and take a breath. Enjoy the food in front of you and the

## Three Super Foods for Spring



The sense of renewal that comes with spring can also extend to mealtime. Healthy foods can be quite tasty and reward you with energy and enjoyment. Here are just three of many great options for your next trip to the grocery store:

spring staple. You'll also get other immune system boosters like lutein

**Asparagus**— The spear of choice for delicious meals, it's loaded with nutrients, including vitamins A, C, E and K, and is a source of fiber, folate and antioxidants. It's good roasted, grilled or in stir-fry.

**Strawberries**— Just one serving has half of your daily recommended dose of Vitamin C, making these a

**Get \$25 Off on a Can Offer.**

For your next heating and cooling system repair, we'd like to make things easier on your wallet. Clip this coupon for a **\$25 savings** on your repair bill. Then call us and we'll give you our best service. Call **Kellam Mechanical, Inc.** at **757-430-0358**.

and the cancer-fighting ellagic acid.

**Spinach**— This green, leafy vegetable has always had a healthy reputation, and for good reason. It's full of vitamin C, iron, vitamin B6, magnesium and potassium.

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- 1) Biking around** your neighborhood or to work produces endorphins that provide a sense of well-being to get you through your day.
- 2) Biking strengthens your thighs, hips – and tush!** When biking up hills, arms and upper body become stronger, too.
- 3) People with back pains, muscle strains, knee or foot problems can find relief.** Biking is gentle on joints and preserves cartilage. It's an excellent way to stay active. Not great with balance? Try a three-wheeled bicycle for those who need a little extra support.
- 4) Ride instead of drive.** If you are close enough to work or school, take your bike instead of the car. You'll save loads on gas and may even drop a few pounds.

The benefits of exercise extend beyond your wallet with better overall health. So get active this spring!

Share – If you're out with a friend, share an appetizer and an entrée. It's cost-effective and most restaurants don't object (or will say so on the menu). Plus, sharing food

## Growing Your Flower Power

It's that time of year – spring is ready to burst upon us (and our lawns!). If you want your garden looking fresh as ever this season, check out these floral favorites for adding powerful dashes of color:



**Grape Hyacinth** – With its luscious, grape-like features and sturdy stalks, these purple spring bulbs are a "must have"

full sun to partly shaded and well-drained soil.

**Lilac** – For that familiar spring fragrance you know and love, be sure to mix in some lilacs. Not only are they noted for their sweet scent, but they also come in all shapes and sizes to fit in your garden space! Growing conditions include full sun and well-drained soil.

**Daffodil** – If it's spring, it's time for a bright field of yellow daffodils. With their sunny charm and delightful fragrance, these beauties create happy floral scenes in any landscape.

## My WORD

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Our winter was packed with all sorts of opportunities to help folks like you with fast repairs and routine service. Some of you are enjoying the start of this season knowing that you have a trustworthy and highly efficient new system to keep you comfortable.

As we've said, the best way to avoid future problems is to have

your cooling and heating equipment tuned up before the start of the next busy season. So, please call to schedule yours before we're booked.

Sincerely,



Scott Kellam

## — QUICK TIPS —

**Do you have a nozzle attached to your water hose?** By applying a nozzle, you receive the benefits of watering plants without destroying them. The nozzle should be interchangeable with different features that range from gentle showers to jet powers. Try it and see how your plants like it!



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**D**ehydration is more common than one would think. In fact, a symptom of dehydration is hunger. So, before you gorge into a giant meal, drink a glass of water. By drinking a full glass of water, you are less likely to overeat. You may even discover that you weren't hungry at all, just thirsty for some H2O.