
November 2018 Newsletter

From : Air Plus Heating & Cooling <airpluscinti@outlook.com>

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Subject : November 2018 Newsletter

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November 2018 Newsletter



Meeting your Heating & Cooling needs since 1990!

**9301 Reading Rd.
Cincinnati, OH 45215
513-769-0871**

Visit us on the web at: <http://cincinnatiheatingandcooling.com>



Winter is coming, is your furnace ready?

Fall is here and winter is coming so make sure your furnace is ready by scheduling your 21 point cleaning and inspection for \$97.00 and make sure your family stays warm and cozy on those cold days and nights!

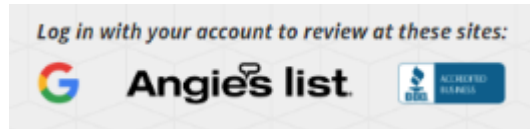
Call (513)769-0871 and schedule an appointment today!



your opinion matters to us

Positive reviews and valuable feedback about our services from awesome customers like you help others to feel confident about choosing Air Plus Heating & Cooling and serves as an important resource for us to learn what areas need improvements and changes to better serve you and meet your heating and cooling needs.

Thank you in advance for helping us out!



OR

Go to our website by clicking the link below to leave your feedback!

<http://cincinnatiheatingandcooling.com>



November



CHANGE YOUR FURNACE FILTER

Before turning your furnace on for the first time, replace your filter. You should be replacing your furnace filters every one to three months to keep your furnace running correctly.



VACUUM YOUR FRIDGE'S COILS

The evaporative coils on the bottom (or back) of a fridge keep the inside cool. They tend to collect a lot of dust, which makes the fridge work harder. You can unplug your fridge and vacuum the coils to keep your fridge running longer.



CLEAN FRIDGE DRAIN PAN

On some models, a fridge's drip pan is easy to remove and clean. You can clean it using bleach or with a shop vac. This will ensure that the drain pan won't overflow onto your floors.



CLEAN OUT YOUR FRIDGE

Clean the seals surrounding the fridge using a brush and soap and water. Then, make sure the inside of your fridge is clean and ready to take on the extra food that is sure to reside there during the holidays.



Fall is the best time to replace your furnace because it's before the first serious cold snap and that gives you time to examine and evaluate your furnace now before your unit totally breaks down. Waiting until you have a problem and its cold inside and out can mean discomfort for your family and lead to rushed or hurried decisions when deciding on the best equipment for your home.

Chances are that if at the end of the last heating season your HVAC system was limping along, or if your unit is more than 15 years old and you are starting to see the repair costs pile up, it could be the time to replace it.

Your HVAC system is one of the most expensive pieces of equipment in your home and you want to be sure you pick the right system for your home and budget. Taking the time now to explore your options will save you from stress if your equipment fails and also help you choose the best model for your needs.

According to the Environmental Protection Agency, a new Energy Star gas furnace will save an average of \$94 in energy costs per year, while a new Energy Star oil furnace saves an average of \$66. There are also rebates available to replace or upgrade your old system to high efficiency equipment and we have easy financing options with low monthly payments or same as cash options to make it easier for your budget.

Call today and schedule a free in home estimate and let us help you determine the right system for your home and your budget.

10 energy saving tips

- 1** Turn lights, appliances, and electronics off when they are not in use. Unplug idle power adapters and cell-phone
- 2** Replace at least five incandescent light bulbs with high-efficiency, compact fluorescent lamps (CFLs).
- 3** Install a programmable thermostat. In winter, lower the temperature when you are typically at work or asleep.
- 4** Change or clean filters in heating and cooling equipment. During peak times, change or clean filters monthly.
- 5** Use fans. You can raise summer air-conditioner settings by 3 - 5 degrees with no loss in comfort when using fans. Reverse blades in winter.
- 6** Control direct sunlight through windows. Use blinds, screens, awnings, vines, etc. in summer. In cold weather, the sun can bring warmth through windows.
- 7** Perform basic weatherization. Repair holes & cracks around pipe penetrations & under sinks; weather strip or caulk around doors & windows.
- 8** Check attic insulation. The recommended insulation level is R-38, or about 12 - 15 inches, depending on insulation type.
- 9** Don't over-dry your clothes. Running a typical dryer for 15 minutes less per load can save you up to \$35 per year. Remember to keep lint trap clean.
- 10** Unplug old refrigerators or freezers that are seldom used. These old appliances can add up to 15% to your electric bill.

Pumpkin Recipes



Pumpkin Beef Stew

2 lbs cubed stew beef
3 large potatoes, cut into 1 inch cubes
4 medium carrots, cut into 1 inch slices
1 onion, diced
3 stalks of celery, cut into 1 inch slices
1 bell pepper, diced
4 cloves of garlic, minced

32 oz of beef stock
16 oz can diced tomatoes, drained
2 tsp sea salt
1/2 tsp pepper
10 lb pumpkin
1 tbs coconut oil, melted

Add all ingredients (except the pumpkin and coconut oil) to a Crock Pot. Cook on high for 4-6 hours, or until beef is tender. (Alternately, you can simmer the stew on the stovetop for 2 hours.)

Cut the top off the pumpkin and clean out the seeds and fibers. Place the cleaned pumpkin on a sturdy baking pan. Pour the cooked stew into the pumpkin shell and replace the pumpkin top. Brush with pumpkin oil over with the melted coconut oil.

Bake the pumpkin at 325 degrees for 1 hour 30 minutes. At this point, check and see if the pumpkin is tender. If not, return to the oven for another half hour.

Set the pumpkin right on the table to serve the stew. Be sure to scoop out a little pumpkin with each ladle full of stew.

Pumpkin Pie Cake

Ingredients:

- 1 16oz. can pumpkin
- 1 12oz. can evaporated milk
- 1 cup sugar
- 4 eggs
- 2 tsp vanilla
- 1 tsp ground cinnamon
- 1 package yellow cake mix
- 1 cup butter, melted
- 1/2 cup chopped pecans

Directions:

Mix pumpkin, evaporated milk, sugar, eggs, vanilla, and cinnamon in large mixing bowl. Pour into an ungreased 13x9 inch baking pan. Sprinkle dry yellow cake mix over pumpkin mixture.

Drizzle melted butter over top. Add chopped pecans.

Bake at 350 degrees for about 1 hour.



PREP TIME: 10 MIN
BAKE TIME: 1 HOUR
YIELDS: 24 SERVINGS

Pumpkin Hash Brown Latkes



Ingredients:

- 1 16 oz. bag of frozen hashbrowns, thawed
- 2 eggs
- 3/4 cup pure pumpkin puree (not pumpkin pie)
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground nutmeg
- 1/4 cup chopped chives (optional)

Directions:

Combine hashbrowns and pumpkin puree. Season with salt, pepper, coriander and nutmeg. Heat up a large non stick frying pan with oil over medium heat. Using 1 tablespoon measuring spoon, scoop out batter and cook in batches until golden brown, about 3 - 4 minutes each side. Optional, serve with chopped chives.

Pumpkin Roll



Cake:

- 3/4 cup flour
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. cinnamon
- 1/4 tsp. cloves
- 1/4 tsp. nutmeg
- 1/4 tsp. salt
- 3 large eggs
- 3/4 cup sugar
- 2/3 cup canned Pumpkin (not pie filling)

Filling:

- 1 pkg. (8oz) Cream Cheese softened
- 1 cup sifted powdered sugar
- 6 Tbsp. butter softened
- 1 tsp. vanilla
- Powdered sugar

HVAC TIP OF THE WEEK

It doesn't matter which type of heating system you use - always install & maintain smoke & carbon monoxide alarms for the safety of you & your family.

WINTER Indoor Air Quality Tips



- [Schedule professional HVAC maintenance](#) in the fall to clean and inspect your system for optimum efficiency and operation.
- Ask your [HVAC technician](#) about [IAQ](#) solutions such as air cleaners and purifiers, we have many products available to improve the indoor air quality in your home ensuring a safe and healthy environment for you and your family.
- Check and/or change your [air filter](#) every 30 days (write the date of replacement on the filter).
- Use bathroom and kitchen exhaust fans to help ventilate your indoor air.
- [Inspect home for moisture-related concerns](#) (mold, mildew, etc.) and fix the problems as soon as possible.
- Clean and dust your home frequently especially if you have pets.
- Don't allow smoking in the home.

- When weather is mild, consider opening a window or two to introduce fresh air into the home.
- **Install smoke and carbon monoxide detectors** on every level of the home and outside of every sleeping area.





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Review us online at:
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