



## *May 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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We are excited to announce that we have updated our website to offer more information and interactive options in order to better meet your heating and cooling needs!

Please visit us at: <http://cincinnatiheatingandcooling.com> and check out all of the new updates designed with your convenience in mind.

- Product information for new systems, air quality, humidifiers and more
- Schedule service and preventative maintenance appointments
- In-home new system estimates
- Make payments through our Payzer system
- Financing options including online applications
- Submit reviews of our products and services
- Support tab for frequently asked questions and a troubleshooting guide

## Have you scheduled your air conditioner tune-up yet?

It's time to schedule your air conditioner tune-up. Your air conditioner needs maintenance just like your car to keep running efficiently and to prevent costly, untimely repairs. Contact us to schedule your tune-up now!



### HVAC FACTS

from The Answer Team

54%

Of home energy costs are related to heating & cooling equipment

Of home energy costs are related to heating hot water

20%

75%

Of home energy costs are related to only three appliances

Of homeowners do not know what they pay for electricity every month

47%

### ENERGY SAVING TIPS



Performing annual maintenance on your AC can save up to 30% of fan energy per month



Programmable thermostat can save you 8% on your energy costs yearly



### **WHEN IT COSTS TOO MUCH TO REPAIR**

You know it's time to replace your HVAC unit when the costs of repair are higher than the cost of a new system. This might sound crazy, but it can happen. If your system is more than 20 years old or if the previous owner has not taken the proper care to extend the life of the system, chances are the costs of repair will not be worth it. you wouldn't want to put a great amount of money towards repairing a system that isn't in good enough condition to keep going long after the repairs have taken place. Even though replacing your unit can be costly, it is better to pay the cost once rather than paying a ghastly amount for repairs only to have the system fail shortly after.

### **YOUR ELECTRIC BILLS ARE THROUGH THE ROOF**

While everyone can have an expensive electric bill from time to time, depending on the time of year, it is not normal to see an increase in your bill from month to month when you knowingly have not changed the way you use your HVAC unit. The higher bills are typically a result of an unit that is being overworked. This means that the system is working overtime to keep your home cool or warm but is not able to produce the results. So the unit keeps running throughout the day and never stops, leading to an increase in energy usage and a higher electric bill.

### **YOUR SOLUTION**

Speaking with a professional in order to determine if your unit needs replacing or not is your best bet for making the best decision. Call our office to [schedule](#) an appointment for us to come out and inspect the unit, we will then make a determination based on what we see and what you are telling us as your complaints. After you have gotten the advice of the technician, you can make your decision as to whether or not the replacement of your unit is worth it to you. Just keep in mind how much you enjoy your air conditioning and heating!

**Call our office today to schedule a free in home estimate and ask to speak to our office professionals about financing with various terms including same as cash options.**

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## MEET OUR TEAM!

This month we are featuring: **Lee Prather - Install Technician**



Lee joined Air Plus in May of 2016 and brought with him 35+ years of experience as a lead installer and has an Associate Degree in Electrical Engineering and specializes in sheet metal work and enjoys all aspects of new product installation. Lee lives with his wife in Sycamore Township and has 2 grown sons and 5 grandchildren and in his off time enjoys all types of music and attending concerts.



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

When it comes to your comfort system our Maintenance Agreement Program delivers peace of mind. Our professionally trained technicians 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 and 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!

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# Spring Clean

## YOUR FITNESS ROUTINE

### SET A SCHEDULE



Post your exercise plan in places you'll look frequently, like the calendar app on your smartphone or at your desk at work.

### TEAM UP



You're more likely to stick with your plan if you've got a partner in crime. Choose someone who has similar goals whose schedule fits with your own.

### JUMP ROPE



Heading outside and doing this favorite childhood "workout" can burn about 208 calories in just 20 minutes.

### CLEAN OUT YOUR PANTRY



Throw away foods low in nutritional value, like chips, pretzels, sugary cereals, white bread.

### PUMP UP YOUR PLAYLIST



Do some iPod "spring cleaning" by downloading a fresh workout playlist to get you going.

### STRETCH



The best way to prevent injury is to stretch before and after your workouts.

### STAY HYDRATED



Avoid muscle cramping and fatigue by drinking about two liters of water a day, and 17 ounces about two hours before exercising.

### REWARD YOURSELF



Don't forget to take care of your hard-worked body and treat yourself.

### PLAN A TRIP



Outdoor exercises are great, but if the weather's still cool where you live, take a "health" vacation to a resort with hiking, biking and other activities.

# Ask the EXPERT

## It's AC Tune-up Time!

### 3 Frequently Asked Questions Explain Why



**Question** – As a technician what are you checking during a tune-up?

**Answer** – We check thermostat calibration, proper refrigerant levels, safe electrical components and controls, check the condenser, clean air filters, measure temperature and air flow, adjust blower components, and oil all moving parts.

**Question** – Why is it important to service your system?

**Answer** – To ensure your cooling system is performing at peak efficiency when the mercury rises. Regular maintenance is important to improve the life of your cooling system, reduce emissions, and save you money. Your tune-up could save you as much as 10% off your annual energy bill.



Clearing vegetation from around your air conditioner helps avoid service interruption.

**Question** – What can homeowners do throughout the year to protect their systems?

**Answer** – Change air filters, vacuum debris around the coils, use a programmable thermostat and avoid "short cycling" (wait 10 minutes after shutting off the unit to restart it – it will prolong the life of your air conditioner), maintain vegetation at least two feet away from the unit, and keep an eye out for any leaks or blocks so you can fix a small problem before it becomes a more costly problem.

This month we are featuring common questions asked of our technicians while doing tune-ups, 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)*

## EASY SPRING RECIPES

### Tomato-Olive-Pesto Pizza

1 (10-ounce) can refrigerated pizza crust  
1/3 cup purchased pesto  
4 Italian plum tomatoes, thinly sliced  
1 (2-1/4-ounce) can sliced ripe olives, drained  
1/4 cup finely chopped red onion  
6 ounces (1-1/2 cups) light, shredded Italian cheese blend

Heat oven to 425-degrees. Spray cookie sheet with nonstick cooking spray. Unroll dough; place on sprayed cookie sheet. Starting at center, press out dough with hands to form 13x9-inch rectangle. Spread pesto evenly over dough. Top with tomatoes, olives, onion, and cheese.

Bake at 425-degrees for 10 to 12 minutes or until crust is a deep golden brown and cheese is melted.



### Spinach Garlic Pasta

1 (16 ounce) package angel hair pasta  
4 cloves garlic, minced  
1 (10 ounce) package frozen chopped spinach, thawed  
1 tablespoon olive oil

Cook the pasta in a large pot of boiling salted water until al dente. Drain. Heat oil in a large skillet. Add the garlic, and cook for 1 minute. Add the spinach and the cooked pasta. Mix well, and cook for approximately 2 minutes, stirring often. Serve.

Nutrition information per 1 cup serving: Calories: 186; Total Fat: 3.3g; Cholesterol: 0mg; Sodium: 142mg; Total Carbohydrates: 33g; Dietary Fiber: 3.1g; Protein: 7.1g



## Chocolate Popcorn Squares Recipe

*Popped popcorn with sugar, chocolate, condensed milk, water, butter and vanilla all baked in a pan, then cut into tasty, crunchy snack squares.*

### Ingredients:

1-1/2 cup popped popcorn  
2 cups sugar  
2 squares unsweetened chocolate  
1/4 cup sweetened condensed milk  
3/4 cup water  
1 tablespoon butter  
1 tablespoon vanilla  
1/4 to 1/2 cup chopped almonds (optional)

### Directions:

Melt chocolate in pan. Add sugar, milk, water and butter. Add salt to taste. Boil to softball stage and remove from heat. Add vanilla, almonds (if using) and popped popcorn.

Cool to room temperature. Stir until creamy. Pour into well-buttered shallow pan. Cut into squares when set.



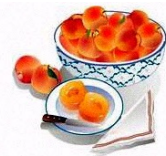
## Peach Refrigerator Cake

1/2 pound marshmallows  
1/2 cup orange juice  
1/2 cup ginger ale  
1 cup heavy cream, whipped  
Sponge cake or lady fingers  
6-8 peaches, sliced  
1/2 cup chopped crystallized ginger

Cut marshmallows in quarters, add to orange juice and stir over hot water until almost melted; cool slightly and add ginger ale.

When slightly thickened fold in 3/4 cup whipped cream. Line a spring form pan with waxed paper. Arrange layer of cake or ladyfingers on bottom, next a layer of peaches, then layer of marshmallows; repeat until there are 3 layers of cake and 2 of filling. Chill in refrigerator overnight.

Unmold; garnish with remaining peaches and cream and ginger.



## 4 WAYS TO KEEP YOUR HVAC RUNNING LIKE IT SHOULD



**Routinely change air filters for system efficiency, keeping you healthier by improving your air quality.**



**Don't close air vents trying to save energy. It strains the system and causes more wear and tear.**



**Have your home comfort system inspected by a qualified tech in the fall and spring to keep it running smoothly.**



**Duct insulation is key to efficiency and can save you 10-30% on every dollar spent.**



<https://www.facebook.com/airpluscincinnati/>



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