

### Study Tips (Cont.)

#### Develop a parent-teacher conversation

Your child shouldn't be playing middleman between you and the teacher. Schedule a periodic meeting with the teacher after hours so you can stay up-to-date on your child's progress and behavior, and understand more clearly what the main course objectives are. Figure out what topics are most important, what your child should focus on during at-home study time, and what resources are available for extra help.

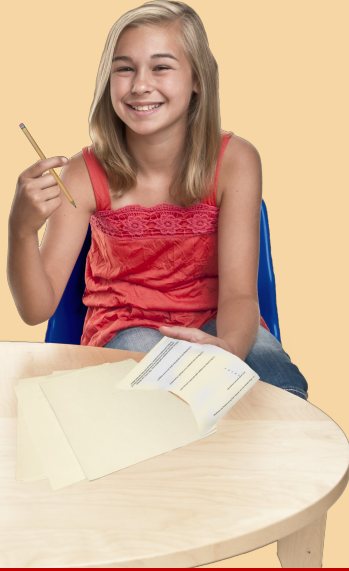
#### Encourage learning

Education begins at home. If your child shows interest in a particular topic, fuel it. Have plenty of books, word games, videos, and other resources available if your child shows a special talent or aptitude. Don't force anything, but let your child know it's ok to like school—learning can be interesting!

#### Give guidance, not answers

When your kids ask for homework help, give them the tools they need to find the answer, which will be much more helpful for them in the long-run.

Cool Tech Mechanical is Proud to be Recognized for Excellence by the Following Organizations:



- Fall Finance Specials
  - Schedule a Heating Tune-up
  - Save on 1 and 2 year maintenance contracts
- SPECIAL FALL OFFERS FOR YOU:**

### LOOK INSIDE!



Cool Tech Mechanical  
325 Crowley Rd.  
Arlington, TX 76012  
817-404-4945  
www.cooltechmechanical.com

## Cool Tips News Letter

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#### Study Tips

With Fall comes a new school year...and new classes! Look inside for helpful strategies for both students and parents.

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#### Did you know?

There are simple and easy ways to reduce your energy bill! Here are some great tips and facts you will find useful and interesting.

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### CARBON MONOXIDE SAFETY

Carbon monoxide will cause death or serious brain damage to more than 500 victims this year—don't let a family member be one of them! What exactly is it? Carbon monoxide (CO) is a byproduct from burning various fuels and can come from a variety of common, everyday home appliances... and it's poisonous to breathe in. Have you ever heard that you should never start your car or lawn mower with the garage door closed? That's why. It's a tasteless, odorless, and colorless gas, making it a difficult opponent. Make sure your family doesn't fall victim to this silent killer by knowing the facts. Homes are most at risk during fall, when people are starting up their furnace, boiler, or other seasonal combustion appliances for the first time in months.

Normally the toxic gases from fuel combustion are expelled from the home, but processes called the "stack effect" and "backdraft" trap them inside. The stack effect is when faulty appliances create a negative air pressure inside the home by ventilating too much air out of the home. The building will then "backdraft" to compensate for the air pressure imbalance by sucking air—including toxic gases—back inside.

This is usually caused by loose vent pipes, cracked metal, or corrosion. Your home could also have internal equipment damage, malfunctioning components, or hidden blockage or damage in the vent or chimney. But how do you know?

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### FALL SPECIALS!

24 Months no payment no interest financing \*

84 Months @ 4.99% interest \*

Cash Discounts of up to 10% off

Labor and Material Discounts for Attic work (i.e. equipment and duct installations done in fall or winter)

\*on select systems W.A.C. on amounts \$3500 or more, see dealer for details



www.cooltechmechanical.com  
817-404-4945  
Info@cooltechmechanical.com

**CARBON MONOXIDE:**  
Keeping it out of your home.  
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Call us at 817-404-4945 for an annual inspection (...right about now would be a good time!) We can clean and tune-up the central heating system and check for chimney air leaks, cracked heat exchangers, and improperly installed or loose vent pipes. Make sure your family knows the warning signs and what to do to prevent a CO nightmare.

Because it's indiscernible by our senses, carbon monoxide can really sneak up on you—and your home's CO detector! Because air can stratify, low-level leaks are difficult to identify, you should have at least one CO alarm on each floor of your home, and make sure it has a battery backup if it is hard-wired or plug-in.

**What to do if your alarm goes off:**

Turn off combustion appliances, open all doors and windows, leave the home, and seek medical attention for a blood check. CO exposure is so dangerous because it interferes with the way your body absorbs oxygen, and can result in death or serious brain damage.

Symptoms of CO exposure include dizziness, nausea, headache, and shortness of breath—unfortunately, those are also symptoms for dozens of other illnesses, so it's best to stay on the safe side and just get your home checked!

**SOME VISIBLE WARNING SIGNS INCLUDE:**

- moisture inside your windows
- loose or disconnected vent pipes
- loose or missing furnace panels
- soot or debris in or around your furnace
- rust or water streaks on your furnace vent or chimney.

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VENTS  
HEATER  
FILTER  
FURNACE  
MONOXIDE  
AIR  
COOLING  
HOME  
COMFORT  
SYSTEM**

**SAVE \$25**  
On 1-year maintenance agreement  
-OR-

**SAVE \$50**  
On 2-year maintenance agreement  
Not good with any other offer  
Expires 04/1/2016

**\$69.00**  
Fall Furnace Tune Up  
Regular price \$150.00

Our technicians will check on your furnace or heat pump to ensure proper, safe and efficient operation.  
Expires 4/1/2016



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**Did You Know??**

- Using ceiling fans to help circulate the air in your home can allow you to adjust the thermostat setting by a difference of 4 degrees without any change in comfort!
- Faulty ducting can cause your home to lose 20% of its heated or cooled air to the outside!
- Installing programmable thermostats can save you \$150 per year on your energy bill!
- 100<sup>th</sup> of an inch of dust or dirt on an evaporator coil can reduce efficiency by 15%!
- Fall and winter is a great time to replace old Air Conditioning systems and duct work. Save on the install and utility bills.
- Air conditioning was invented in the early 1900's, an expansion on the idea of a dehumidifier used to prevent printing smudges at a publishing company.



*This is the kind of company that you want working on your house or business. People who deserve to be paid well but also have a heart. Where else do you want to take your business?? Believe me, Cool Tech Mechanical is getting all of my future business. -Steve A.*

**STUDY TIPS**

As summer break comes to an end and school starts up again, it may be difficult for your kids to adjust back to a routine of good study habits. Follow these tips to ensure that they get the homework time they need.

**Determine a designated study space.**

Avoid distractions and draw a clear line between play time and study time by setting up a study area in a quiet, well-lit place. It should be well-stocked with school supplies, have access to a computer with internet, and plenty of work space.

**Make a plan.**

How much homework does your child have? Does your child need to study on their own in addition to assigned homework? Which subject does your child struggle the most with? Help your child to prioritize, set goals, and practice time management by keeping track of assignments. Make use of a planner or wall calendar with important deadlines.

**Form a study group.**

Your child will likely show more interest in completing homework assignments and projects if they can bounce ideas off a friend. Choose a day of the week to invite some of your child's classmates over so they can help each other out and make studying fun.

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**FUN LUNCHES**

If you want to make your sack lunches more creative, look no further! Here are some fun and healthy recipes to send your kids to school with.



Photo provided by piedrome.com

**Chicken & Cheese Pesto Pasta**

- 1 c. Cooked cheese tortellini pasta
- 1 oz. Premade pesto pasta sauce
- 1/4 c. Grilled chicken pieces, cut into cubes
- 1/2 tbsp. Parmesan cheese

After cooking the pasta and grilling the chicken, mix together with the pesto sauce into a reusable plastic container. Sprinkle parmesan cheese on top.

Add canned tomato chunks or cherry tomato halves if you are looking to sneak in a vegetable. The tortellini pasta can be substituted with other fun pasta, like spirals or bowtie. Can be served cold. Also pack a piece of fresh fruit and a small snack.

**Pizza Pita**

- 1 Pita bread pocket, small
- 2 oz. Tomato sauce
- 1/4 c. Shredded mozzarella cheese
- 1/2 tbsp. Oregano

Cut the pita bread in half to make two semi-circular pockets. Spread the tomato sauce inside the two pockets, and add the cheese and toppings, evenly distributed. Sprinkle on the oregano inside the pita. Heat the pizza pita in a toaster oven or traditional oven (set at 350<sup>oF</sup>) just until the cheese is melted and the pita bread slightly golden. Let cool. Pack the pita pizza (can be served cold) along with a piece of fresh fruit and a small snack.

**Word Search**

