



April 2018 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



It's time to get your A/C ready for the warmer weather!

Our preventative maintenance cleaning and inspection will ensure your system is ready to keep you cool on those warm days!

Take advantage of our "Early Bird Special" by scheduling and having your service completed on or before May 15th to receive the special price of **\$79.00**. (Reg price \$97.00)

Call (513)769-0871 and schedule an appointment today!

(Due to the extended colder weather please note that we have extended the early bird special as stated on our current postcard mailing. We appreciate your sharing this with your family, friends, neighbors and co-workers who may not receive this email.)

What Does **Preventative** Air Conditioner Maintenance ACTUALLY PREVENT?



Major Breakdowns



Minor Breakdowns



Low Coolant Levels



Poor Air Quality



Shortened Life of
AC Unit



Warranty Issues



Unsafe Conditions



Unnecessary Costs

**WANT TO STAY COOL
THIS SUMMER?**

Don't skip your AC maintenance!

6 WAYS TO BE A SPRING CLEANING SUPERHERO



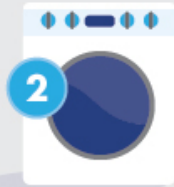
GRIND FROZEN CITRUS PEELS

to clean and freshen your garbage disposal



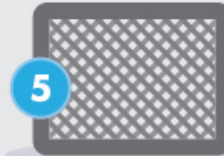
CLEAN YOUR HVAC VENT COVERS

with a microfiber extendible duster or vacuum



REMOVE WASHING MACHINE BUILD-UP

with a commercial oxygenated cleaner



DE-GREASE YOUR STOVE VENT HOOD

by just running it through the dishwasher



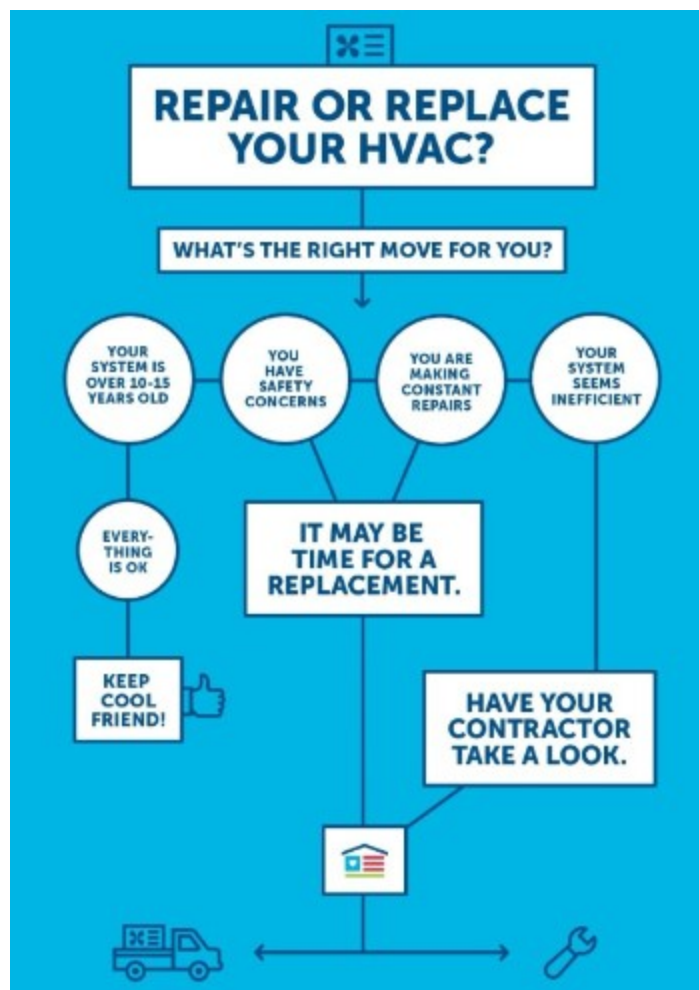
WIPE DOWN YOUR LIGHT BULBS

and dust lamp shade creases with a paintbrush for an instantly brighter room



VACUUM MICROFIBER UPHOLSTERY

with a brush attachment and light pressure



Call our office today to schedule a free in home estimate and ask to speak to our office professionals about financing options.
(Various finance term products offered including same as cash options)



Ask about our "worry free" Preventative Maintenance Agreements

Under our Preventative Maintenance Agreement, factory authorized service technicians perform maintenance needed to keep your systems running at their best, so you no longer have to plan, schedule or manage routine maintenance. With a Scheduled Agreement from Air Plus, our office professionals will call to schedule your appointment at your convenience twice a year, 1 visit in the spring and 1 visit in the fall, our knowledgeable service technicians will then be dispatched to provide your service using established maintenance procedures to deliver the highest level of quality. Your Preventative Maintenance Agreement also includes parts discounts, priority service and no overtime charges.

Call our office today at (513)769-0871 and speak to our office professionals to set up your PMA today!

Things YOU Can Do to Help *Naturally* Reduce **ALLERGY SYMPTOMS**



1. Wear Shades

Wear glasses or sunglasses when outdoors. Covering your eyes keeps pollen and other irritants away from this sensitive area, which reduces itchiness and redness. Pollen is a known irritant for eyes and eyelids.



2. Drink Water

Even mild dehydration can activate histamine production, so staying hydrated can dampen allergy symptoms.



3. Nasal Irrigation

Nasal irrigation with a combination of warm water and natural salt may help clear out mucus and open sinus passages. You can administer the solution through a neti pot.



4. Shower & Wash Your Hair Before Bed

Cleaning up before getting into bed helps remove pollen from your hair and skin, which reduces irritation. You should also consider keeping pets out of the bedroom if they've been outside, as pollen can cling to their fur.



5. Stay Indoors

Minimize activities outdoors when pollen counts are at their peak. Pollen is typically at its highest point during midday and afternoon hours, so those who suffer from allergies and asthma should avoid going outside during those times of day.

MEET OUR TEAM!

This month we are featuring: **DJ Carpenter - Service Technician/Installer**



DJ came to Air Plus in 2012 with light HVAC installation experience and EPA certification, he began on the install crew and worked his way up to lead installer and has recently crossed over as a service technician. DJ lives in Reading with his fiancée and daughter and he and his fiancée are enjoying planning for their wedding this coming August.

Spring clean **your health**

1

Take stock of your pantry and get rid of anything that stands in the way of your goals. The occasional treat is okay - just don't keep them close at hand!



2

Stock up on healthy foods and snacks. Reduce your added sugar intake and fill your diet with fresh fruits and whole grains.



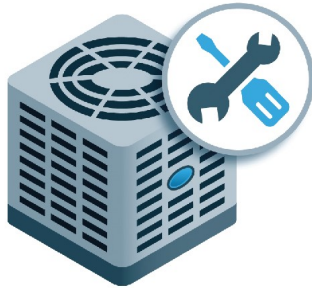
3

Take advantage of the warming weather and get outside. Walking and biking are great ways to kick off being more active!



HVAC MAINTENANCE 101

MAINTENANCE EXTENDS YOUR HVAC'S LIFE



- ✓ CATCH PROBLEMS EARLY FOR EASIER REPAIRS
- ✓ IMPROVE YOUR SYSTEM'S EFFICIENCY
- ✓ SAVING MONEY ON YOUR UTILITY BILLS
- ✓ AVOID BREAKDOWNS WHEN YOU NEED YOUR HVAC THE MOST
 - ✓ WINTER FREEZES
 - ✓ SUMMER HEAT WAVES

2 STAGES OF DIY HVAC MAINTENANCE



MONTHLY MAINTENANCE

- ✓ CLEAN DEBRIS (INCLUDING SNOW) OFF OUTDOOR UNIT'S
- ✓ MAINTAIN 2 FEET OF CLEARANCE AROUND OUTDOOR UNITS

SEASONAL MAINTENANCE

- ✓ COMPLETE IN THE FALL & SPRING
- ✓ PERFORM A VISUAL SYSTEM INSPECTION
- ✓ CHECK THE THERMOSTAT SETTINGS
- ✓ BOOK A PROFESSIONAL MAINTENANCE APPOINTMENT

HVAC PROS PERFORM SEVERAL MAINTENANCE TASKS

- ✓ INSPECT/TEST ELECTRICAL CONNECTIONS
- ✓ INSPECT THE SYSTEM'S MOVING PARTS
- ✓ CLEAN CONDENSATION DRAINS
- ✓ EVALUATE START-UP/SHUTDOWN CYCLES FOR SAFETY AND EFFICIENCY
- ✓ PERFORM PEST PREVENTION TASKS
- ✓ CLEAN OR CHANGE FILTERS
- ✓ INSPECT REFRIGERANT LINES
- ✓ CLEAN DIRTY COILS



Q. If when the AC is running some parts of your house feel almost too cold while others aren't cool at all what causes this?

A. air flow dividing is a function of the ventilation duct layout. if it was built by a certified HVAC contractor, it was laid out properly, and was later tampered with or has developed a blockage. If you know something was done to ducting or a vent then that is probably where the trouble was started. Reestablishing flow balance is not simple, it requires some knowledge and some math. Call a HVAC tech, and get help there.

Q. Why would I need to purify the air when I have a 1" filter in my central air system?

A. Those 1" filters are generally designed to protect the inner-workings of your central air system. They do not filter the air efficiently enough to reduce indoor air pollution and to alleviate allergy symptoms.

Electronic Air cleaners pull dust, pollen, tobacco smoke, and mold spores out of the air. In addition, duct-mounted filters only work while the central air system is running. During the spring and fall months, allergy seasons, the central system is usually shut off.

Q. Why is my unit icing-up? Why am I getting so little air flow from my registers?

A. There are several things that can cause frost on your coil and/or reduced air flow.

Anything that restricts the airflow through the inside unit will cause frost. As the frost builds up on the coil, the airflow becomes more and more restricted making the condition worse. When the frost is also on the outside pipes next to the compressor, damage to the compressor can occur.

Most common causes:

- Extremely dirty air filter restricting the airflow through the inside unit.
- Extremely dirty (clogged) cooling coil restricting airflow through inside unit.
- System low on Freon, causing coil to freeze up.
- Check your return grill to make sure that it is not being obstructed.
- Blower motor overheats and "kicks off" on safety switch.

Q. What is a programmable thermostat?

A. It senses the room temperature and controls the HVAC system according to a schedule established by the homeowner. This type of thermostat allows different temperature settings to automatically regulate the HVAC system at different preset times. Modern programmable thermostats use a chip to provide smart memory to these thermostats and they can then be set up for optimized start of the system and allows your system to run most efficiently.

Thanks for submitting your questions!

Keep the questions coming for our future Newsletters and remember,

if we use your question you will earn a \$10 gift card!

Email questions to; airpluscinti@outlook.com

(Gift cards will be mailed to the address we have on file unless otherwise stated in the email)



Cool as a cucumber pasta salad

1/4 cup finely diced sweet onion
1 cup peeled and diced cucumber (about 1 medium)
1/4 cup diced sweet red pepper (The mini peppers work great)
1 lb. elbow macaroni, cooked as per package directions drained and cooled

Dressing
1 1/2 cups mayonnaise
1/4 cup sour cream
1 tablespoon sugar
2 tablespoons apple cider vinegar
1 teaspoon seasoned salt
1/2 cup whole milk and an extra dash of milk before serving
Salt and pepper to taste



Small bowl for mixing chopping board, various utensils

Directions:
In a large bowl whisk together the mayonnaise, sour cream, sugar, cider vinegar, milk, and seasoned salt.

Meanwhile cook the macaroni as per package directions. Drain and cool.

Mix together the macaroni and dressing, onions, cucumbers and sweet peppers. Add salt and pepper to taste.

Keep refrigerated. Add some extra milk to the pasta salad and stir well for a creamy consistency before serving. You can make this pasta salad in advance and the flavors mingle to just get better and better.

Grilled Fish Tacos with Mango Salsa

Ingredients
1 medium ripe mango, peeled, pitted and cut into a 3/4-inch dice
3/4 cup roughly chopped coriander leaves
1 medium garlic clove, minced
Juice of 1 lime
1/2 teaspoon hot sauce
Sea salt
Olive oil
4 x skinless trevally, or other firm white fish fillets
4 x 8-inch flour tortillas



Method

1. In a medium bowl, toss the mango with the coriander, garlic, lime juice and hot sauce.
2. Season with salt.
3. Light a grill and brush the grates with oil.
4. Season the fish with salt and grill over a high heat, turning once, until charred on the outside and opaque throughout. This will take about 4 minutes each side.
5. Grill the tortillas until warm and lightly charred, about 30 seconds each side.
6. Top the tortillas with the fish and the mango salsa.
7. Fold the tortillas over the filling, and serve immediately.

CHICKEN FAJITAS

Directions:

Cut chicken into strips. Place oil in a large, deep skillet and turn heat to medium-high. Heat oil for 1 minute and then add chicken. Cook for 2-3 minutes. Turn chicken with spatula and add in onions and peppers. Cook and additional 2-3 minutes until chicken is cooked through and vegetables are tender crisp. Add water and fajita seasoning. Mix well. To serve wrap the chicken mixture in a tortilla and serve with desired toppings.

Ingredients:

1-2 tablespoons olive oil
4 boneless skinless chicken breasts
2-3 large bell peppers, seeded and cut into strips
1-2 medium onions cut into thin strips
Fajita Seasoning Mix
6 corn or flour tortillas
Toppings:
Sour Cream
Sliced Green Onions
Grated Cheese
Salsa

BOWTIE Pasta Salad

1 Newman's Own Family Recipe Italian Dressing (16oz)
2 boxes farfalle pasta
3 roma tomatoes
2 green bell peppers
4.5 oz sliced black olives
32 oz colby-jack cheese cubes
24 oz pepperoni slices

Cook pasta according to package directions drain and put in large bowl. Shake dressing well, pour over pasta, toss. Chop up tomatoes, bell peppers & pepperoni and add to pasta. Drain and add olives. Cover and refrigerate at least 4 hours (over-night works well). Before serving, mix in cheese cubes. ENJOY! Refrigerate leftovers.



Indoor air quality is a broad heading for many types of products designed to improve the quality of air throughout your home. Advanced filters, air purifiers, humidity control and germicidal UV lights are among the most popular and here, at Air Plus, we offer a wide range of quality products for all home solutions.

Call our office today and speak with our professionals to find out what products will best suit your homes needs to increase your air quality.



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Our mailing address is:

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