

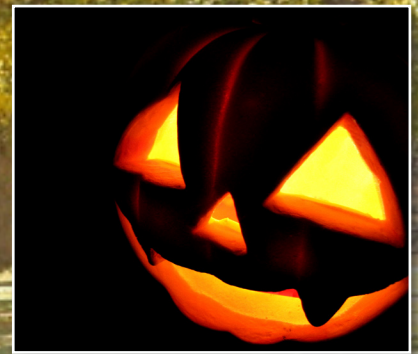


707-515-7330
 Lic.#719381 **se habla español**

FALL NEWSLETTER

Fall is here and we'd like to take the time to not only thank you for being a continued customer of ours, but also to offer some helpful information to you and your family for the upcoming months. Included in fall issue:

- **Energy Savings For You & Your Home**
- **Helpful Tips For Carving Pumpkins**
- **Pumpkin Pie Recipe**
- **Caring for Your Furnace**



HELPFUL TIPS FOR CARVING PUMPKINS

1. Choose a larger pumpkin. The larger the pumpkin, the easier it is to carve. Try to avoid any pumpkins with bruises or moldy stems as they will spoil quickly.
2. When cutting the top, place the knife at a 45 degree angle so the lid will have a place to rest when you replace it.
3. When cleaning the pumpkin, save the seeds. Toasted pumpkin seeds make a healthy snack. Use a

large, heavy metal serving spoon or ice cream scoop to scrape the insides. If you will be lighting the pumpkin, the back wall should be scraped as smooth as possible since that is where the light will be reflected.

4. Beginners should select a simple, bold pattern. Once you master the simple patterns, you can move on to something more complex and difficult.

5. Print out or draw the pattern on a piece of paper. Use small sharp scissors or a razor knife to cut out the areas you will be carving into the pumpkin. Tape the template onto the pumpkin and use a marker to trace the carving lines. Cutting slits in the paper will help it to conform to the round surface.

6. A long serrated knife or pumpkin-carving knife with teeth will be necessary to cut through the thick flesh. Use a sawing

motion and take your time cutting along the outside edge of the marker lines so there is no marker residue that will show post-carve.

7. If you will be lighting your jack-o'-lantern with a candle, be sure to leave the lid off to avoid any fire hazard. Use a votive candle in a glass holder or tea lights in a metal case. If you want to leave the lid on, carve a hole in the unseen back side of the pumpkin to act as a chimney. AC7U

ENERGY SAVINGS *to reduce utility costs...*

When in the kitchen:

Select right-sized pots and pans with tight-fitting lids and cook at lower temperatures to reduce energy use. A six-inch pan on an eight-inch element, for example, wastes 40% of the element's heat output.

Keep your oven door tightly closed. Use the oven light to check on progress when baking or roasting.

Make full use of microwave ovens in hot weather. Microwave cooking can reduce energy consumption by two-thirds and produces much less waste heat than your stove. Toaster ovens and slow cookers are also a great way to reduce energy use.

Don't overfill your refrigerator-freezer; cool air needs to circulate freely throughout the interior of the appliance.

In your garden and around your home:

Longer days mean shorter nights. Don't forget to adjust your outdoor lighting timers. You'll save money and extend bulb life.

Consider using electric grass and hedge trimmers instead of gas-powered trimmers. (Especially with increased gas prices) Well-maintained manual trimmers are preferred by many expert gardeners and professionals.

Plan your garden with the changing seasons in mind. Shelter the south side of your home from summer sun with deciduous trees. Evergreens will protect the north side of your home from icy blasts.

If you'd like to increase the efficiency on your AC system and lower your utility costs, contact us for more information.

PUMPKIN PIE *(Courtesy Paul Deen)*

Prep Time: 45 min
Bake: 50 min
Start to Finish: 1 hours 35 min
Makes: 6-8 servings

Ingredients:

1 (8-ounce) package cream cheese, softened
 2 cups canned pumpkin, mashed
 1 cup sugar
 1/4 teaspoon salt
 1 egg plus 2 egg yolks, slightly beaten
 1 cup half-and-half
 1/4 cup (1/2 stick) melted butter
 1 teaspoon vanilla extract
 1/2 teaspoon ground cinnamon
 1/4 teaspoon ground ginger, opt.
 1 piece pre-made pie dough
 Whipped cream, for topping

Directions:

Preheat the oven to 350 degrees F.
 Place 1 piece of pre-made pie dough down into a (9-inch) pie pan and press down along the bottom and all sides. Pinch and crimp the edges together to make a pretty pattern. Put the pie shell back into the freezer for 1 hour to firm up. Fit a piece of aluminum foil to cover the inside of the shell completely. Fill the shell up to the edges with pie weights or



dried beans (about 2 pounds) and place it in the oven. Bake for 10 minutes, remove the foil and pie weights and bake for another 10 minutes or until the crust is dried out and beginning to color.

For the filling, in a large mixing bowl, beat the cream cheese with a hand mixer. Add the pumpkin and beat until combined. Add the sugar and salt, and beat until combined. Add the eggs mixed with the yolks, half-and-half, and melted butter, and beat until combined. Finally, add the vanilla, cinnamon, and ginger, if using, and beat until combined.

Pour the filling into the warm prepared pie crust and bake for 50 minutes, or until the center is set. Place the pie on a wire rack and cool to room temperature. Cut into slices and top each piece with a generous amount of whipped cream.

CARING FOR YOUR AIR CONDITIONER

KEEP UNIT FREE FROM ALL DEBRIS:

Anything obstructing the unit will prevent it from dissipating heat as effectively, making the unit work harder. This wastes energy and money.

CLEAN OR CHANGE YOUR AIR FILTER:

The air filter is the most important part of your cooling system. If it becomes clogged, then your system will have to work harder and longer to supply the same amount of cool air.

CLEAN INDOOR COIL ONCE A YEAR:

A dirty coil will hinder the unit's ability to cool the air moving through the unit. This makes the unit work harder wasting energy and money.

BRUSH AND VACUUM THE FAN BLADES AND ENCLOSURE AREA ONCE A YEAR:

To keep your air conditioner running at maximum efficiency. (Contact your local indoor air quality expert for assistance.)

CLEAN DRAIN LINE ONCE A YEAR:

A clogged drain will not allow condensation to drain properly causing potential water damage to your home. (Contact your local indoor air quality expert for assistance.)

FREE SAFETY INSPECTION
 on furnaces 15 years and older
 (excluding wall & floor heaters)

Make your home more energy efficient!
 Now offering duct pressure testing & insulation for your home! Call for details: 707-515-7330

Call A-1 Guaranteed for all your home comfort needs. We can help lower your utility costs with our Guaranteed Best Prices.

Call: 707-515-7330 for your Free In-Home Estimate.
se habla espanol

You can also find us on.... <http://www.myspace.com/a1guaranteed>
<http://www.facebook.com/a1guaranteed>
<http://twitter.com/A1Guaranteed>

Unbeatable comfort, unmatched quality
 For the top of the line in cool comfort for your family, look no further. The XL19i is among the industry's most efficient air conditioners available. What does that mean for you? It means



you'll enjoy a total comfort even on the hottest days of the year while lowering your cooling costs at the same time.

COMMUNITY HAPPENINGS

- Loma Vista Farm Harvest Festival & Craft Fair Sat. Oct. 16 11:00 am – 4:00 pm 150 Rainer Avenue – Vallejo Free Admission. Activity tickets available for \$.50 Crafts, Train rides, food, plants & pumpkins for sale. For more info call 707 556-8765
- Continental of Omega Boys & Girls Club 1st Annual Bowl-a-Thon Sat. Oct. 23 12:00 pm – 3:00 pm. Kentwig Lanes 148 Lincoln Rd. East – Vallejo Wear your costume & join the fun! Sponsorship & Teams available. For more info contact Michelle 707 643-1728 or Shamann @ 707 332-3225
- Harvest Festival Sat. Oct. 31 5:00 pm – 8:00 pm North Hills Church 200 Admiral Callaghan Lane – Vallejo Wear your costumes! Games, candy, food and lots of fun!! For more info contact Paula @ 707 644-5286
- Vallejo Little League First Annual Rummage Sale Sat. Nov. 13 9:00 am – 2:00 pm 505 Amador Street – Across from Children's Wonderland - Vallejo Donations for the rummage sale can be dropped off @ A-1 Guaranteed 1768 Broadway ~ Mon – Sat 8am – 5 pm or for alternate donation times and location please contact Reenie @ 707-290-9942
- Foster A Dream is in need of 10,000 - 20,000 sq feet Nov 1 – Jan 20th for the 9th Annual Holiday Wonderland program serving over 1,000 local foster children. (925) 228-0200
- Pumpkin Sale!! Every Sat in October at the Loma Vista Farm. 150 Rainer Avenue – Vallejo 10:00 am – 2:00 pm. Call 707 556-8765 for details.
- Holiday Open House Fri. Dec. 3 6:00 pm - 9:00 pm 1768 Broadway - Vallejo call 707-645-0734 for details.

Submit your **COMMUNITY HAPPENINGS** to Krissy at krissyh@a-1guaranteed.com