

Focus on

# COMFORT

McWILLIAMS  
& SON HEATING AND  
AIR CONDITIONING

FALL / WINTER 2017

## MCWILLIAMS AND SON GIVES BACK

On a muggy morning in mid-August, many members of the **McWilliams and Son** team suited up to start working on a home for the latest recipient of a **Habitat for Humanity** home. When we arrived, we weren't really sure what to expect. After we parked, we were greeted with the smell of sawdust, the sights of saws and tools and several friendly faces from the **Habitat for Humanity** team. Our team was given simple directions on how we could help get this home ready for the new family that would live in it. We got to work, as volunteers, as people that care about other people, and as a community business giving back to the community that we so greatly appreciate.

We were able to meet the homeowner, Kelly and hear about her sweet family that will soon make this house their happy home. We watched she and her best friend sweep, mop, clean, paint, nail, and many other activities just to get her home ready. They giggled and joked as they worked and were very hospitable to all of our volunteer team. Our team installed cabinets in her laundry area for her laundry products, installed shelves in what would be her pantry that would soon be full of groceries for her family's dinner. We touched up paint in bedrooms that will soon hold little sleeping heads of excited and thankful little boys and girls and a single mom with one less burden on her shoulders.



Our team installed a new counter and vanity in the bathroom that this family would share when getting ready for work and school each morning and hopefully church services on Sundays. We watched as the **Habitat for Humanity** team themselves installed electrical outlets and much more. We were HONORED to be a part of the building of this home and it truly impacted our lives!

**Habitat for Humanity** is a great organization that believes in giving a **"Hand UP not a Hand OUT"**! Each recipient of a home has to meet numerous requirements. Susan Robertson, the Director of **Habitat for Humanity of Angelina County** says *"Single income home, like Kelly, had to complete 500 hours of sweat equity. This consists of 100 hours she puts in on someone else's home and 400 hours on her own home. Of those 400 hours, 150 hours must be construction hours on her home and the rest can be made by taking financial management classes, filling out loan paper work, etc. A two income home has to complete 600 hours of sweat equity."*

This was a humbling experience for our team and we are thankful for the opportunity to serve others as a team. Robertson said it best about what Habitat for Humanity stands for; **"Habitat for Humanity is able to build safe and affordable homes for families by utilizing volunteers for skilled and non-skilled labor. This year so far, 175 volunteers have donated over 2,000 hours of work on our home."**

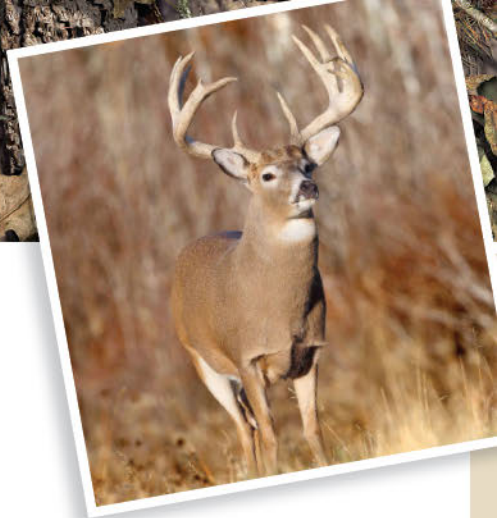
*We couldn't do it without great volunteers and community partners like **McWilliams and Son!**"*





**FOR  
HIM**

# 2017 Deer Hunting Rutting Predictions



**REGION:** Texas

**SPECIES:** Whitetail and  
Mule Deer

**ESTIMATED POPULATION:** 4.3 Million Whitetails

**FALL 2016-'17 HARVEST:** 722,044 Whitetails

**Overall outlook:**

"It should be a good, average year for deer hunters in Texas," says Alan Cain, whitetail deer program leader with the Texas Parks and Wildlife Department. "Antler quality will be good throughout the state, and harvest is expected to be good this year."

**Potential 2017-'18 hotspots:** The Edwards Plateau, commonly called the Texas Hill Country, supports the highest deer population in Texas, with a 2016 estimate of 2.6 million deer, or 130 deer per 1,000 acres, according to Texas White-Tailed Deer Hunting Forecast 2017 Season, authored by Cain. The Cross Timbers region in north-central Texas has the next-highest deer population, with the 2016 estimate of 739,200 deer, or 60.5 deer per 1,000 acres.

**Quick tip:** "Hunting deer feeders or other food sources should be productive this season, especially in the early part of the general firearms season," says Cain.

## **Rut Predictions Based on Biology**

If you believe what science has to say, then this year's rut will be the same as last year, and the year before that, and the year before that. The reason is simple – the rut is controlled by photoperiod (amount of daylight). Several studies have been published in Canada and the U.S. showing that the rut (peak breeding dates) occurs at the same time every year.

In the study, they used fetuses of car-killed does to back-date the day of conception. Remarkably, the center of breeding activity fell during the same 4-day period eight out of nine years the study was conducted. This logic tells us we should be looking at the peak breeding dates in our region from previous seasons. Chances are does will again come into estrous during the exact same time this year and for years to come. In the Midwest, peak breeding typically occurs on or around November 15th.

One key thing to remember is that you don't necessarily want to target the peak of breeding for your "RUT-cation", as this is when bucks will most

likely be tending does, thus moving less. Instead, target the ten days leading up to the peak, as this is when most bucks will be on their feet cruising for does in estrus.

**BEST DATES TO HUNT THE RUT:**  
**November 4th – November 14th**

**FOR  
HER**

# AUTUMN LEAF MASON JAR CANDLE HOLDER



Mason jars are all the rage for home decoration. There are a million ways you can decorate with them and here I'll show you a fall craft that even your kids can do. It may take some time, but this craft makes great autumn decor for the home.

First, make sure the outside of your jar is clean. Wipe it gently with rubbing alcohol



to get any grease and grime off the outside of the jar. Then make sure your leaves are malleable. Bend them a little bit to loosen them up. Stiff leaves won't stick either. If they are thin, fabric leaves, they should easily form around the jar. If they are real leaves, you may want to dampen them slightly (almost the way leaves become after it rains) to unstiffen them. You can also iron fabric leaves as well to loosen the fibers.

To decoupage, dip your brush in the Mod Podge and paint a thin layer on a section of the jar. Once that layer becomes quite sticky (check by dabbing your finger on it), place a leaf on the jar. Paint more Mod Podge on top of the leaf in thin layers, making sure to smooth out the edges. Start in the center of the leaf, and push your way out to the edges with your fingers. It may take



a few layers, but the leaf should stick to the jar. I had to press a few times to get the leaves to stick; but as the Mod Podge dries, it should.

Don't be afraid to use your fingers to smooth out the leaf so that it is fully secure. Layer more leaves on top, filling the jar with as many as you desire. I didn't cover my jar fully, as I liked some of the negative space in between the leaves. Once all the leaves are on, it will take a few hours to dry completely. The tiny edges of the leaves may not stay completely down, but when the look is complete, you may barely even notice. Finish off the top of the jar with raffia or ribbon to complete the look. Place a candle inside and watch it light the room with beautiful orange, red and green fall colors!



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# The Truth About Pets and Indoor Air Quality

*We love our pets, don't we? But sometimes, pets can rub us the wrong way – literally!*

Most pets produce dander - tiny, microscopic flecks of skin and proteins shed by cats, dogs, birds, and other animals with fur or feathers. Dander can cause reactions in people who are specifically sensitive to these allergy triggers – also called allergens.

Roughly twice as many people report allergies to cats as compared to dogs. (Cats are kept as pets in 27% of homes in the United States - dogs in 32%). Research shows that male cats produce less allergens than female cats, but the reason why are unclear.

Did you know that there's no such thing as a non-allergenic dog or cat? Shorthaired or hairless animals contribute dander and allergens to indoor air pollution just as the same as longhaired animals do because they carry allergens from other sources, like dust.

You'll be glad to know that at McWilliams & Son we have some great solutions to indoor pet pollution. New air cleaners can remove bacteria, pollen, animal dander and pollutants as small as .01 microns. Other products such as ventilators, UV lamps, air purifiers and media filters can also improve your indoor air quality. These products can really help.

Plus, consistent maintenance and replacement of your filter is important. System filters help remove dust, floating particles, allergens and other contaminants that are in the air in your home. We can show you what type of filter is best for you.

**No matter what your needs or budget, McWilliams & Son can help you select the best approach for improving your indoor comfort.**

**Don't Wait Another Day!  
Call Us Today!**



## Find The PURPLE RIBBON Hidden In The Newsletter And You Could Win A Prize!

Go Purple with a Purpose for Alzheimer's Disease Awareness and Caregivers Month. President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983. At the time, fewer than 2 million Americans had Alzheimer's; today, the number of people with the disease has soared to nearly 5.4 million. Get involved and help raise awareness for Alzheimer's disease.

We've hidden a purple ribbon in honor of Alzheimer's Awareness and we encourage you to find it. If you find it, send the location by completing a *Contact Us* form fill on our website.

The person that finds the purple ribbon and submits the location first via a *Contact Us* form, will win a \$25 Gift Card!

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## 5 WAYS TO SAVE MONEY THIS WINTER

For homeowners who are not ready to replace their system, there are other ways to save money on your heating bills this winter season. The U.S. Department of Energy's Office of Energy Efficiency and Renewable Energy notes that air leaks cost

homeowners a surprising amount of money, so winterizing your home before the cold comes is a necessity. Take action and trim down your energy bills by following these additional cost saving solutions:



- ✓ Have a heating professional perform a routine check on your heating system once a year.
- ✓ Close doors to rooms that are not used, and seal off any drafts with caulking or plastic sheets.
- ✓ Replace old appliances that seem to "last forever." They may cost homeowners more than they realize in extra power bills. Replacing your old energy-intensive appliance with an updated model can save you up to \$150 a year on your utility bill.
- ✓ Replace furnace filters. Dirty filters restrict airflow, forcing the system to have to work harder than necessary.
- ✓ Insulate your home! Focus on crawl spaces, basements, walls, floors and attics.

## STAY WARM, BUT BE SAFE ABOUT IT

During the winter, one of the most common causes of fires in the homes is fireplaces. There are several things to consider before starting up your next fire.

The simplest precaution is to have a professional chimney sweep inspect your chimney every year. They'll not only clean out the chimney, they can also locate and repair any cracks, blockages and leaks that could cause a problem. Never burn anything in your fireplace but seasoned hardwood like oak, ash or maple. Many fires are caused by people who insist on burning charcoal, trash, cardboard or even Christmas trees in their fireplace. That not only increases the risk of an out-of-control fire, it could release dangerous poisons into the air you breathe. Using a sturdy screen or, better yet, a glass door will prevent burning embers from floating out into your living area. Make sure you go one step further by removing any flammable materials on or around your fireplace, too.



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# *Our Bodies* **and our HVAC Systems**



The human body is a complex system that requires regular check-ups and maintenance. When you care for your body, you enjoy a happier, healthier life. As it turns out, your HVAC (Heating, Ventilation, Air Conditioning) system also benefits from regular check-ups and maintenance.

## **Check-Ups for Health**

To insure the best health, most people visit their doctor regularly. At these visits, your physician inspects your physical body as well as your heart rate, blood values, weight, and any other applicable measurements. By regularly monitoring your body's health, you take steps to fend off future medical problems.

Your HVAC system benefits from regular check-ups, too. Once a year, schedule your HVAC serviceman to give your system a check-up (tune-up). (Schedule twice a year if you have separate cooling and heating seasons.) During the visit, they'll calibrate your thermostat, tighten loose connections, lubricate parts, and perform any necessary cleanings and adjustments. If minor repairs are needed, they can usually make them on the spot.

## **Preventative DIY Maintenance**

You probably take vitamins, exercise, and watch your blood pressure. You try to eat right and take any medications as prescribed. All of these healthy habits are preventative DIY measures that reduce your chance problems down the road.

Your HVAC system also benefits from preventative DIY maintenance. Replace your HVAC filter as needed – about once a month. Keep outdoor units free of obstructions such as tree branches and other foliage. Maintain a clear, clean space for indoor supply and return registers, too. These simple behaviors, when performed habitually, help pave your way toward a healthy HVAC system.

People who take care of themselves often enjoy fewer illnesses, higher energy levels, and longer life. People who take care of their HVAC systems often enjoy lower energy bills, fewer breakdowns, and longer-lasting equipment. The choice is yours. Have you cared for your HVAC system lately?

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918 E. Denman Avenue  
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