



March 2018 Newsletter



Meeting your Heating & Cooling needs since 1990!

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Cincinnati, OH 45215
513-769-0871

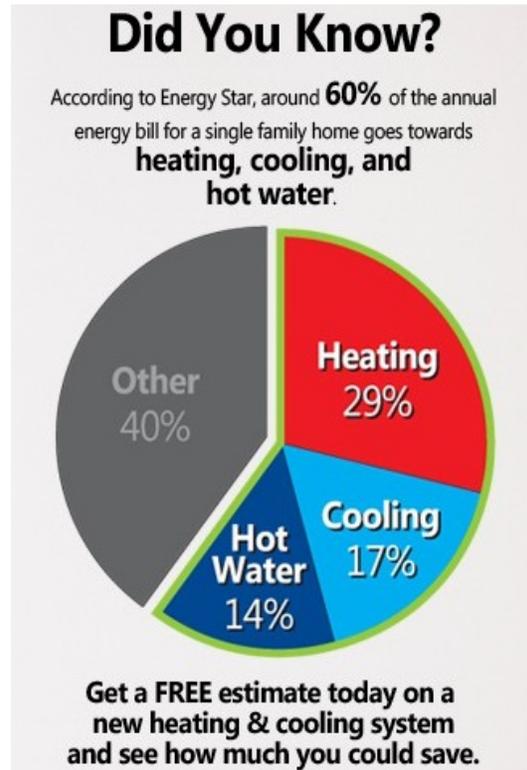
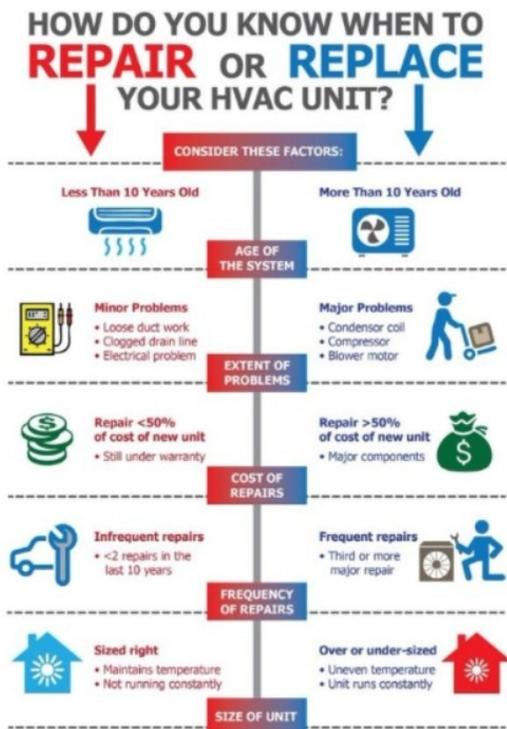
Visit us on the web at: www.cincinnatiheatingandcooling.com

It's spring cleaning time...



To keep systems running as effectively and efficiently as possible, air conditioning systems should have full maintenance performed annually. This is the perfect time to schedule this pre-season check-up. Most of us are currently not using our air conditioning, nor have we thought about it in months. So why not get it done and out of the way so you are ready to go when the temperatures really start rising.

Call our office today at (513)769-0871 to schedule your maintenance appointment.



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)

IS YOUR AC NOT COOLING? *Try these tips:*

ONE

CHECK THE THERMOSTAT

Is it set to cool?

THE FIX

Set the unit to cool, or if the thermostat isn't working, check the batteries for the thermostat.



TWO

CHECK THE BREAKERS

Are both units receiving power?

THE FIX

Sometimes the breakers can trip for either unit. Be sure that they're on and the unit is receiving power.



THREE

CHECK YOUR FILTERS

Are they clean and not blocked?

THE FIX

Dirty air filters can reduce air flow, increase your electric bill and put unnecessary strain on your system. Be sure to change your filter every 30 days.



FOUR

CHECK YOUR DRAIN LINE

Is it running clear?

THE FIX

Often drain lines can become clogged. Pouring a vinegar or bleach-water solution down the drain line can help keep it clear. If it is completely clogged and there is water in the drain tray, try taking a shop vac to the drain line where the water exists to remove blockages.



FIVE

CALL A PROFESSIONAL

Troubleshooting your AC can be difficult. From leaky ducts to lack of refrigerant to an electrical component - you'll want to make sure that when things extend past DIY that you call a company that can help you get your unit cooling properly again.



Emergency Service
Available 24/7
(513)769-0871

TIPS FOR *Spring Cleaning* YOUR CAR

After you've finished dusting the crawl space, it's time to clean the one thing that actually did get dirty this winter: your car. Follow these tips to get your ride ready for the warm weather.



Salt: It's great on steaks but not on paint.

If you don't remove it, road salt can corrode the body, wheels, and undercarriage of your vehicle. So make sure your entire car gets a good scrub-down.



Wash behind your gears.

Don't actually mess with the gears, but do make sure you wipe the interior, even spots you don't typically see, such as under the rubber cup holder inserts.



Make sure you're wiping properly.

Chances are good that the snow and ice have damaged your windshield wipers, making now a great time to install a fresh pair. Bring on those April showers!



Let in some fresh air.

Your car's air filter stops dirt, pollen, and other particles from getting into the ventilation system. Now, remember last autumn and all of the pretty leaves that were just so cool to drive through? Guess how many of them have worked their way into your filter. So replace the cabin air filter and breathe easy.



Get plenty of fluids.

Winter can take a toll on all of the fluids in your vehicle. Be sure to check all of them and top them off as needed.



While you're at it, you also may want to check the condition of your tires, change the oil, and try a bottle of fuel system cleaner to really get out all of the cobwebs.



MEET OUR TEAM!

This month we are featuring: **Bryan Buckley - Lead Service Technician**

Bryan joined Air Plus in 2015, bringing with him 10+ years of HVAC experience. Since joining our team he has moved up to our Lead Service Technician and specializes in diagnosing difficult to impossible breakdowns. Bryan lives in Reading with his wife and three children, has an



adult son who is married with a daughter and enjoys the time he spends riding his motorcycle.

SPRING ENERGY-SAVING TIPS

OPEN WINDOWS at night to cool your home without switching on air conditioners.	USE SUNLIGHT to brighten your home during daylight hours instead of using artificial lights.	GRILL OUTSIDE on warmer spring days to keep the heat out of your home.
CLEAN OUT YOUR REFRIGERATOR by removing unneeded food to allow air to circulate. Clear dust from the coils behind your fridge to reduce energy consumption.	CHANGE DIRECTION OF YOUR CEILING FAN so it rotates counterclockwise and creates a cool breeze. If you feel airflow when standing directly under the fan, it's working.	
TURN DOWN YOUR WATER HEATER to the warm setting (120°F) and save money on your bill.	GIVE YOUR AC A TUNEUP by scheduling an inspection, cleaning coils and replacing filters.	SEAL AIR LEAKS using low-cost caulk or weather stripping to keep warm air from seeping in.



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

A. Because of high humidity in the air, the evaporator gets cold enough to cause the extra moisture to freeze. This could happen if you are low on refrigerant or if your coils or filters are dirty. If you are low on

Freon, you most likely have a leak and should hire a professional to fix this. A temporary fix is simply to turn off the unit until it warms up/thaws, then turn it back on, but this is not a permanent solution. Contact a professional to clean any dirty coils, check for leaks and refrigerant levels. If it is a heat pump you probably have a defrost problem, the most common problem is a faulty defrost sensor, if the system operated for a long enough time period, the system will automatically switch to the defrost cycle (air conditioning), if after shutting the system off and allowing it thaw completely it continues to ice up you need to contact a professional to troubleshoot and determine and repair the problem. Before you call for service for low air flow check for anything that restricts the airflow through the inside unit including all registers and your return air grill to make sure that it is not being obstructed and make sure you have a clean filter in place as this will also reduced air flow as well as cause units to freeze.

Q. If it cools down outside, is it okay to turn off the air conditioner?

A. There is no easy answer to this question. A lot of people like to turn off the air conditioner at night, or when it cools off for a day or two. If you live in an area with high humidity, this can be a problem. A central air conditioners first job is to remove the moisture or humidity from the air in your home. Often this process will take several days. Once the humidity has been removed, it is much easier for your unit to maintain a comfortable temperature. If the relative humidity outdoors is higher than the relative humidity indoors, turning off your unit and opening the windows will cause the humidity level to rise again inside the house. When the temperature rises again, your air conditioner will have to work harder to lower the level once again. If the humidity level outdoors is low, and the temperature drops a few degrees, then open the windows for a few hours and get some fresh air indoors if you like.

Q. Can shrubs or flowers be planted around an outdoor condensing unit?

A. Yes, however, we recommend that plants be no closer than 18 inches to the unit. This allows for plenty of room for air circulation in and out of the unit. Without this room for air circulation, the unit could overheat, resulting in a premature need for service. Be careful to trim any plants or shrubbery to always maintain proper spacing for the equipment to operate safely.

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)

THE HVAC LIFE CYCLE

How Maintenance Makes a Difference

You may not give your HVAC system much thought unless it stops working, but this essential appliance requires regular care. **You could face disastrous consequences if you neglect regular HVAC maintenance.**

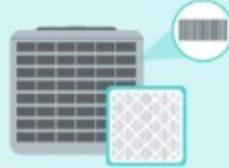
Over **87%** of American homes have air conditioning. Make sure yours is properly maintained in every season.



SPRING

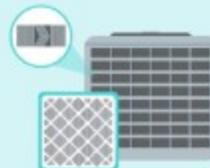
Proper Maintenance

Spring is the ideal time for a maintenance visit to prepare your cooling system for the season ahead.



Poor Maintenance

Bent fins reduce air flow through the condenser coil. The system has to run longer and hotter to cool the home properly.



Surviving Spring Allergies

Use these tips to manage spring allergy symptoms.

Cool Wisely



Use an air conditioner



Do not use window or attic fans



Avoid humidifiers and swamp coolers (possible molds)

Clean Up



Use a saline nasal wash



Change clothes and wash or shower away pollen

Block Wind



Use a scarf or mask on windy days



Weeds – late summer



Trees – early spring



Grasses – late spring, early summer



Molds – midsummer in warmer states, year-round in southern/western states

Know Triggers

Garden Carefully



Avoid exposure to fertilizers and pesticides



Stay away from piles of leaves and branches (possible molds)



Do not mow the lawn (have someone mow it for you)



Keep home doors and windows and car windows closed during pollen season (especially when pollen counts are high)

Take Medication



Consistently take doctor-recommended medicines and treatments



Stay inside during afternoons and evenings when pollen levels are highest





Carbon monoxide is a byproduct of the process which produces the heat from your HVAC system and water heater. If the carbon monoxide is drawn away safely there is no danger. Should the HVAC system malfunction, however, and the room is filled with carbon monoxide, there is a very real danger, and you will not be aware of it. In this day and age when we are making our homes tighter and more energy efficient we are at greater risk of exposing ourselves.

Call our office today at (513)769-0871 to schedule an appointment for one of our qualified technicians to perform a thorough inspection and testing of your HVAC system and water heater to ensure your home is CO free for a special flat rate fee of \$35.00.

Spring Salad Recipes

Waldorf Salad

<p>Ingredients</p> <ul style="list-style-type: none"> • 4 green apples • 3 celery stalks • 1/2 cup mayonnaise • salt & pepper • 1/2 cup walnuts or pecans, chopped • 1/4 cup raisins • juice from 1/2 lemon <p>YIELD: 6 SERVINGS</p>	<p>Directions</p> <ol style="list-style-type: none"> 1. Peel & core the apples. 2. Chop apples & celery into 1/2 inch pieces. 3. Toss together, & add just enough mayo to make it slightly creamy. 4. Add salt, pepper, nuts, & raisins. 5. Add lemon juice, & mix well. 6. Taste, & adjust as needed.
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Savory Avocado Salad with Corn, Peppers, and Cilantro

<p>Ingredients</p> <p>4 cups corn kernels 3 large red bell peppers, diced 4 large avocados, diced 1 bunch fresh cilantro, chopped (about 1 cup) Juice of 2 limes 2 tablespoons olive oil Pepper</p>	<p>To Make</p> <ol style="list-style-type: none"> 1. Toss the corn, bell peppers, and avocados in a salad bowl with 3/5 cup of the cilantro. 2. To make the salad dressing, puree the remaining cilantro with the lime juice in a blender or food processor, slowly adding the olive oil. Dress the salad and add pepper to taste. An hour in the refrigerator improves this dish. <p>NOTE: If corn is in season, use fresh kernels cut from the cob; you'll need about 4 large ears. The rest of the year, simply steam frozen kernels until tender and then let cool.</p>
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Awesome Fresh Broccoli Salad



Ingredients

2 heads fresh broccoli
 1/2 a small red onion
 4 slices bacon
 1/2 cup sunflower seeds
 3/4 cup grated cheddar cheese
 1 cup mayonnaise
 1/2 cup white sugar
 2 tablespoons white wine vinegar

Directions

1. Place bacon in a deep skillet and cook over medium high heat until evenly brown. Cool and crumble.
2. Cut the broccoli into bite-size pieces and chop the onion into thin bite-size slices. Combine with the bacon, sunflower seeds, cheese and mix well.
3. To prepare the dressing, mix the mayonnaise, sugar and vinegar together until smooth. Stir into the salad, let chill and serve.

ORANGE CREAM FRUIT SALAD



INGREDIENTS

20 oz. can pineapple tidbits
 28 oz. can sliced peaches
 11 oz. can mandarin oranges
 3 medium bananas
 4 medium apples
 1 small box instant vanilla pudding
 1 1/2 cup milk
 3 oz. frozen orange juice concentrate
 3/4 cup sour cream

Drain all canned fruit. Cut peach slices into bite size pieces. Slice and cut apples into bite size pieces (leave skins on). Slice bananas. Mix together on high: pudding, milk, frozen oj concentrate and sour cream for about 4 minutes until thickens. Pour over fruit and combine. Chill overnight or for two hours before serving.

Good service doesn't just happen! When that professional service technician knocks on your door, many costs have been incurred just to get him there, ready to do the job.



Insurance - Trucks, Liability
 Fire, Theft, Property
 Workman's Compensation



Specialized Training



Periodic Literature
 Courses & Refreshers



Truck Maintenance and
 Operation - Gas, Oil, Tires, etc.



Test Equipment



Taxes, Income, Property
 Business, Social Security,
 Employment Compensation



Yellow Pages Advertising,
 Radio



Trucks (ladders, etc.)



Tools



Warehouse, Shop and
 Office Rent



Quality Control



Stock Of Replacement Parts



Phone, Light, Heat



Service Management-
 Administration



Office Equipment



Computerization



Business Expense - Legal
 Counsel, Recruitment, etc.



Employee Benefits



Office Help



Stationery, Office Supplies
 and Postage

Don't Judge Service Charges Solely by the Time our Professional Spends in Your Home!

When our Professional Technician, a true Service Professional, arrives at your home, it takes many important decisions, and costs to get our vehicle and materials on site to complete the job to your satisfaction. Consider that the professional at your home has undergone many hours of initial training, as well as a variety of on-going training and study programs to keep up-to-date with current technology.



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