

Controlled Environment, Inc.'s

HOMEsense

*Smart & simple ways to
enrich your home living*

☎ 205-655-5130

🌐 www.controlledenvironmentinc.com

Get Your HVAC Ready for Fall Days

As schedules settle into fall routines, now's the time to make sure your HVAC system is ready to handle the season's demands. These smart tips can help your system perform its best:

- **Replace Your Air Filter:** Indoor allergens, pet dander, and dust build up quickly. Replace filters monthly to maintain air quality and efficient airflow. It's one of the simplest ways to extend system life.
- **Program Your Thermostat:** Fine-tune settings for varying daytime and evening needs. A programmable or smart thermostat helps balance comfort and energy savings, especially as schedules shift.

- **Clear Airflow Paths:** Ensure vents and returns aren't blocked by furniture, curtains, or rugs. Clean vents allow consistent air circulation and reduce strain on the system.
- **Check the Condensate Line:** Fall humidity and indoor use can still cause clogs. Clearing your drain line helps prevent moisture issues.
- **Schedule a Fall Tune-Up:** A professional check can catch wear and tear, ensure safe operation, and help you avoid unexpected breakdowns.

Want a system that's ready for every fall day? Call now to schedule your seasonal maintenance or efficiency check—we'll make sure you're covered.

MY WORD

By Clyde Lamp, Jr.



Hi Friend,

Fall is here, and it's time to make sure your home remains

comfortable as days grow busier.

We're grateful to be the team you trust to keep your home comfort system running efficiently throughout the season.

At Controlled Environment, Inc., we're here to keep your HVAC system in great shape. Whether it's a seasonal tune-up, checking on early wear and tear, or upgrading your setup for better performance, our experts are ready to help. A smooth-running system is key to a relaxed and reliable home environment.

Thank you for choosing us to support your comfort. Breathe easy and enjoy the season with the peace of mind that your system is working as it should.

Until next time,

Clyde Lamp, Jr.

Clyde Lamp, Jr.



How to Improve HVAC Efficiency This Fall

If your HVAC system has been underperforming or you're noticing rising energy bills, fall is the ideal time to consider a replacement. Upgrading your system now can improve comfort, reduce costs, and set you up for year-round efficiency.

- **Know the Signs:** Systems over 10–15 years old, those needing frequent repairs, or ones that struggle to maintain temperature are likely candidates for replacement. Odd sounds, uneven heating, or high humidity indoors are also red flags.
- **Explore Energy-Efficient Options:** New models offer advanced features like variable-speed motors, multi-stage compressors, and smart thermostat compatibility, helping you save money month after month.
- **Evaluate System Size:** A system that's too small or too large won't run efficiently. A professional load calculation ensures the right fit for your space and climate needs. We can help with that.
- **Take Advantage of Rebates:** Fall is a great time to explore promotional offers, tax incentives, and manufacturer discounts on new systems.

Don't wait for a breakdown. Contact us today for a no-pressure consultation and discover how a new HVAC system can transform your home's comfort, air quality, and performance.

GET YOUR FURNACE CHECKED

Call for a preseason tune-up, and get your furnace ready for an active winter. Annual maintenance lengthens equipment life, improves energy efficiency and helps prevent dangerous risks such as carbon monoxide leaks.

Plus, you can join our Comfort Club to save on this tune-up and future ones, too. Call **Controlled Environment, Inc.** today at **205-655-5130**.

Fast Fix

Stop Static in Its Tracks. Feeling a sudden zap from your doorknob or clothes? Rub a dryer sheet gently over fabrics or hair to help reduce static cling. This easy fix cuts down on electric buildup and works great in dry, indoor environments. Tuck a few sheets into drawers or bags to keep static surprises from ruining your day.

Make Fall Cozy for Furry Family



Making your home pet-friendly for fall is less about being a doting owner and more about thinking like an interior strategist. As the season changes, your pet's patterns do too—and the home has to keep up.

Start with zones. Animals follow warmth, quiet, and routine. If your pet migrates to a new spot as daylight shifts, don't fight it—support it. Add a washable rug, move a water bowl, or shift furniture slightly to reduce conflict between traffic flow and their chosen perch.

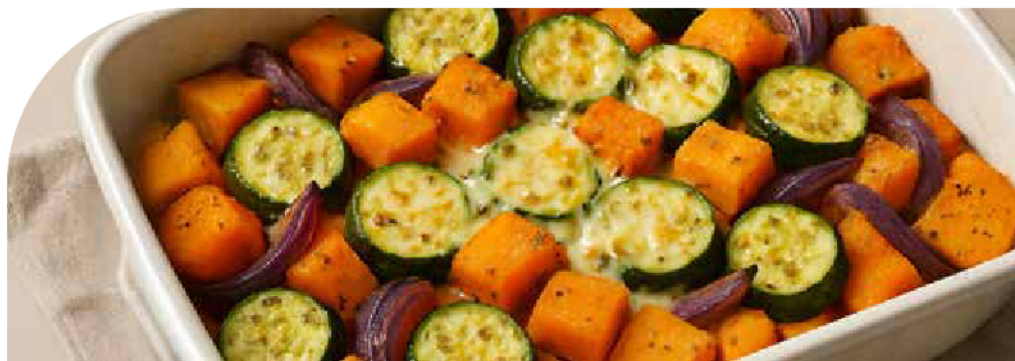
Next, check for wear. Fall brings muddy paws, indoor pacing, and long naps on the same upholstery. Reinforce high-traffic areas with washable throws or

pet-friendly covers before damage—not after.

Odors also behave differently in enclosed spaces. Fall is a good time to upgrade litter areas, revisit grooming routines, or invest in a better air purifier. Adding pet-safe plants like spider plants, parlor palms, or Boston ferns can also improve air quality while softening your space naturally.

Lastly, if guests are coming and your pet doesn't love surprises, build in buffers. Crate zones, stair gates, or simply moving food bowls to quieter spots can reduce tension across the board.

A well-prepped space keeps your pet secure and your home functional—even when life gets a little louder.



Harvest Veggie Casserole

Ingredients:

- 1 small butternut squash, peeled and cubed
- 1 zucchini, sliced
- 1 sweet potato, peeled and cubed
- 1 small red onion, sliced
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- Salt and pepper to taste
- ½ cup shredded mozzarella or fontina cheese

Instructions:

1. Preheat oven to 400°F. Toss squash, zucchini, sweet potato, and onion with olive oil, thyme, salt, and pepper. Spread into a greased baking dish in an even layer.
2. Cover with foil and roast for 25 minutes. Uncover, stir gently, and sprinkle cheese evenly on top of the roasted vegetables.
3. Bake for another 10–15 minutes, until vegetables are fork-tender and cheese is bubbly and golden.

Serve warm as a hearty side or a light main dish. This colorful casserole is perfect for casual dinners, potlucks, or cozy gatherings—and a great way to enjoy fall produce in one dish.



Is Your Furnace an *Antique*?

If your furnace is more than 15 years old, outdated technology and deteriorating parts could be short-changing your home comfort.

Call **Controlled Environment, Inc.** at **205-655-5130** by **November 28, 2025** for a free estimate on a brand new system and get set to enjoy improved energy efficiency and reliable comfort.

Sharing Is Caring

For us that looks like sharing great service and value with the members of our community. You're already one of our valued customers, and we couldn't be more grateful for your support. We'd like to offer the same expertise and service you enjoy to your friends and family. So, can we ask you to share our name with them?

We'll share the "friends and family" discount with them by giving **\$15 off** their service. And to say thanks, we'd like to offer **\$15 off** for you as well.

Just give **Controlled Environment, Inc.** a call at **205-655-5130**, and let us know you're sending us another friendly face.

Quick Tips

Preserve Garden Tools. Before storing garden tools for the season, fill a bucket with sand and mix in a cup of mineral oil. Dip tools into the sand a few times to clean off dirt and lightly coat the metal. This helps prevent rust and keeps tools sharp—so they're ready when spring planting returns.



Make Mornings Matter

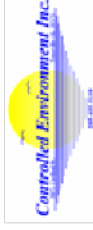
Start the day with intention by building mindful morning routines. These simple, grounding habits can ease transitions and bring calm to your everyday.

Create a screen-free first hour to focus on purposeful activities. Whether that's journaling, prepping a nourishing breakfast, or quietly stretching, it helps anchor your mindset for a more balanced day.

Try stepping outside early—even just for a few minutes. Exposure to natural light helps regulate your body's rhythm and can lift your energy. Pair it with a warm drink or a walk to ease into the day with clarity.

Create seasonal rituals, like planning the day over coffee, lighting a scented candle, or playing calming music. These simple rhythms help mornings feel less rushed and more reflective.

Fall is a season of shifting pace—lean into it by making space for quiet intention, one morning at a time.



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Get Fall-Ready Fast

Fall brings fresh routines—and new home maintenance priorities. Prepare your space now to stay ahead of the season and avoid costly surprises later.

- **Clear Gutters and Downspouts** – Falling leaves can clog drainage fast. Scoop out debris and flush gutters with water to prevent overflow, roof leaks, or foundation issues.
 - **Check Exterior Seals** – Inspect caulking and weather stripping around windows and doors. Resealing gaps helps reduce drafts and keeps your home more energy efficient.
 - **Inspect Roof and Siding** – Look for missing shingles, cracked panels, or gaps where pests might enter. Fall winds and moisture can turn small issues into bigger repairs.
 - **Service Your Heating System** – Schedule a tune-up for your furnace or heat pump. A quick inspection ensures your system will run safely and efficiently when you need it.
 - **Test Outdoor Lighting** – As days get shorter, good lighting improves safety. Replace bulbs, clean fixtures, and consider adding motion sensors near entries and walkways.
 - **Add Smart Home Support** – Use smart thermostats to optimize heating schedules, and install leak sensors near basements, utility sinks, or water heaters. These tools offer convenience and peace of mind during unpredictable weather.
 - **Update Your Essentials** – Restock flashlights, batteries, and first aid items in case of an early-season outage.
- A little preparation now means fewer hassles later—and more time to enjoy everything fall has to offer, indoors and out.