



## *December 2017 Newsletter*



***Meeting your Heating & Cooling needs since 1990!***

9301 Reading Rd.  
Cincinnati, OH 45215  
513-769-0871

Visit us on the web at: [www.cincinnatiheatingandcooling.com](http://www.cincinnatiheatingandcooling.com)

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# Have Your Furnace Cleaned Today

BBB Rating

A+



**As the winter weather continues we want to remind you that it's not too late to schedule an the annual maintenance on your furnace!**

*Call our office at 513-769-0871 and our office personnel will be happy to assist you set up a day and time that is convenient for you!*



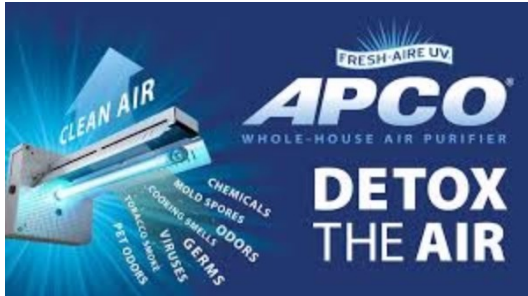
It's tempting to believe that indoor air is always cleaner than outdoor air, but research has shown that you can actually be exposed to more contaminants inside your home than outside of it.

It is very important to address the potential causes of indoor air quality problems. If left untreated, air quality issues can have a very detrimental impact on our health. Research also shows that people are now spending as much as 90 percent of their time indoors, and if the indoor air is polluted, this could pose a significant health risk.

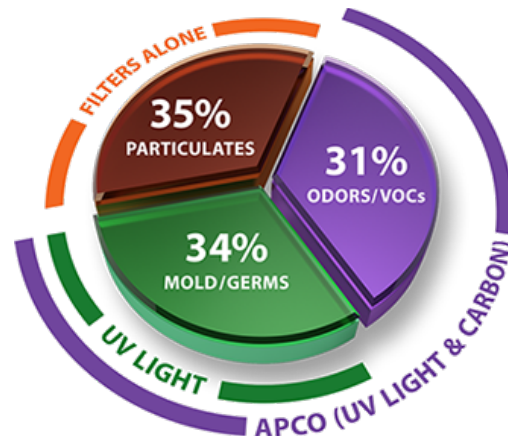
## There is a solution!

The APCO Whole House Air Purifier System installed directly on to your HVAC systems greatly reduce these pollutants.

Call our office today for more information on installation and pricing.



The award-winning APCO system (Advanced Photocatalytic Oxidation) represents an entirely new type of air purifier. APCO is installed in the duct work of the central air system where it scrubs the air as it passes by. APCO's unique combination of UV-C light and activated carbon achieves unmatched germ and odor reduction without producing any harmful ozone. APCO is particularly effective at reducing odor-causing volatile organic compounds (VOCs) which include toxic chemical vapors like formaldehyde and toluene.





Register to win a APCO system, including installation, by emailing  
airpluscinti@outlook.com with "I want one!" in the subject line.  
Drawing will be held on January 15, 2018.





The average household spends about \$112 a month on energy bills, and prices are steadily rising, according to the Energy Information Administration.

The first step to demystifying your electricity bill, and hopefully reducing it, is to take stock of where you use the most energy.

"Cutting energy waste results in energy savings, but it also translates into money savings," said Kateri Callahan of the Alliance to Save Energy.

You can find a professional energy auditor to help you assess your home's energy use, potentially for free, through your electric company or the Department of Energy's web-site. If you follow their energy upgrade recommendations, you could shave 5% to 30% off of your energy bill.

### **10 Tips to Lower your Energy Costs**

#### **1. Shutdown your computer:**

Computers are some of the biggest energy users in office buildings. Turn your monitor off at night and ditch the screensaver.

Today's computers can be turned on and off over 40,000 times. Opting to shut down over using a screensaver does not affect your computer's lifespan. So power down!

#### **2. Choose the right light:**

LED bulbs are the most energy efficient lighting option. LED bulbs use 75% less electricity than incandescent bulbs (Energy Star). They also have no mercury, and last about 25 times longer than traditional incandescent bulbs (DoE).

#### **3. Eliminate vampire power: unplug idle electronics:**

Devices like televisions, microwaves, scanners, and printers use standby power, even when off. Some chargers continue to pull small amounts of energy, even when plugged in (a good judge of this is if a charger feels warm to the touch). In the US, the total electricity consumed by idle electronics equals the annual output of 12 power plants (EPA).

#### **4. Use a power strip to reduce your plug load:**

To avoid paying for this "vampire power," use a power strip to turn all devices off at once. Flipping the switch on your power strip has the same effect as unplugging each socket from the wall, preventing phantom energy loss.

#### **5. Turn off the lights:**

Just one switch and you're done! Make it your philosophy to turn off lights. Not only will you save electricity when you turn off lights, and save money overall, but it will remind you to be an energy saver in other ways.

**6. Heating/Cooling:**

Keep the blinds open in the winter and closed in the summer during the day to allow the sun to warm the inside of your home.

**7. Water Heaters:**

Lower the temperature on your water heater from the standard 140 degrees to 120.

**8. Washers:**

Use The Correct Water Temperature. About 90 percent of the energy used for washing clothes is spent on heating the water.

Unless you are dealing with clothes that heavily stained with oily stains, the warm or cold water setting on your machine will generally do just as good a job in cleaning your clothes.

**9. Install a Programmable Thermostat:**

For every degree you raise or lower the temperature in your home during the heat of the summer or the cold of winter, you can save up to 2 percent on your utility bill. You don't have to keep your air conditioning or heat on high while you're away from home. You can create a schedule that follows your family's routine, and keeps the temperature cool or warm while you're there, but eases up on the energy usage when you're not home.

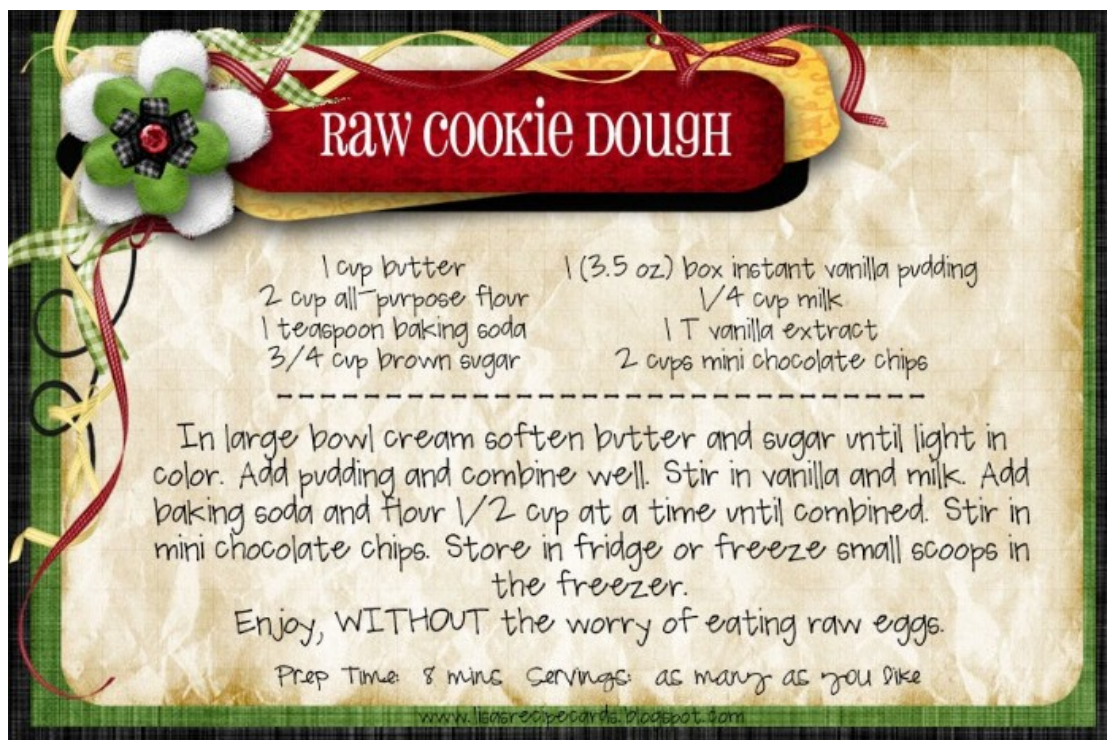
**10. Discounts:**

Check your utility company for savings opportunities. Some utility companies offer rebate programs and off-peak rates.

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**YUMMY!**  
**Holiday Goodies!**





## Raw Cookie Dough

1 cup butter  
2 cup all-purpose flour  
1 teaspoon baking soda  
3/4 cup brown sugar

1 (3.5 oz.) box instant vanilla pudding  
1/4 cup milk  
1 T vanilla extract  
2 cups mini chocolate chips

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In large bowl cream soften butter and sugar until light in color. Add pudding and combine well. Stir in vanilla and milk. Add baking soda and flour 1/2 cup at a time until combined. Stir in mini chocolate chips. Store in fridge or freeze small scoops in the freezer.

Enjoy, WITHOUT the worry of eating raw eggs.

Prep Time: 8 mins Servings: as many as you like

[www.1001recipescards.blogspot.com](http://www.1001recipescards.blogspot.com)



## Chocolate Caramel Cookies

**Ingredients:**

- 1 package devil's food cake mix (regular size)
- 2 eggs
- 1/2 cup canola oil
- 42 Rolo candies
- mini or regular M & M's

**Directions:**

1. In a large bowl, combine the cake mix, eggs and oil. Roll tablespoonfuls of dough into balls. Press a candy into each; Press four mini M & M's into the top of the cookies.
2. Place 2-in. apart on ungreased baking sheets. Bake at 350° for 8-10 minutes or until tops are cracked. Cool for 2 minutes before removing from pans to wire racks.

Preheat oven to 350°.



## Ginger Snaps

**Ingredients:**

- Baking powder - 1 tsp
- all purpose flour - 3 Cups
- baking soda - 1/2 tsp
- ground ginger - 1 tsp
- ground cinnamon - 1/2 tsp
- salt - 1/2 tsp
- capsicum pepper - just a pinch
- hard margarine softened - 1/2 cup
- granulated sugar - 1/2 cup
- fancy molasses - 1/2 cup
- cold prepared tea - 2 cup

**Instructions:**

Mix first 7 ingredients together in medium bowl.

Cream margarine & sugar together in large bowl. Add molasses & prepared tea. Add flour mixture. Mix Well.

Cover & refrigerate overnight.

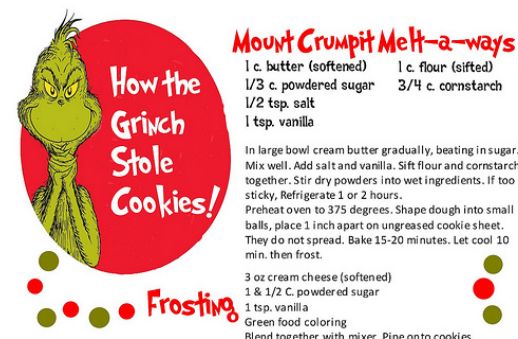
Roll out on lightly floured table about 1/8 inch thick.

Cut into 2 1/2 inch circles.

Place on greased cookie sheet.

Bake at 375° oven - 10 to 12 minutes.

Makes 4 1/2 dozen cookies.



## How the Grinch Stole Cookies!

**Mount Crumpit Melt-a-ways**

1 c. butter (softened)  
1/3 c. powdered sugar  
1/2 tsp. salt  
1 tsp. vanilla

1 c. flour (sifted)  
3/4 c. cornstarch

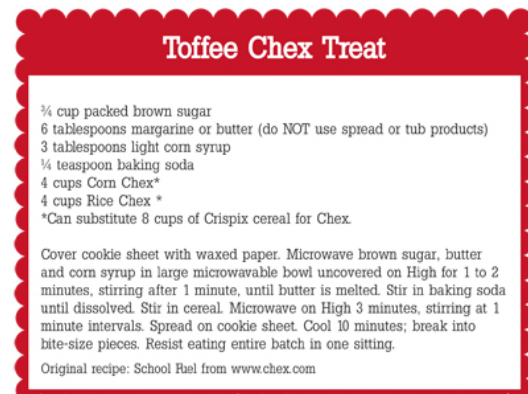
In large bowl cream butter gradually, beating in sugar. Mix well. Add salt and vanilla. Sift flour and cornstarch together. Stir dry powders into wet ingredients. If too sticky, Refrigerate 1 or 2 hours.

Preheat oven to 375 degrees. Shape dough into small balls, place 1 inch apart on ungreased cookie sheet. They do not spread. Bake 15-20 minutes. Let cool 10 min. then frost.

**Frosting:**

3 oz cream cheese (softened)  
1 & 1/2 C. powdered sugar  
1 tsp. vanilla  
Green food coloring

Blend together with mixer. Pipe onto cookies.



## Toffee Chex Treat

3/4 cup packed brown sugar  
6 tablespoons margarine or butter (do NOT use spread or tub products)  
3 tablespoons light corn syrup  
3/4 teaspoon baking soda  
4 cups Corn Chex\*  
4 cups Rice Chex\*

\*Can substitute 8 cups of Crispix cereal for Chex.

Cover cookie sheet with waxed paper. Microwave brown sugar, butter and corn syrup in large microwavable bowl uncovered on High for 1 to 2 minutes, stirring after 1 minute, until butter is melted. Stir in baking soda until dissolved. Stir in cereal. Microwave on High 3 minutes, stirring at 1 minute intervals. Spread on cookie sheet. Cool 10 minutes; break into bite-size pieces. Resist eating entire batch in one sitting.

Original recipe: School Ruel from [www.chex.com](http://www.chex.com)

**KNOW  
SNOW!**

# TOP TIPS FOR WINTER DRIVING



## SLIP AND SLIDE: TEST ROAD CONDITIONS FREQUENTLY

Periodically, check traction (available grip) when driving in challenging conditions. Road conditions can change drastically in a short period of time/distance in winter. Apply the brakes with moderate pressure to determine the available grip and modify your driving, if needed, to respond to ever-changing road conditions.



## GRIP IT GOOD!

It's best to avoid braking or acceleration when negotiating a turn.

- 1 Brake before the turn
- 2 Negotiate the turn
- 3 Accelerate after the turn



## YOU CRUISE, YOU LOSE



Avoid cruise control in wet, icy or snow conditions to maintain control of acceleration and deceleration at all times.





**Q.** At what temperature should I set my thermostat for the best energy saving?

**A.** Normal cooling settings are 75 – 80 degrees. Normal heating settings are 68 – 72 degrees. You should always set your thermostats to the highest possible setting that is comfortable for you in the summer, and the lowest comfortable setting in the winter.

**Q.** I have an old R-22 air conditioner, is the refrigerant really being banned and becoming obsolete?

**A.** Yes, R-22 has been deemed hazardous to the ozone by the E.P.A. and they have already started restricting manufacturing of R-22. They just recently cut the allowable amount of R-22 to be made in half. From now on they are going to be steadily restricting the manufacturing more and more until 2020, when it will become unavailable. As the supply has been cut down the prices have skyrocketed. If you have an R-22 system expect higher than normal ac repair costs, as the air conditioning repair companies are paying triple what they paid in 2011. The E.P.A. is purposely trying to make you upgrade to a new high efficiency, R-410A, air conditioning system. We can no longer purchase new air conditioners with R-22 in them. As of 2010 manufacturers are no longer allowed to make any more R-22 AC units. If you're getting a new air conditioner this year or any year before 2020 think about investing the extra money to get an R410A air conditioner. The new refrigerant is better in a lot of ways. It doesn't hurt the ozone, it blows colder air in the summer and the system could save you 50% off the power bill.

**Q.** How often should I change my filter?

**A.** If you have a standard disposable filter, once a month will suffice. We recommend that you replace your filter every time you get your utility bill. Also, filters vary in thickness and efficiency.

Thanks for submitting your questions!

Keep the questions coming for our future Newsletters by emailing them to; [airpluscinti@outlook.com](mailto:airpluscinti@outlook.com)

(Gift cards for submitted questions will be mailed to the address we have on file)





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