

# AUTUMN TREAT

## Apple Cider Caramel Cookies

### Ingredients

- 1 cup unsalted butter, nearly melted
- 1 cup granulated sugar
- 1/2 teaspoon salt
- 1 (7.4 ounce) box Alpine Spiced Apple Cider Instant Original Drink Mix \*Not sugar free\*
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 3 cups all-purpose flour
- 1 (14 ounce) bag Kraft Caramels

### Instructions

1. Preheat oven to 350 degrees F (190 degrees C). Line cookie sheets with parchment paper. It has to be parchment this time.
2. In a stand mixer, cream together butter, sugar, salt, and all 10 packets of apple cider mix until smooth and fluffy. Beat in eggs and vanilla extract, then mix in the baking soda and baking powder. Add the flour and mix until just combined.
3. With a standard (size 50) cookie scoop, scoop the dough scrapping off the excess as you go up the bowl. Flatten the dough slightly in your hand and place a caramel in the center. Work the dough around the caramel sealing well. Place the cookies two inches apart on the sheets.
4. Bake 12 to 14 minutes or until golden brown around the edges. After baking, carefully slide the parchment with the cookies onto the counter. Let cool until they are no longer soft but still slightly warm. Twist gently to remove, and cool the rest of the way upside down on the parchment or on a cooling rack.

**Notes:** If cookies get too cool before you twist them off, freeze the whole sheet for a few minutes and they'll come right off.



Apple Cider Caramel Cookies

**Q. What did the snowman and his wife put over their baby's crib?**

**A. A snow-mobile!**

**Q. Two snowmen were standing in a field, and one said to the other 'Can you smell carrot?'**

**A. The second replied, 'No, but I can taste coal.'**

### Inside...

- Winter Energy Savings Tips
- Autumn Treat

## HOME COMFORT

Smart and simple ways to enrich your home comfort, safety and value

### OUR WORD

#### Our Best Foot Forward

By Marc Theriault & Dan Theriault

Dear Friends,

How is it that summer is already over? We, along with our staff, hope you enjoyed a great summer, reveled in the fantastic weather and were able to enjoy time with your friends and family.

We wanted to remind everyone there is still a grant available should you purchase a new furnace (with an ECM), and if we install the furnace for you, we take care of all the paperwork!

Wishing you all the best as we move from flip flops to socks and boots.

Yours Truly,  
Marc Theriault and Dan Theriault

*P.S. Please pass along our name to your friends and family, and we'll give them our best service and value, too. When they call us to do a job, we'll give you a \$25 Gift Certificate when they say you have recommended us to them!*

### HomeWise

## Get Your HVAC Systems in Shape to Withstand Severe Cold with Home Heating Tips.

When temperatures drop to freezing lows, heating and plumbing problems are very common. There are many things that homeowners can do to prevent these problems that have the potential to cause severe damage to your home.

Theriault Plumbing and Heating offers the following winter home heating tips to help homeowners and their families avoid the damage heating and plumbing problems can cause during freezing weather.

- One of the easiest heating tips: On sunny days, take advantage of the sun to bring in heat. Adjust blinds so they are open and tilted toward the ceiling—but be sure to close the blinds at sundown.
- Set your ceiling fan in the reverse position, on low. When radiant heat enters your home from the windows aimed upward, the fan will help circulate warm air all around the room.

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From your friends at

**THERIAULT** 460 Mountjoy St S.  
**PLUMBING & HEATING LTD.** **264-5989**



### THE LIGHTER SIDE...

**Q. What do snowmen eat for breakfast?**

**A. Frosted Flakes.**

- Fireplaces can waste a lot of energy, as they pull warm air out of the house through the chimney. Make sure the damper is closed when you're not using your fireplace. Installing glass doors can also help keep heat in your home when the fireplace is not in use.
- Don't lose heated air through exhaust fans. Use them sparingly and turn them off when not in use during colder weather as they pull heated air out of your house.
- The best defense against heating problems is to make sure your system is maintained year-round. Having heating equipment serviced by a reputable company at least once a year could reduce your heating bill and prevent costly repairs and replacements in the future.

One of the best home heating tips is to get regular HVAC inspections. Be sure your professional heating tune-up includes: Inspection of the overall safety of gas systems; thermostat calibration; inspection and cleaning of the air handler/blower; filter inspection and cleaning; inspection of wiring and connections.



"REPEAT AFTER ME: AT LEAST WE DON'T GET HURRICANES... AT LEAST WE DON'T GET HURRICANES... AT LEAST....."

*Did you get yours yet?  
If not, come by our  
office or ask a tech  
on our next visit!*



**FREE** Energy Saving Kit

### "Quotable"

*"Treat people as if they  
were what they should be  
and you help them become  
what they are capable of  
becoming."*

-Johann Wolfgang von Goethe

### How about that...

55% Efficient furnace = \$45 of every \$100 is  
wasted up the chimney!

95% Efficient furnace = **ONLY** \$5 of every \$100 is  
wasted up the chimney!

**Save** on average **\$725 per year** on Gas and  
approximately **\$120 per year** on Hydro!

**Total average savings = \$845 Annually!**



## Winter Energy Saving Tips

### No Cost:

- ☞ Start by setting your thermostat to 68°. Your heating system will operate less and use less energy. Turn your thermostat down 5° at night or when leaving your home for an hour or more to save up to \$70 on energy costs each year.
- ☞ Set your water heater In fact, each time you lower the temperature by 10°F you'll save 3–5% on your water heating costs. That's a savings of \$6-\$10 a year.
- ☞ In the winter, to make the most of Mother Nature's sunlight by opening window coverings on south-facing windows to warm your home. Also, consider closing window coverings in rooms that receive no direct sunlight to insulate from cold window drafts. At night, close window coverings to retain heat. Up to 15% of your heat can escape through unprotected windows, but the solar heat gain from the sun during the day can conserve valuable energy.
- ☞ If you have a clothes washing machine, use cold water. According to ENERGY STAR, washing clothes in cold water will save you about \$40 a year with an electric water heater and about \$30 a year with a gas water heater.

### Low Cost:

- ☞ Install water-efficient showerheads and faucets. It really helps! 1.8 gallon per minute shower heads can reduce your hot water consumption by as much as 10%. You'll see savings up to \$6 per year for a sink faucet aerator and \$20 per year for a showerhead.
- ☞ Switch to compact fluorescent light (CFL) bulbs. They cost a little more, but you can save about \$40 over the life of just one bulb.

### Go Big:

- ☞ Insulate your home! The easiest and most cost-effective way to insulate your home is to add insulation in the attic. Other effective places to add insulation include unfinished basement walls and crawlspaces. Insulating walls can be more complex, so check with a contractor for advice. When insulation is correctly installed AND the home is totally weatherized, the average home can see a savings of up to 20% of your heating and cooling costs.