
There's still time!

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

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Subject : There's still time!

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October 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>



There's Still Time!
Due to the warmer temperatures
and a delay in our customers
receiving their postcards we are
extending the early bird special
until 10/15/2018.

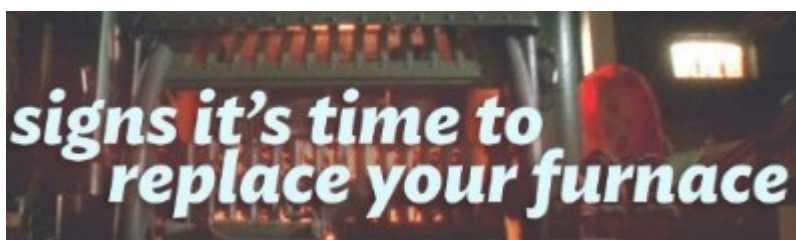
EARLY BIRD SPECIAL

It's time to get your furnace ready for the colder weather!

We may be in the final days of summer but fall is just around the corner and our preventative maintenance furnace cleaning and inspection will ensure your system is ready to keep you warm on those cool days and nights!

Take advantage of our "Early Bird Special" by scheduling and having your service completed on or before ***October 15*** to receive the special price of **\$79.00**. (Reg price \$97.00)

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



Time to Replace?

There are common signs for both boilers and furnaces that can indicate it is time for a replacement. If you notice any of the following issues with your heating system, it might be time to call for advice on a replacement:

Inconsistent Heating

If you have begun to notice that certain rooms or areas of your home are beginning to feel too hot or too cold, this could be a **reason to consider a replacement furnace or boiler**. In the case of a furnace, inconsistent heating can be caused by a number of factors including clogged air filter, poor insulation and issues with the air ducts. Before you do anything, call an HVAC expert to take a look at the possible reasons for inconsistent heat. For boilers, uneven heating is typically caused by faulty radiators.

The Unit is Over 15 Years Old

Though it may still be working correctly, an older furnace or boiler may not run as efficiently as it once did. Models that were built more than 15 years ago, in particular, may be costing you a significant amount of money on your energy bill, due to their inefficient design. Today, new boilers and furnaces with Energy Star qualifications are widely available on the market and can run up to 15% more efficiently than their older counterparts. This will not only keep your house warmer, but it will cost you far less on your energy bills, saving you money over time.

The System is Noisy

Over time, both boilers and furnaces start to succumb to constant regular usage that deteriorates the machine over time. Sometimes radiators can make loud banging noises that can be extremely disruptive, especially during the night and early morning. Likewise, a furnace can begin to rattle and bang while running as components become loose inside the mechanism. In these cases, repairs can be made, but it will only be a matter of time before the unit is too far gone, and too costly to repair.

Dry and/or Dusty Air

As furnace ages, dust and particles can build up in the system, leading to more dust in the air that removes moisture and humidity. Similarly, a boiler can start to overproduce heat, which will lead to drier conditions inside that makes it very uncomfortable for any occupants.

If you are starting to notice issues like these are becoming commonplace with your furnace or boiler, it may be time to consider upgrading your unit with a new replacement. 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 and financing options: <http://cincinnatiheatingandcooling.com>

steps to **EFFICIENT HEATING**

When the winters get cold, the heating bill goes up. Small steps can save you up to 20% on your heating bill.

keep the
FIREPLACE



damper closed



turn your
THERMOSTAT
down

when no one is home,
at night,
or if your home is full of people
people create heat

if your thermostat is turned down
10°F while at work and at night
(16 HOURS) then you can save



14%
on your **HEATING BILL**



keep the
curtains
OPEN
during the day
CLOSED
at night



WATCH OUT FOR LEAKS



Small gaps between doors or windows add up and create insulation problems. Well made and newer homes prevent this.

learn to



SOCKS

turn the **WATER HEATER** down
to about 120° F



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>

GET YOUR HOME FALL READY

SIMPLE TASKS TO GET YOUR HOUSE READY FOR THE COOLER SEASON

<i>Clean all gutters</i>	Hire someone to clean out your clogged gutters or do it yourself.
<i>Fix any drafts</i>	Check your windows and doors for any drafts. Hire someone to fix any problems or fix it yourself.
<i>Buy a rake or leaf blower</i>	Have all the necessary leaf removal tools on hand before the leaves start to fall.
<i>Clean the fireplace</i>	Have the fireplace inspected to make sure it's safe to use when the temperature starts to drop.

Benefits of a Whole Home Humidifier

- May reduce cold and allergy symptoms
- Safeguards against illness
- Prevents dry skin
- Helps prevent snoring
- Energy savings
- Improved heating & A/C system efficiency
- Protection for your furniture

Call or visit us online for more information on pricing and installation.



Fall Favorites

RECIPE: SPICY THAI NOODLES

INGREDIENTS:

- 1 BOX LINGUINE OR ANGEL HAIR PASTA
- 1-2 TBSP CRUSHED RED PEPPER
- 1/4 CUP VEGETABLE OIL
- 1/2 CUP SESAME OIL
- 6 TBSP HONEY
- 6 TBSP SOY SAUCE
- GREEN ONIONS, CILANTRO, PEANUTS, AND TOASTED SESAME SEEDS

DIRECTIONS:

BOIL NOODLES. DRAIN. CHOP GREEN ONIONS, CILANTRO, AND PEANUTS. HEAT BOTH OILS AND CRUSHED RED PEPPER OVER MEDIUM HEAT IN A SMALL PAN. (2 TBSP MAKES THIS DISH VERY SPICY. I USE ONLY 1 TBSP OR LESS OF PEPPER.) STRAIN OUT PEPPER AND RESERVE OIL. TO OIL, WHISK IN HONEY AND SOY SAUCE. TOSS MIXTURE WITH NOODLES. REFRIGERATE OVERNIGHT OR UNTIL COLD. BEFORE SERVING, TOP EACH INDIVIDUAL SERVING WITH ONIONS, CILANTRO, PEANUTS AND TOASTED SESAME SEEDS. SERVE COLD.

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Hearty Vegetable Bean Soup

1	Sweet onion, diced	1	tsp paprika
2	Garlic cloves, minced	1	Bay leaf
1	Medium sweet potato, peeled and cut into 1" cubes	1/2	tsp crushed red pepper flakes
2	Carrots, peeled, cut into 1" pieces	2	Cups fresh or frozen green beans
2	Celery stalks, diced	4	Cups vegetable broth (low sodium)
1	Cup whole kernel corn	1/4	Cup chopped parsley
1/2	tsp black pepper	1	Can diced tomatoes
1/8	tsp allspice	2	Cans white beans

Place all ingredients (except broth and beans) in a freezer bag. Freeze until ready to serve.

When ready to make: Place all the contents of the bag in the crock pot. Add the broth and beans; cook on low for 8 hours, or until carrots are tender. If you want a thicker soup, when there are 30 minutes left, remove 1/2 cup of the soup. Add 1-2 tbsp flour or corn starch. Mix well and add back to crock pot. Cook for 30 more minutes to allow to thicken.

Makes 8 (1 cup) servings



RECIPE: BUTTERNUT SQUASH FRIES

INGREDIENTS:

- 4 large eggs
- 1/2 cup almond milk
- 1/2 cup shredded cheddar cheese
- 3 tablespoons for topping (I used reduced fat)
- 2 teaspoon olive oil
- 1/2 cup sliced onions
- 1 lean sausage link, sliced (such as turkey or chicken)
- 1 tablespoon fresh herbs such as thyme or rosemary
- 10-12 cherry tomatoes, halved
- Salt, pepper to taste

DIRECTIONS:

1. Peel the squash and remove the seeds
2. Cut squash into thick slices (think for smaller servings)
3. Place squash in a large bowl and generously
4. In a small pan, heat olive oil and sauté onions and sausage together until cooked.
5. If using an oven proof sauté pan, you can add egg mixture, cherry tomatoes, herbs, salt and pepper.
6. Otherwise, add onions and sausage mixture to the bowl with eggs.
7. Add remaining ingredients such as cherry tomatoes, herbs, salt, and pepper to the bowl.

NOTES:

- You can make fritata ahead of time and reheat it for later use.
- Feel free to use other veggies such as spinach, mushroom, bell peppers, or very cheese and other protein of your choice.

RECIPE: SUPER HEALTHY MEATLOAF

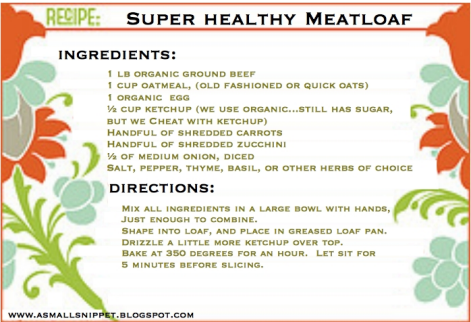
INGREDIENTS:

- 1 LB ORGANIC GROUND BEEF
- 1 CUP OATMEAL, (OLD FASHIONED OR QUICK OATS)
- 1 ORGANIC EGG
- 1/2 CUP KETCHUP (WE USE ORGANIC...STILL HAS SUGAR, BUT WE CHEAT WITH KETCHUP)
- HANDFUL OF SHREDDED CARROTS
- HANDFUL OF SHREDDED ZUCCHINI
- 1/2 OF MEDIUM ONION, DICED
- SALT, PEPPER, THYME, BASIL, OR OTHER HERBS OF CHOICE

DIRECTIONS:


MIX ALL INGREDIENTS IN A LARGE BOWL WITH HANDS, JUST ENOUGH TO COMBINE. SHAPE INTO LOAF, AND PLACE IN GREASED LOAF PAN. DRIZZLE A LITTLE MORE KETCHUP OVER TOP. BAKE AT 350 DEGREES FOR AN HOUR. LET SIT FOR 5 MINUTES BEFORE SLICING.

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Fall ALLERGY FACTS




AUG **SEP** **OCT**

EVEN THOUGH IT'S CALLED FALL ALLERGIES, IT CAN ACTUALLY BEGIN IN LATE SUMMER


HAY FEVER

ALSO KNOWN AS ALLERGIC RHINITIS

Occurs Seasonally or year-round. Seasonal symptoms occur in spring, summer and early fall seasons. They are usually caused by allergic sensitivity to airborne mold spores or to pollen from trees or grass.




SYMPTOMS: *Runny nose, itchy eyes, mouth or skin, sneezing, stuffy nose, fatigue*



3 OUT OF 4 PEOPLE WHO ARE AFFECTED BY SPRING ALLERGIES SUFFER FROM FALL ALLERGIES

OVER 40 MILLION


Affected by Hay Fever In the US




RAGWEED


MOST COMMON TRIGGER

The allergen can travel for hundreds of miles in the wind.




OTHER FALL ALLERGENS

 *Mold and Mildew*


Dust Mites 


MANAGING SYMPTOMS




Stay Indoors

During the Fall Allergy season, avoid outside activities as much as possible. Keep doors and windows closed.



Shower Frequently 

 *Take medications as prescribed*

TALK TO ALLERGIST



<http://cincinnatiheatingandcooling.com>



Review us online at:

<http://cincinnatiheatingandcooling.com/about/reviews/>

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