



Homeowner News

News & Information For The Customers Of AIR-TRO Air Conditioning Summer 2005

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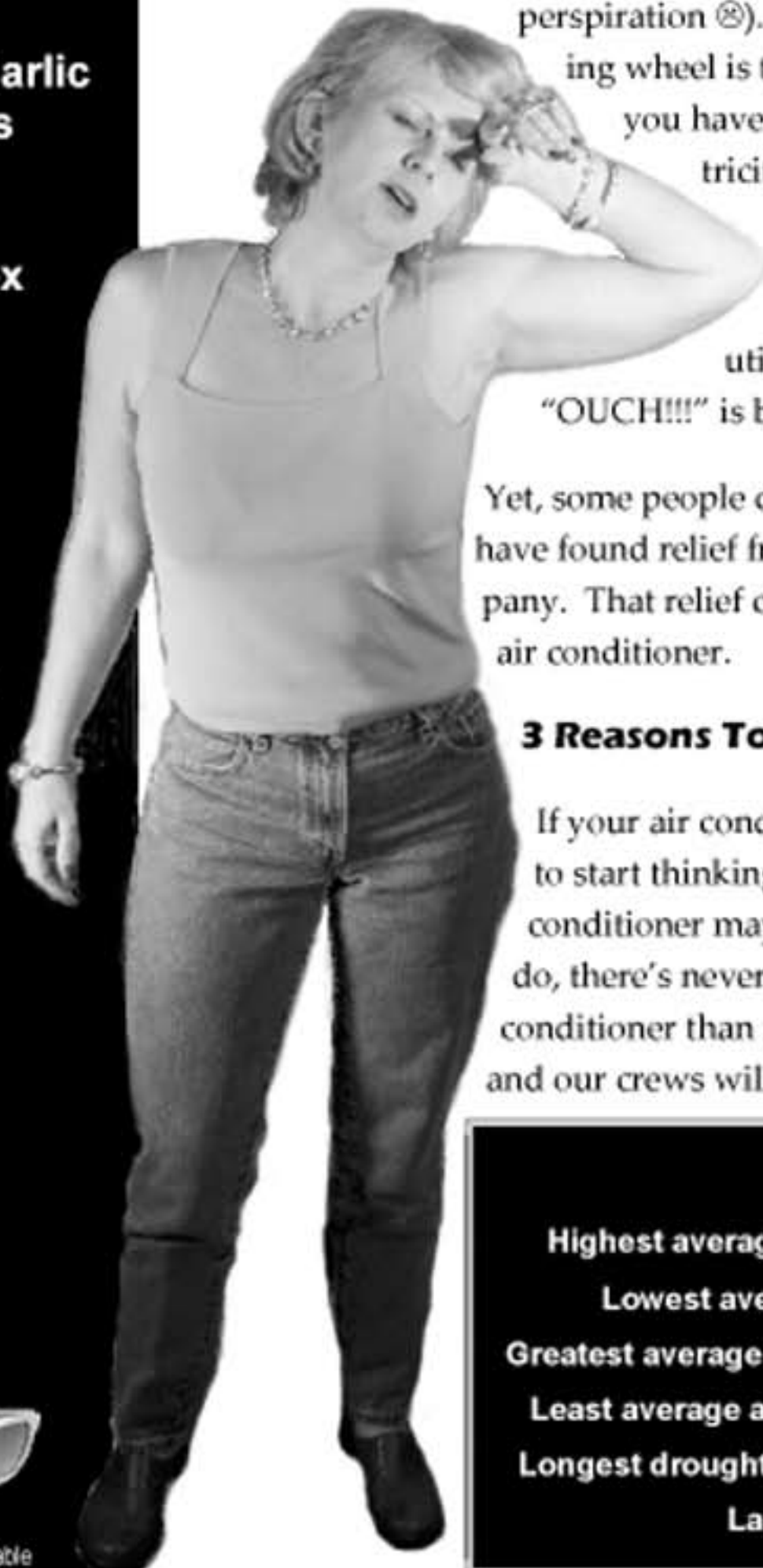
Special
Offer

When It's
Hot, Be
Careful
Out
There

The
CORNER

It's HOT!!!

This is one of the hottest summers in years. But you probably noticed that it's hot. You probably noticed the extra perspiration (or maybe others noticed *your* extra perspiration ☹). You probably noticed that your car's steering wheel is too hot to touch in the afternoon. And, if you haven't already, you will notice how much electricity you are using once you get your utility bill.



There's a word to describe this summer's utility bills. That word is, "ouch." Maybe, "OUCH!!!" is better.

Yet, some people don't pay high utility bills. Some people have found relief from the heat and relief from the power company. That relief comes in the form of a new, high efficiency air conditioner.

3 Reasons To Upgrade Now

If your air conditioner is more than ten years old, it is time to start thinking about a new one. While replacing an air conditioner may not be at the top of your list of things to do, there's never been a better time to invest in a new air conditioner than *right now*. You will save a LOT of money and our crews will be in and out in a day.

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U.S. Weather Extremes

- Highest average annual temperature: Key West, FL = 78.2°F
- Lowest average annual temperature: Barrow, AL = 9.3°F
- Greatest average annual rainfall: Mt Waialeale, HI = 460 inches
- Least average annual rainfall: Death Valley, CA = 1.63 inches
- Longest drought: Bagdad, CA = 767 days, ending Nov 8, 1914
- Largest hailstone: Aurora, NE = 7 inch diameter

Home

Summer Shrimp Garlic Couscous

This Mediterranean dish is good hot or cold. It's the perfect summer casserole.

- 1 cup of couscous
- 1 tomato, chopped
- 1 clove minced garlic
- 1-1/4 cup water
- 1 tablespoon virgin olive oil
- 1/2 cup feta cheese, crumbled
- 2 tablespoons white cooking wine
- 1 cup Greek olives, pitted and halved
- 1 pound peeled shrimp, tails off
- 2 cups broccoli florets



Heat olive oil over medium heat. Sauté the shrimp and garlic for five to eight minutes, until the shrimp is cooked through.

Add the water, cooking wine, and olives. Bring to a boil.

Remove from heat. Stir in the broccoli and couscous. Cover and let stand for five minutes.

Add the feta cheese and tomatoes and stir just before serving.

Air-Tro Air Conditioning Heat Index Chart

Based on shade, light wind conditions. Exposure to direct sunlight can increase the Heat Index by as much as 15°F

°F	Relative Humidity					
	40%	50%	60%	70%	80%	90%
80	79	80	81	82	84	85
85	84	86	88	90	93	101
90	90	94	95	105	113	121
95	98	105	113	122	133	
100	109	118	129	142		
105	121	133	148			
110	135					

Sunstroke, heat cramps, and heat exhaustion is possible.

Sunstroke, heat cramps, and heat exhaustion is likely. Heat stroke is possible.

Heat stroke is highly likely with continued exposure.

Source: National Weather Service
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Heat Index Chart

When the weather is hot, it can be dangerous to be outside. Cut out the Heat Index Chart and tape it to your refrigerator. Don't forget to take it on vacation when the greatest threats for sunstroke, heat cramps, heat exhaustion, and heat stroke can occur.

Homeowner News

The Homeowner News is a quarterly publication of Air-Tro. It is provided to our customers free of charge. We welcome your suggestions and ideas. Contact us at:

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Improving Indoor Air For Allergy Sufferers

(Continued from page 1)

ticularly important for people with asthma or allergies, but the quality of indoor air is something all Americans should be concerned about."

Improving Conditions Indoors

There are three ways to fight indoor air pollution:

- 1) Source Control,
- 2) Ventilation, and
- 3) Air Cleaning.

We can help with each.

Source Control

The starting point for a home indoor air quality strategy is source control. It makes sense. If you can control a pollutant before it becomes airborne, you're ahead of the game. Source control strategies include the use of low emission paints, varnishes, and carpeting, no smoking, no pets, maintaining optimum humidity levels, regular cleaning, and regular servicing of combustion appliances, such as furnaces. Unfortunately, you cannot always control pollutant sources.

Use your air conditioner to control humidity for the spring and summer months and a duct mounted humidifier in the winter. Get your air conditioner serviced every spring and your furnace serviced every fall. The most economical approach to maintenance is an Air-Tro service agreement.

Ventilation

After source control comes fresh air ventilation. According to the EPA, the air inside your home is far worse than

outside air. Even during allergy season? Possibly.

Fortunately, there is a solution that improves fresh ventilation without the comfort or energy costs. It's called an energy recovery ventilator (ERV). It exchanges stale, polluted indoor with fresh air and cleans the incoming air. The ERV captures roughly 85% of the heating or cooling energy from the indoor air. Not only can it improve air quality, it can actually reduce utilities in certain circumstances.

Air Cleaning

The third way to fight indoor air pollution is air cleaning. Do not buy the cheap tabletop and gadget air cleaners you hear advertised. They are a waste of money. According to an American Lung Association® report, "The reviewed data provide little reason to endorse the use of inexpensive tabletop, appliance-type air cleaners, regardless of the technology they employ. In general, high-efficiency particle collection requires larger filters or electronic air cleaners."

We recommend a whole-house approach with a duct mounted UV light and either a HEPA filtration system or an electronic air cleaner. What's appropriate for your home depends on your budget, comfort system, and family.

At Air-Tro, we may not be medical doctors, but we are air doctors. We know air. We know filtration. We know ventilation. And we know service. We can assemble an indoor air package that fits your family and budget.

The food your family eats is regulated and inspected. The water your family drinks is tested and treated. Yet, when it comes to the air your family breathes, it's all up to you.

When you can't breathe, nothing else matters! Don't wait. Call us today.



\$10 SAVINGS
Homeowner News Readers...
Mention this newsletter and slide in a \$10 discount off the price of a service or maintenance call! It's like stealing home!





Home

When It's Hot, Be Careful Out There

The human body has a remarkable built-in air conditioning system. This includes perspiration, exhaling warm air, and increased blood flow to the skin. Yet, during extremely hot weather, care must be taken since the body's air conditioning system may fail to keep up and break down.

When the body cannot manage excess heat, blood is diverted from the brain to the skin, causing fainting. This is heat syncope.

More severe than heat syncope is heat exhaustion, which is characterized by muscle aches, nausea, fever, and possibly clammy skin, diarrhea, rapid pulse, and vomiting.

After heat exhaustion comes heat stroke. The body's air conditioning system begins to fail altogether. Heat

stroke is not to be taken lightly. It can be fatal. Its symptoms include agitation, rapid pulse, confusion, convulsions, hyperventilating, and loss of consciousness. As the body's temperature reaches excessive levels, organ failure results.

To prevent heat related illness, wear loose fitting clothes. Limit your outdoor activity during hot days. Make sure you drink plenty of water.

Heat stroke can occur anywhere. Each year, heat stroke cases are reported across the United States and Canada.

Also, take precautions for outdoor pets during hot weather. How would like to spend a hot day outside wearing a fur coat?

- Bob Helbing

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How do you know when it's really, really hot?

- Cows give evaporated milk
- Trees whistle for dogs
- Hot water comes out of both taps
- The best parking place is determined by shade, not distance
- You can make instant sun tea
- You eat chili peppers to cool off
- You realize that asphalt has a liquid state
- You notice your car overheats before you drive it



Home