



## ***August 2018 Newsletter***



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

9301 Reading Rd.  
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Visit us on the web at: [www.cincinnatiheatingandcooling.com](http://www.cincinnatiheatingandcooling.com)



As we continue to enjoy the summer days it's important to remember that air conditioning systems should have full maintenance performed annually and while your system may be working today, without a tune up, it may not work efficiently or even start back up in spring.

Call our office (513)769-0871 or visit us online <http://cincinnatiheatingandcooling.com> to schedule your A/C maintenance and ensure your system is ready when you need it!

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## TOP 10 REASONS YOU NEED TO REPLACE YOUR HVAC SYSTEM

There will come a time when you should replace the HVAC system in your home. However, most people don't have a clue when it's best to do that. So, we created this infographic to highlight some of the reasons you might need to contact professionals. There are many benefits to a new HVAC system, and so you shouldn't delay if the time is right.



Your boiler, air conditioner or furnace runs too often. That could be a sign that it isn't working properly, and it will consume more energy than is necessary.



Your heating and cooling systems are noisy. HVAC systems are not designed to make a lot of noise. If that's happening, you might need a replacement.



Your home doesn't stay at a constant temperature. If you find that some rooms are warmer or colder than others, it could be because your system isn't working properly.



Your heating and cooling systems suffer a breakdown. Sometimes it's possible to replace parts to get your system working again. However, it's usually sensible to replace it.



Your HVAC solution needs frequent repairs. If you're spending money on fixing your system too often, it makes sense to change it for something new.



Your system is more than ten years old. In most instances, all products need replacing within ten years.



Your heating system pumps out too much carbon monoxide. Older furnaces can develop cracks in heat exchangers. That can result in carbon monoxide creeping into your property. Get a detector to test for that.



Your HVAC system shorts your electric. If the system creates electrical issues in your home, you need to replace it for safety reasons.



Your home has too much dust. Leaky ducts can draw dust from attics and basements, and move it around your home.



Your home develops humidity issues. Poor ductwork can leave you home too dry in the winter and too humid in the summer.



Call our office, 513-769-0871, to set up an appointment for an in home estimate or visit our interactive website and get information on new system equipment options: <http://cincinnatiheatingandcooling.com>



As you start celebrating the end of summer, it's time to show your air conditioner a little TLC. Though you may think it's too soon to start thinking about next summer already, there are ways that you can make sure your HVAC system is running efficiently and ready to keep working hard year-round. Your HVAC system has worked hard all summer, so here's how to prepare it for the year ahead:

**Replace your air filters.**

Pollen and dust levels are high in the summer. If you have not replaced or cleaned your HVAC filter recently, change your filter before you head into fall. Dirty and clogged filters cause your unit to work harder than necessary, which can increase energy usage and put additional strain on the unit. Changing your filter routinely helps you prevent maintenance issues while also helping your unit run more efficiently. In fact, according to the U.S. Department of Energy, regularly replacing your air filter can lower your AC's energy consumption by about 5 to 15%. Make sure that you use a filter that is designed for your HVAC system and keep up with filter changes throughout the year to maintain efficiency.

**Remove debris from outdoor unit.**

If you have an outside unit, there is a chance that twigs, leaves, and other debris may have accumulated in and around the space over the summer. Check for and clear any debris on the tops or sides of the system to remove any obstructions. This is also a great time to monitor outdoor landscaping and trim any grass, trees, or shrubs that may be blocking the unit after summer growth. Any foliage around or hiding the unit should be at least one foot away from the outdoor unit. By maintaining the landscaping and removing any debris from around the unit, you are removing any blockages that might keep the system from functioning efficiently.

**Schedule an HVAC tune-up.**

The best way to prolong the life of your HVAC unit is by scheduling regular maintenance. As summer comes to an end and it's almost time to tune up your furnace it is also important to make sure you tune up

your air conditioner. During the tune-up, an HVAC professional can check the system's parts to make sure there is no damage and everything is running efficiently. The technician can also charge refrigerant and replace the air filter if necessary. This pre-fall tune-up will not only help you prepare for the months ahead, but it can also help identify any maintenance issues before they cause a bigger problem.

Air Plus Heating and Cooling is ready to help you make sure your system gets you through fall, winter, and beyond and we offer 'worry free' preventative maintenance agreements that help keep your system running smoothly year-round, improving efficiency and reducing the number of breakdowns.

**Call us today for more information or to schedule a maintenance, (513)769-0871.**

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# HVAC

Heating, Ventilation & Air Conditioning

# PRO-TIPS

Routine inspection of your unit by air conditioner maintenance service technicians is vital to ensure that your system effectively runs each year. However, properly caring for your AC in between visits is crucial if you want the most cost and energy-efficient unit possible.

## Maintaining your Air Conditioner Investment

✓ **Change the filter monthly**

**The most important maintenance task that will ensure the efficiency of your air conditioner is to routinely replace or clean its filters.**

Clogged, dirty filters block normal airflow and reduce a system's efficiency significantly. Air that bypasses the filter may carry dirt directly into your AC system.



**Q. Why does my system seem to need more refrigerant each year?**

**A.** An air conditioning system that needs recharging of refrigerant on a regular basis is leaking and needs repair.

Leaking refrigerant not only causes your unit to lose cooling capacity and use more energy, it's also very bad for the

environment. Our service technicians use the latest technology to find refrigerant leaks and can inform you on the cost and time needed to complete the repairs, this is a lengthy process and can be expensive and it should be noted that with the ban on R22 you should always consider the cost effectiveness to repair and recharge AC or heat pump systems older than 10 years and nearing the end of their life-span and consider replacing the entire system with one that uses the more environmentally-friendly R-410A. Newer systems are by far more energy efficient and can significantly save on energy costs, sound pollution,

**Q. How can I tell if there is carbon monoxide in my home?**

**A.** Carbon monoxide is a poisonous, colorless, odorless, and tasteless gas. Malfunctioning or misused fuel-burning appliances are common sources of CO poisoning in the home. These include a malfunctioning furnace or water heater or any appliance or heat source that produces CO and is not properly vented can cause a build-up of CO in the home. Carbon monoxide is harmful when breathed because it displaces oxygen in the blood and deprives the heart, brain, and other vital organs of oxygen. Large amounts of CO can overcome you *in minutes and without warning*—causing you to lose consciousness and suffocate. Besides tightness across the chest, initial symptoms of CO poisoning may include headache, fatigue, dizziness, drowsiness, or nausea. During prolonged or high exposures, symptoms may worsen and include vomiting, confusion, and collapse in addition to loss of consciousness and muscle weakness. CO poisoning can be reversed if caught in time. But even if you recover, acute poisoning may result in permanent damage to the parts of your body that require a lot of oxygen such as the heart and brain. The best method of detection is to use a carbon monoxide detector in your home. A carbon monoxide detector is a device very similar to a smoke alarm. It monitors the air for carbon monoxide and sounds an alarm if a specific level is detected. Ideally, you should have one detector adjacent to every living area in your home. Carbon monoxide detectors are most effective when used in combination with preventative maintenance. Please call our office today if you have questions, would like more information or want to schedule a service call to ensure your home has adequate CO detector coverage.

**Q. When replacing the outdoor unit, should the indoor unit also be replaced?**

**A.** The answer most likely is YES, but this is mainly due to four reasons:

1. Matched system design; all outdoor cooling units are specifically designed to work with matched indoor units for optimum efficiency and performance. Air conditioners and heat pumps may work with other indoor units, but the result is a definite compromise in overall system performance.
2. Design advances; In recent years, indoor blower coil units have undergone numerous design advances, especially in the area of air handling performance, filtering efficiency and operating sound levels. A new outdoor unit will also include the latest design advances.
3. Higher cooling and heating efficiency; The cooling and/or heating efficiency rating assigned to a given air conditioner or heat pump is based on matched system performance. While you may gain higher efficiency by

replacing only the outdoor unit, the efficiency levels and savings will not be as high as with a matched system.

4. Equipment age; If an air conditioner or heat pump outdoor unit is 10 years old and needs to be replaced, the indoor unit is just as old and has been subjected to the same amount of wear and tear. Replacing both units means you won't have to replace the indoor unit in a short time and you'll have years of service from both units.

Additional items to note:

Warranty; A new unit also gives you a new product warranty. Replacing the indoor unit at the same time as the outdoor unit gives you added peace of mind, knowing the new warranty covers the entire system.

Cost savings; At first, replacing only an air conditioner or heat pump outdoor unit may appear to be a bargain until you consider the lower efficiency, decreased reliability and high cost of ownership associated with single unit replacement. It may cost more to replace an entire system but this gives you more efficiency, reliability and comfort in the long term.

**Please 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](mailto:airpluscinti@outlook.com)**

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



#### **Combined Smoke & Carbon Monoxide Alarm**

A single unit can be installed where previously,



#### **Single installation. Double protection.**

This compact plug-in alarm is perfect for new or

two were needed. Reduces installation time and protects against both fire and carbon monoxide dangers.

replacement installations. Dual sensing alarm provides protection against 2 deadly household threats; carbon monoxide and natural gas.

Call today, (513)769-0871, to get installation and pricing information.



**Cream Cheese Spaghetti Bake**

- 12 oz. Spaghetti
- 15 cans (26 oz) spaghetti sauce (Recommended flavor: Garlic Red Pepper)
- 1 lb ground turkey (or beef)
- 8 oz. cream cheese
- 1 clove minced garlic
- 1/2 cup of parmesan or mozzarella cheese
- 1 tsp Italian seasoning

•PREHEAT OVEN TO 350 DEGREES. •

1. Brown turkey in large skillet
2. At same time, cook noodles as directed on package.
3. When meat is done, combine with spaghetti sauce in large bowl.
4. Mix finished noodles with cream cheese, garlic, and seasoning in large bowl.
5. Put one layer of sauce on bottom of baking dish (9x13), then a layer of noodles. Repeat once.
6. Top with layer of sauce, and sprinkle desired cheese on top.
7. Bake for 30 minutes.



**Teriyaki Chicken Wings**

Ingredients	Directions
16 wings 1 small onion 1 cup soy sauce 1 cup brown sugar 2 tsp. ground ginger 2 cloves garlic, minced 1/2 cup dry cooking sherry	Rinse chicken and pat dry. Cut off and discard wing tips. Place wing parts on broiler pan. Broil 4-5 inches from the heat for 20 minutes (10 min on each side or until chicken is brown.) Transfer Chicken to Crock Pot.  Mix together onion, soy sauce, brown sugar, ginger garlic and cooking sherry in bowl. Pour over chicken wings. Cover and cook on low 5-6 hours or on High for 2 hours. Stir chicken wings once to ensure wings are evenly coated with sauce. Serve from Crock Pot.

**Dad's Best Mac & Cheese**

ingredients	directions
8 oz package elbow macaroni 1 egg, beaten 1 Tbsp hot water 1 tsp dry mustard 1 tsp salt 1 cup milk 12 ounce package shredded sharp Cheddar cheese, divided 1 Tbsp butter, softened	1. Cook macaroni according to package directions; drain and return to pan. 2. Beat egg, water, mustard, and salt together. Add to cooked pasta. 3. Add milk to pasta; stir well. 4. Add most of the cheese (reserve some for topping). 5. Spread butter in 2-quart casserole dish. 6. Pour macaroni into dish; sprinkle with reserved cheese. 7. Bake, uncovered, at 350 °F for 35-45 min, until top is golden. (Serves 6-8)

**Peanut Butter Cookies**  
ONLY 4 INGREDIENTS!

*Ingredients:*

- 1 cup peanut butter
- 1 cup sugar
- 1 tsp vanilla
- 1 egg

*Directions:*  
Pour all of the ingredients into a large bowl and mix well. I just used a fork to mix. Super easy!

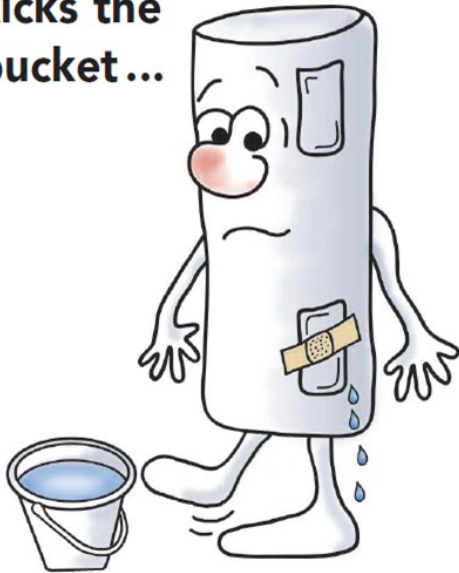
Next roll into 1 inch balls and place on an ungreased baking sheet. Push down slightly with the tines of a fork.

Bake at 325 degrees for 15 minutes.




Hot water is an everyday necessity for activities such as showering, washing dishes and more so when your water heater stops working you may need a repair or immediate replacement. If your water heater fails you we have the tools and


**Don't wait until your  
water heater  
kicks the  
bucket...**



techniques needed to service any type of water heater. Call our office today and schedule a maintenance and let our technicians help determine the health of your water heater and if it needs to be repaired or replaced they can assist you with the process of deciding what is best.




513-769-0871




turn to the experts


CLICK OUR GUIDES BELOW FOR HELP




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Visit our web site: <http://www.cincinnatiheatingandcooling.com> and navigate your way around to find many answers

about the products and services we offer, take time to look for the icons that allow you to

request service, maintenance and even request a free in home estimate for new product installation. You can also

apply for financing privately and confidentially as well as make payments through our "Payzer" system that makes it

fast, easy and secure! Once your request is received our office professionals will handle them promptly and

efficiently to ensure we meet all of your heating and cooling needs.





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