



COMFORT NEWS

Vol. 9 Issue 1 - Winter 2012

Great to hear from you! - by Owner Jim H. Smith



Jim H. Smith

***“Hi folks,
and welcome
to our winter
newsletter!”***

It's been dry but cold so I hope you haven't had any issues with your heater over the holidays. But if you did, I know you'll attest to our fast, reliable, friendly and cost-effective

service! Our service repairmen, like Santa's elves, were burning the midnight oil to ensure that all our customers experienced a safe, warm and comfortable holiday.

Since it's January, our newsletter is filled with good resolutions to help you keep your home more comfortable and cost-effective. We hope you'll enjoy the read, but even more importantly, we hope you'll try some of the tips. Even a few of the actions mentioned below will help

preserve and maintain your Heating & Cooling system!

Yours in comfort,

Jim H. Smith

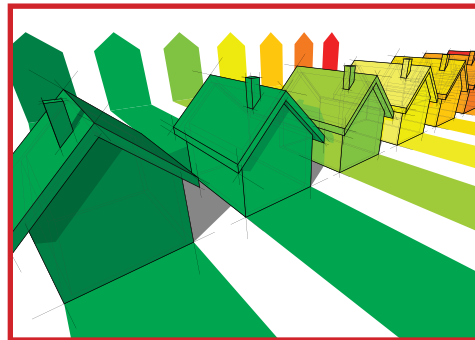
Owner

American Air Conditioning & Heating

Heat Your Home Efficiently

-6 Things that will make you more efficient

As much as half of the energy used in your home goes to heating and cooling. So making smart decisions about your home's heating, ventilating, and air conditioning (HVAC) system can have a big effect on your utility bills — and your comfort. Since it is winter, let's focus on your heating system first:



- 1. Change your air filter as needed**
- 2. Tune up your HVAC equipment yearly**
- 3. Install a programmable thermostat**
- 4. Seal your heating and cooling ducts**
- 5. Consider installing ENERGY STAR qualified heating and cooling equipment**
- 6. Verify Proper Installation of your new equipment**

Client Testimony

Dear American Air,

We would like to thank Hank for being an excellent technician, but most important, a wonderful human being; American is lucky to have him!

Sincerely, The Martinez Family

HVAC Maintenance

-Benefits of Being a Club Member!

If you're reading this newsletter, you're probably a Service Club member! So that means you're entitled to a winter maintenance visit. If you've already had yours completed, congratulations. And if you haven't, PLEASE do!!!



Our Precision Tune-Up and Professional Cleaning can reduce your heating and cooling bills by 17% to 25%. Not only is this recommended by the manufacturer, it significantly extends the life of your HVAC unit. So call us for an appointment today! It's the best way to get full value out of your Service Club membership.

Visit us at: www.americanairconditioning.com

CALL US AT: 800-321-9494

Featured Employee of the quarter

Kevin Wheatley

Position : **Install Manager**

If you've been with American Air for a while, you probably already know Kevin. Here are some things you may not know...



Kevin Wheatley

Q&A's with Kevin:

1. Where were you born? *South Carolina*
2. What is your favorite food? *Steak*
3. Are you messy or organized? *Messy*
4. What is your favorite day of the week? *Sunday-Football*
5. What is your favorite thing to do? *Sports; watching and playing*
6. What was your first car? *1968 Pontiac Tempest*



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7. When you were young, what was your favorite TV show? *Hawaii 5-0*
8. Are you team Edward or Jacob? *What is that...?*
9. What is your favorite sport to watch? *Soccer*
10. What is your favorite music/song/band? *Pop*
11. PC or Mac? *PC*
12. Where would you like to travel to? *Australia*
13. Do you sing in the shower? *No*
14. What phobias do you have? *None*
15. What would you do if you won \$50 million in the lottery? *Disappear!*

Keep it up Kevin!!!

Air Duct Cleaning Benefits

-Top Benefits of Air Duct Cleaning

1. Money savings

The U.S. Environmental Protection Agency estimates that removing as little as .4 inches of dust from cooling system coils will reduce energy consumption up to 21 percent, a considerable utility bill savings.

2. Indoor air quality

Dust, allergens (pollen, pet dander) and toxins (mold, mildew, rodent droppings) are commonly found in air ducts. Even if family members

do not suffer from allergies the particles can cause severe respiratory problems, but regular duct cleaning eliminates them from your indoor air.

3. Smell

Dust, mold and bacteria in an air duct system will create a musty smell in your home that no amount of air fresheners or candles will eliminate. Regular air duct cleaning can eliminate this problem almost entirely.

4. Health

If family members suffer from allergies or asthma, air duct cleaning is vital to create a safe haven. Air duct cleaning drastically reduces the amount of allergens (dust, dirt, pollen, pet dander, mold spores, insect and rodent droppings) in the air of your home.

So next time we come out to inspect, make sure to request an air duct cleaning!

When Should You Get Air Ducts Cleaned?

Many people only clean their air ducts after an "event" such as a fire or flood in the home. In these instances cleaning their air ducts is needed. But if there is mold in the system, you want to know as soon as possible to limit your family's inhalation and exposure. That's why we recommend regular inspection by a trained air duct cleaner whenever you have your heating or cooling system serviced. Servicing entails cleaning the cooling coils, drip pans, fans and heat exchangers, which can release dust, debris, mold or allergens into your duct work. It really just makes good sense to clean your air ducts at the same time your HVAC system is serviced.

From Jim's Kitchen - Chicken Pot Pie

Fresh and frozen vegetables combine with juicy chicken in a rich broth and buttery sauce for this simple one-dish meal. The whole family will love tucking into this comforting dinner at day's end.



Ingredients

1-1/2 pounds skinless, boneless chicken breast meat
1 cup chicken broth
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1-1/2 cups milk
3 tablespoons butter

1 onion, chopped
1 cup chopped celery
1/3 cup all-purpose flour
2 cups frozen mixed vegetables, thawed
1 tablespoon chopped fresh parsley
1/2 teaspoon dried thyme
1 (9 inch) pastry for a 9 inch single crust pie
1 egg, lightly beaten

DIRECTIONS:

In a large saucepan over medium high heat, combine the chicken meat, chicken broth, salt and pepper. Bring to a boil and reduce heat to low. Cover and let simmer for 30 minutes, or until chicken is no longer pink in the center and the juices run clear.

Remove the chicken and let cool. Pour the remaining chicken broth mixture into a measuring cup. Let stand; spoon off fat. Add enough milk to the broth mixture to equal 2-1/2 cups.

Cut chicken into 1/2 inch pieces.

In the same pan, melt butter or margarine over medium heat. Add the onion and celery. Saute, stirring, for 3 minutes. Stir in flour until well blended. Gradually stir in broth mixture. Simmer, stirring constantly, until the sauce thickens and boils. Add the chicken, vegetables, parsley and thyme. Pour mixture into a 1-1/2-quart deep casserole dish.

Preheat oven to 400 degrees F (200 degrees C).

Roll out pastry 1 inch larger than the diameter of the casserole dish on a lightly floured surface. Cut slits in the pastry for venting air. Place pastry on top of casserole. Roll edges and cut away extra pastry; flute edges by pinching together. Reroll scraps to cut into decorative designs. Place on top of pastry. Brush pastry with beaten egg and bake in the preheated oven for 30 minutes or until the crust is golden brown and the filling is bubbling. Let cool for 10 minutes and serve.

The Importance of Your Furnace Filter! - How often should it be replaced?

Changing your furnace filter is important for a couple of reasons. If you do not change it regularly then you are not getting the best protection. Your filter will become full of dust and other particles and it will not trap the new particles that come through. In addition, you will find that your furnace will run harder and be less energy efficient if your filter is working incorrectly. So how do you know when to replace that filter? There are some general guidelines that can help you out so that you are sure to change yours on time.

Do you have animals?

Animals are one thing that will affect when your filter needs to be changed. If you have multiple animals then you will need to change your filter more often than if you have none. Generally, those with multiple animals will change a one or two inch filter every month. A four inch filter will need to be changed

every two months and a five inch filter every three months. If you only have one animal, then you can replace the filters every two, four and six months depending on the size of your filter. No animals means you can replace every three, six and twelve months.

How dusty is your home?

Dust is another thing that can affect the performance of your filter. If you get a lot of dust in your home then you will want to change more often. For one and two inch filters you need to replace once a month. Four inch filters can go two months and five inch filters can go three.

Moderate dust will change those numbers to two, four and six. If you have no dust and no other factors then you replace your filter every three, six or twelve months depending on the thickness.

Does anyone smoke in the home?

Smoke can be detrimental to the filter and will make you have to replace it sooner. Multiple smokers mean that one to two inch furnace filters should be changed monthly, four inch filters every two months and five inch filters

■ Continued on page 4

Client Testimony

*Dear American Air,
We would be remiss where as a service call was made on our new unit, and we didn't contact you as to that service! A young man, Eric G., made the call! We were very highly impressed overall with his demeanor, his courtesy, and certainly his knowledge of our new system, and how he explained everything to us. If Eric is typical of your company, then we are content to have gone with "American"!*

Sincerely, Vickie & Bill S.

Your Furnace Filter

Continued from Pg 3

every three months. One smoker changes those numbers to two, four and six. If there are no smokers then filters can be replaced every three, six or twelve months based on the thickness of the filter.

Do you keep windows and doors open?

Since this lets a lot of dust and dirt inside, it can impact how often a filter should be replaced. Change those one and two inch filters monthly. Change four inch filters every two months and five inch filters every three months. If you only keep them open sometimes then you can replace every two, four and six months. If you never have them open then you change filters at three, six and twelve months based on your thickness.

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Air Duct Cleaning & Sanitizing

Industry experts recommend air ducts be cleaned every 3-5 years!



"Cleaner Living Environment Relieves Allergies and headaches, Reduces Possible Health Hazards, & Your home will smell fresher"

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3 Month Trial Guarantee!

Industry experts recommend air duct cleaning every 3-5 years!

50% of all illnesses are either caused or aggravated by polluted indoor air!

(American College of Allergists)

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In this issue

- Letter From the Owner
- Efficiently Heating a Home
- HVAC Maintenance
- Featured Employee
- Air Duct Cleaning Benefits
- From Jim's Kitchen
- The Importance of Your Filter