



## *July 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](http://www.cincinnatiheatingandcooling.com)

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To keep systems running as effectively and efficiently as possible, air conditioning systems should have full maintenance performed annually and as we head into the "dog days of summer" it's more important than ever to make sure your system is ready to handle the heat.

Call our office (513)769-0871 or visit us online <http://cincinnatiheatingandcooling.com> to schedule your 21 point cleaning and inspection and let our technicians give you the peace of mind that you will stay cool and comfortable!

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#### **How UV lights can improve your indoor air quality and your health**

Indoor air quality plays an important role in your health and your family's health. You probably spend more time breathing the air in your home than anywhere else. Contaminants in the air can trigger allergies and illness, but ultraviolet, or UV, light can help you clean up your indoor air.

### **There May Be More Pollutants in Your House than Outside**

Most homes today are well insulated and have high-quality windows. This is great for heating and cooling your home efficiently and not wasting energy, but it also means that your indoor air doesn't get circulated with outside air. As a result, contaminants build up and have nowhere to go. They just circulate throughout the home.

### **UV Light Can Reduce Allergy Symptoms**

Many of the common allergens you have in your home, like dust mites, can be destroyed with this kind of light. Dusting and keeping your home clean only eliminates allergens from surfaces. They are still in the air. You can't reach them in the air with your dust cloth, but UV light can.

### **UV Light Can Protect You from Mold**

Mold is another major health issue for indoor environments. Exposure to mold spores can trigger allergic reactions, ranging from mild to severe. Exposure over time can even cause chronic lung conditions. UV light easily kills mold spores in the air so that you and your family do not breathe in this toxic fungus.

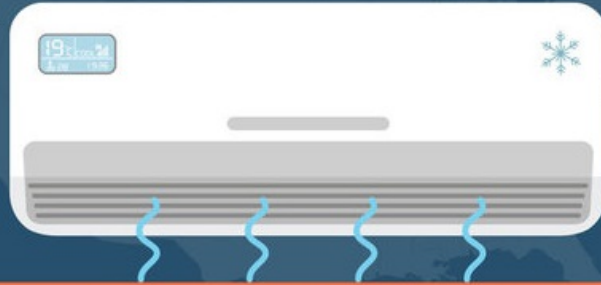
### **UV Light Kills Germs and Keeps You Healthy**

During cold and flu season, germs are everywhere, even in your indoor air. You can clean and disinfect surfaces, but with bacteria and viruses in the air, you are still vulnerable to getting sick. UV light kills those pathogens in the air.

### **What Solutions Do You Have**

The air you breathe in your home could make you sick, but UV lights can help. You can have the UV lights installed inside duct work or directly next to your furnace or air conditioning unit. In these locations the light kills contaminants before they ever make it into the air in your rooms. If you think the quality of the air in your home could be improved, contact us today by calling (513)769-0871 and schedule a technician to come out and discuss what UV Light options, as well as many other air purifying systems, will work best for your home to keep the air you breathe clean and healthy!

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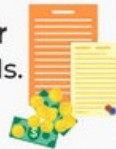
## AIR CONDITIONING MAINTENANCE

### FUN FACTS!

One in Five People Perform the Proper Maintenance on their home's AC system.



The average US household spends more than **\$2,500/year** on energy bills.



Air conditioning and heating makes up over **40%** of the total **energy bill** for most US households.



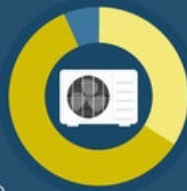
Manufacturers recommend that your **HVAC system** be maintained no less than twice per year.



All told, HVAC costs can run as high as **50%** less for those who complete the recommended maintenance schedule from the manufacturer, versus their counterpart who do not do regular maintenance.



The ideal ratio of residential HVAC spending should be **70%** preventive maintenance, and **20%** corrective, or reactive maintenance.



The initial cost of your HVAC system will not represent the total cost of the system, because you are not factoring in **maintenance costs**, **monthly utility costs**, and **efficiency ratings**.



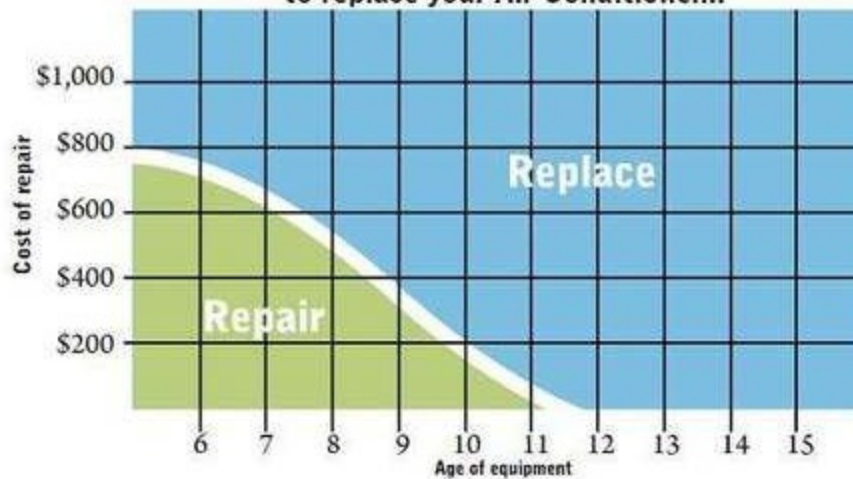
# Repair vs. Replace

***There are two major factors  
to consider regarding replacement:***

**Comfort...** temperature, humidity, discomfort in some rooms,  
big temperature swings and safety.

**Economy...** warranty, utility overpay, inflation, age of equipment,  
today's repair, future repair, reliability and operating hours.

**How to know when it's time  
to replace your Air Conditioner...**



Call our office today at (513)769-0871 and schedule your free in home estimate.

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## STAY COOL AT HOME WITH THESE ENERGY SAVING TIPS

Temperatures are heating up! As temperatures rise, let's make sure our homes are ready for summer's heat.

Using these tips will help prepare your home to stay cool this summer, without sending your energy bill through the roof.



**Schedule an Air Conditioning Checkup.**

**Use ceiling fans in high-trafficked rooms.**



**Install a programmable thermostat.**

**Clean your refrigerator coils.**



**Keep your doors and windows closed.**



## MEET OUR TEAM!

This month we are featuring: **John Younger - Install & Service Technician**

John joined Air Plus in September of 2017 and comes to us with over 20 years of installation and service experience. John enjoys all aspects of HVAC work and prides himself on his customer service skills and says one of the best parts of his job is talking and getting to know the customer.

John lives on the west side of town and likes



spending time with his 5 children and also enjoys cooking and traveling.



**Anytime is the right time to sign up for our preventative maintenance program!**

When it comes to your comfort system our Preventative Maintenance Program delivers peace of mind, when our professionally trained technicians come out they will perform prescribed maintenance and a series of safety tests on your system to assure optimum performance.

Our Preventative Maintenance Agreement provides:

- Improved health and safety
- Reduced energy bills
- Extended equipment life
- Improved system efficiency
- Fewer Breakdowns

The agreement includes (1) spring and (1) fall precision tune up and professional cleaning, other benefits of owning a maintenance agreement include discounts on parts, priority scheduling and 24/7 emergency service calls.

Call our office and speak to one of our office professionals for pricing and to set up your Preventative Maintenance appointment today!



**Q: Should I leave interior doors open or closed during heating and cooling?**

**A:** This is not recommended because the air-conditioning systems in our homes are closed-loop system, they are designed to move a specific amount of air throughout the house. Closing bedroom doors causes the air pressure in those rooms to increase. The air-conditioning unit pushes air in but cannot get it back out, which causes the unit to force conditioned air out of the bedroom under the door and through cracks or leak around the windows, wall plates and ceiling fixtures and draw in hot attic or outside air through similar cracks and leaks in the rest of the house.

**Q: Are there advantages to shading your outside air-conditioning unit if you provide for proper air circulation?**



**A:** Shading the coils of an air-conditioning unit has the potential to modestly reduce energy demand. However, improper shading techniques can result in a net increase in energy consumption by blocking proper airflow or trapping radiant heat. In many cases, a simpler approach is to plant trees strategically around a building to reduce indoor cooling loads or pursue other, more surefire air-conditioning efficiency upgrades.

**Q. How Can I Save on Energy Costs?**

**A.** There are several ways to save on your energy costs. Here are some suggestions:

- 1.) Upgrade to a high efficiency system
- 2.) Adjust the temperature when you will be gone for more than a couple of hours
- 3.) Use ceiling fans to move the air around
- 4.) Change your furnace filters
- 5.) Have annual maintenance performed on your system to ensure efficient performance
- 6.) Install a programmable thermostat

**Q. How Long Do HVAC Systems Last?**

**A.** HVAC equipments' life expectancy is critically dependent on the preventative maintenance and service you perform on your system. It is important you have a qualified technician perform a bi-yearly inspection to ensure proper performance. Under the assumption that you have kept up with routine maintenance, it is suggested that a system will last anywhere from 15-25 years. *(Example averages: Furnace = 15-25 years, Air Conditioning Units = 12-15 years, Heat Pumps = 16 years +/-, Tankless Water Heaters = 20 + years, Electric or Gas Water Heaters = 10 years +/-, Thermostats = up to 25 years but are typically replaced much sooner due to technological advancements)*

**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)*





### Orange Cream Smoothie


Start your day off with a delicious and simple smoothie. Our easy Orange Cream Smoothie is perfect for a quick breakfast in the morning that will fuel your family!

**INGREDIENTS**

- 1 ½ cups Florida Orange Juice
- 6 oz. nonfat vanilla Greek yogurt
- ½ cup vanilla almond or soymilk
- 2 cups ice

**PREPARATION**

In a blender, combine ice, Florida Orange Juice, Greek yogurt, and vanilla almond milk or vanilla soymilk. Blend ingredients at medium speed until smooth and creamy. Pour into a tall glass.



### Fig Banana Smoothie

- 1 cup chopped figs (stems removed)
- 1 cup 1-inch banana slices
- 1 cup plain lowfat yogurt
- 3 cups crushed ice
- 1 tablespoon honey
- Mint leaf or berry for garnish

Place all ingredients except garnish in a blender (not a food processor), and blend until smooth - approximately 2-3 minutes. Strain liquid and pour into tall, chilled glasses. Add garnish. Serve immediately. Yield: 4 servings.

Nutritional information per serving: Calories 230; Protein 5g; Carbohydrate 50g. Fat 1g; Dietary fiber 7g. Sodium 50 mg; Calories from fat 5 percent.



### Sunkist Lemonade

Juice 1 Sunkist lemon      ¾ cup water  
2 tablespoons sugar

Put sugar in cup; add ice-water; stir until sugar is dissolved; add Sunkist lemon juice, and serve immediately. Soda water, White Rock water, or boiling water may be used if desired.

### Lemon Syrup

Mix 1 cup sugar syrup and ¾ cup Sunkist lemon juice; strain, bottle, and keep in the refrigerator. When wanted, dilute with 6 parts ice-water to 1 part lemon syrup, and serve from a glass pitcher, garnishing, if desired, with thin slices of Sunkist lemon or orange, Maraschino cherries, or sprigs of mint. Lemon syrup is convenient to take for picnics or in the automobile lunch-basket.

### Sugar Syrup


Put 2 cups sugar and 2 cups water in saucepan; stir until sugar is dissolved; boil five minutes; cool, and bottle. The syrup may be kept in the refrigerator, and will be found much more satisfactory than sugar for sweetening lemon and orangeades and fruit beverages.




### Strawberry Smoothie Recipe

- 10 Strawberries, hulled
- + 3 Tablespoons of cane sugar
- + 1/2 cup of skim milk
- + 1/2 cup plain yogurt
- + 2 teaspoons vanilla extract
- + 1 scoop of ice

Blend strawberries, milk, yogurt, cane sugar and vanilla extract together in a blender. Toss in the ice. Blend until it gets smooth and creamy. Pour into the glass and serve.





513-769-0871





turn to the experts


CLICK OUR GUIDES BELOW FOR HELP


  
SELECT  
NEW  
SYSTEM

  
REPAIR  
OR REPLACE


  
ENERGY  
BILL  
CONCERNS

  
HEALTHIER  
HOME

  
READY FOR  
MAINTENANCE



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**Have questions? Need service? Want to schedule maintenance? Need to make a payment?**

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.

### ***12 Healthy Tips to Enjoy Summer with Friends and Relatives***

- 1. Plan and do your workout early.***
- 2. Drink plenty of water.***
- 3. Eat lots of fruits and veggies.***
- 4. Bring or contribute healthy foods.***
- 5. Don't forget to apply sunscreen or sunblock.***
- 6. Stay away from direct sunlight.***
- 7. Wear protective sunglasses or eyewear.***
- 8. Protect your hair.***
- 9. Go light with carbohydrates and alcohol.***
- 10. Get enough rest and sleep.***
- 11. Visit your doctor.***
- 12. Be happy, relax and enjoy!***





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