

# Did You Know?

(NAPS)—Dirty HVAC systems use more energy, resulting in higher energy bills, so the National Air Duct Cleaners Association (NADCA) recommends having a professional clean the system. Find a qualified contractor in the NADCA online directory. Learn more at [www.breathingclean.com](http://www.breathingclean.com).

To make home buying faster and easier, companies such as Rocket Mortgage use AI to automate document collection, verifying information instantly and even showing loan officers the best mortgage products for their clients. Learn more at [www.rocketmortgage.com](http://www.rocketmortgage.com).

If you're like many homeowners seeking to enhance your property and support your interests, adding a freestanding hobby shop, vehicle storage building or recreational facility from Morton Buildings can be a great idea. Learn more, including how to save on building one, at [mortonbuildings.com/projects/residential](http://mortonbuildings.com/projects/residential) and 800-447-7436.

Digital eye strain, often caused by differences in light—screen glare, light reflection, screen brightness and contrast—affects 60 million people worldwide, and over 70% of computer users. Smart lights such as the ScreenBar Halo from BenQ can help. Learn more at <https://www.benq.com/en-us/lighting.html>.

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[www.deltadentalwa.com](http://www.deltadentalwa.com).

“Night guards are a great appliance to help minimize the effects of bruxism, including tooth chipping or other damage caused by grinding and clenching,” said Kyle Dosch, DDS, Delta Dental of Washington’s dental director and member dentist. Learn more at [www.deltadentalwa.com](http://www.deltadentalwa.com).

With the right workforce in place, Massachusetts—and the nation—can make major strides in tackling the climate crisis and providing an equitable, economically viable, and reliable energy future. Learn more at [gridhome.nationalgrid.com/news/169224/reflecting-on-a-successful-workforce-development-summer](http://gridhome.nationalgrid.com/news/169224/reflecting-on-a-successful-workforce-development-summer) and [gridhome.nationalgrid.com/news/177027/training-tomorrow-s-leaders-today](http://gridhome.nationalgrid.com/news/177027/training-tomorrow-s-leaders-today).

With the right workforce, New York can make major strides in tackling the climate crisis and providing an equitable, economically viable, and reliable energy future, say the experts at National Grid, NY. Learn more at [www.nationalgridus.com/project-c/Our-Pillars/Workforce-Development](http://www.nationalgridus.com/project-c/Our-Pillars/Workforce-Development) and [www.nationalgridus.com/project-c/Connect-as-Local-Leaders-and-Businesses/The-Grid-Collective](http://www.nationalgridus.com/project-c/Connect-as-Local-Leaders-and-Businesses/The-Grid-Collective).

Whether you're feeding your family or entertaining guests a delightful way to keep things cosy yet special during the cold weather season is with a delicious dish made with Trusted Veal from Europe. For information on enjoying and purchasing European veal plus terrific recipes, visit [www.trustedveal.com](http://www.trustedveal.com).