

Controlled Environment, Inc.'s

HOMEsense

*Smart & simple ways to
enrich your home living*

☎ 205-655-5130

🌐 www.controlledenvironmentinc.com



Heat Pumps Have Come a Long Way

If you've been thinking about replacing your HVAC system, don't overlook today's heat pumps. Modern heat pump technology has advanced significantly over the last decade, making these systems a practical choice for homeowners in a wide range of climates. Whether you live where winters are mild, experience occasional freezing temperatures, or deal with long cold seasons, today's heat pumps are designed to provide efficient, year-round comfort while using less energy than many older HVAC systems.

- **Designed for More Climates:** Modern heat pumps are engineered to perform efficiently across a wide range of weather conditions. Many models provide reliable heating during colder temperatures while delivering exceptional cooling performance through long, hot summers, making them an excellent option for homeowners in many parts of the country.
- **Lower Energy Costs:** Modern ENERGY STAR® certified air-source heat pumps can deliver up to three

times more heat energy than the electrical energy they consume because they transfer heat instead of generating it. That efficiency can help reduce energy use while maintaining consistent indoor comfort.

- **Enjoy Better Comfort:** Variable-speed technology helps maintain steadier temperatures throughout your home while reducing hot and cold spots.
- **Smart Home Ready:** Many new systems pair seamlessly with smart thermostats, allowing you to adjust temperatures, monitor energy use, and control your home's comfort from virtually anywhere.
- **Plan Ahead:** Replacing an aging HVAC system before it fails gives you time to compare options and choose the solution that best fits your home's needs.

If you're considering a replacement, call us at 205-655-5130 to learn whether a modern heat pump is the right fit for your home.

MY WORD

By Clyde Lamp, Jr.



Hi Friend,

As the seasons begin to change, we want to take a moment to thank you for trusting

Controlled Environment, Inc. with your home's comfort. We know you have choices when it comes to HVAC service, and we're grateful you've chosen us.

As the weather cools, it's a great time to make sure your heating system is ready for the months ahead. Whether you need seasonal maintenance, a repair, or simply have questions about improving your home's comfort and energy efficiency, our team is here to help. Our goal has always been to provide dependable service, honest recommendations, and the peace of mind that comes from knowing your system is in good hands.

Thank you for allowing us to serve your family. We truly appreciate your business and look forward to being here whenever you need us.

Until next time,

Clyde Lamp, Jr.

Clyde Lamp, Jr.



Ready for Cooler Weather

According to the U.S. Department of Energy, heating and cooling account for about **43% of the energy used in the average American home**, making your HVAC system one of the biggest contributors to your monthly utility bill. A few simple steps now can improve comfort, reduce energy use, and help prevent an unexpected breakdown when temperatures begin to fall.

Test Your System: Turn your heat on before the first chilly morning to make sure it starts properly, reaches the desired temperature, and operates without unusual noises or odors.

Replace Air Filters: The U.S. Department of Energy recommends checking your filter every month during periods of heavy HVAC use. Clean filters improve airflow, help your system run more efficiently, and reduce unnecessary wear on equipment.

Check Vents and Registers: Make sure furniture, rugs, and curtains aren't blocking vents so warm air can circulate evenly throughout your home.

Update Thermostat Settings: If you have a programmable or smart thermostat, adjust your schedule now to match your family's fall and winter routine for greater comfort and energy savings.

Schedule Preventive Maintenance: A professional inspection can identify worn components, safety concerns, and small issues before they become costly repairs during the heating season.

Call us at 205-655-5130 to schedule your seasonal HVAC inspection and enjoy peace of mind all winter long.

Control Your Comfort From Anywhere

A smart thermostat does more than adjust the temperature. It learns your routine, helps reduce energy use, and lets you control your home's comfort from almost anywhere using your smartphone. Some models can even alert you if your system isn't operating properly. Upgrade your comfort and **save 10%** on your installation. Call **Controlled Environment, Inc.** at **205-655-5130** today.

Fast Fix

Keep Pumpkins Fresh Longer

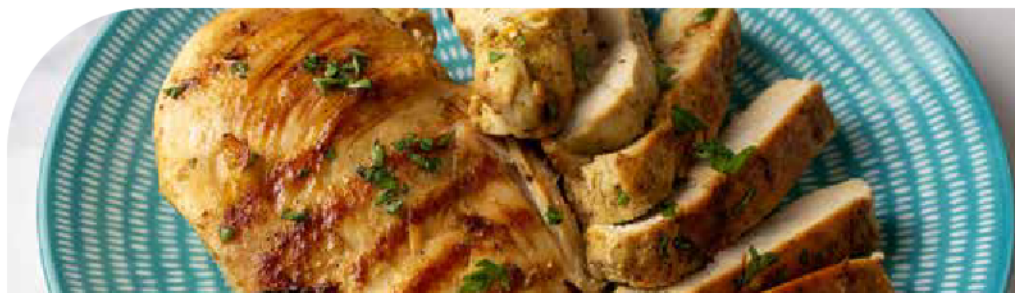
Want your pumpkins to last all season? Before displaying them, wash the outside with a solution of one tablespoon of bleach mixed into one gallon of water, then let them dry completely. The quick rinse helps reduce mold and bacteria, keeping pumpkins looking fresh and festive for weeks longer.

Grandma Was Right



Our grandparents didn't have smartphones or search engines, but they figured out a few things we're still learning today. Many of the lessons they passed down seemed old-fashioned at the time, but modern research has supported many of those same ideas. Here are a few timeless reminders that prove wisdom existed long before the internet:

- **Get Plenty of Sleep:** A good night's rest can make almost anything seem more manageable. Today, experts agree that quality sleep supports better physical health, sharper thinking, and improved mood.
- **Eat Together:** Sharing meals as a family encourages conversation, strengthens relationships, and creates traditions that often become lasting memories.
- **Be Kind:** A handwritten note, checking on a neighbor, or helping someone in need never goes out of style. Even small acts of kindness can have a positive impact on both the giver and the receiver.
- **Spend Time Outside:** Whether it's taking a walk, working in the garden, or relaxing on the porch, time outdoors has a way of helping us slow down, recharge, and appreciate the season.
- **Don't Sweat the Small Stuff:** Previous generations knew that worrying rarely solves a problem. Modern research has linked chronic stress to a wide range of health concerns, while learning to manage everyday stress can improve both physical health and emotional well-being. Sometimes the best thing you can do is take a deep breath, keep things in perspective, and move forward.



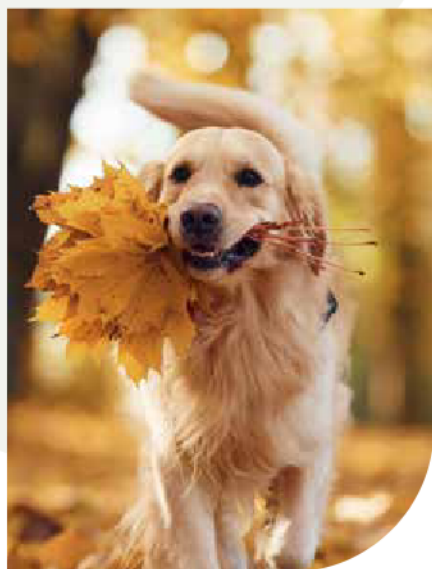
Maple Dijon Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tablespoons Dijon mustard
- 2 tablespoons pure maple syrup
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 2 cups Brussels sprouts, halved
- 2 cups cubed sweet potatoes

Instructions:

1. Preheat oven to 400°F. Whisk together Dijon mustard, maple syrup, olive oil, garlic powder, thyme, salt, and pepper.
2. Toss the vegetables with half of the sauce and spread onto a sheet pan. Place the chicken alongside the vegetables and brush with the remaining sauce.
3. Roast for 25 to 30 minutes, or until the chicken reaches 165°F and the vegetables are tender. Serve warm for an easy fall meal with minimal cleanup.



Is It Time for a New Heating System?

If your furnace is more than 15 years old, it may be costing you more than you realize in repairs and energy bills. A newer, high-efficiency system can improve comfort while lowering operating costs. Call **Controlled Environment, Inc.** at **205-655-5130** before **November 30, 2026** for your **FREE** replacement estimate.

Comfort You Can Count On

Keeping up with regular maintenance is one of the best ways to protect your heating and cooling investment. As a Comfort Club member, you'll enjoy scheduled tune-ups, discounts on repairs, priority service,

improved efficiency, and the confidence that your system is ready for every season. Call **Controlled Environment, Inc.** at **205-655-5130** today to learn more about becoming a member.

Quick Tips

Dry Boots Faster

Wet shoes and boots don't have to stay soggy overnight. Loosely stuff them with crumpled newspaper or plain paper towels to absorb moisture from the inside out. Replace the paper after a few hours if needed, and they'll dry much faster without exposing them to damaging direct heat.



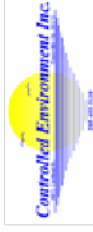
Why Screen-Free Hobbies Are Making a Comeback

Most of us spend hours each day looking at phones, computers, and TVs. That's one reason more people are rediscovering the value of screen-free hobbies. Research has consistently shown that activities requiring your hands and attention can reduce stress, improve mood, and provide a greater sense of satisfaction than simply scrolling through a screen.

The difference is how your brain is engaged. Whether you're gardening, woodworking, baking, painting, birdwatching, knitting, or working on a puzzle, you're creating, solving problems, and learning new skills. Studies have linked these mentally stimulating pursuits to greater cognitive reserve, which may reduce the risk of cognitive decline as we age.

As the slower pace of fall settles in, it's a great time to put down your phone and try something new. Not sure where to begin? Subscription services like Adults & Crafts (adultsandcrafts.com), Maker Crate by KiwiCo (kiwico.com/maker), and Let's Make Art (letsmakeart.com) make it easy to explore a new interest without a big investment.





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AI Is Already in Your House

Artificial intelligence isn't just powering chatbots and self-driving cars. Many of the devices you already own use AI to learn your habits, improve performance, and make everyday tasks a little easier without requiring much attention from you.

You may already have AI working behind the scenes in products such as:

- **Robot vacuums** that learn the layout of your home and clean more efficiently over time.
- **Smart thermostats** that adjust temperatures based on your schedule to improve comfort and reduce energy use.
- **Video doorbells and security cameras** that can recognize people, packages, pets, and vehicles, reducing false alerts.

- **Smart appliances** that recommend the best settings for washing clothes, cooking meals, or even managing groceries.
- **Voice assistants** that understand natural conversations and can control lights, locks, music, and other connected devices.

As AI technology continues to advance, homes will become even more responsive. Newer systems can detect water leaks, monitor indoor air quality, identify appliances that need maintenance, and automatically reduce energy use during peak demand.

If you're replacing a thermostat, appliance, or security system in the next few years, don't be surprised if AI is part of the package. Features that once seemed futuristic are quickly becoming standard equipment.