

Spring 2023

# Comfortable Living



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## Top Spring HVAC Considerations

HVAC systems tend to get the most attention during the roughest times of the year – during a cold snap and when the temperature climbs to unbearable levels. Once it handles the worst, all is well, right? Not necessarily. Spring comes with its own challenges that affect your HVAC system and how it serves you. Here are four such considerations.

### Air Filtration

Spring can be the worst time of year for anyone with allergies, especially allergies to dust and pollen. Your HVAC system needs to be able to filter the air you

breathe while providing you with enough fresh air. If you suffer annual misery from spring allergies, consider upgrading your filter to a HEPA (High Efficiency Particulate Air) filter. This will serve you and your family year round, giving you added protection from all the nasty bugs and allergens that make you feel sick, especially in the spring.

### Ventilation

Ventilation is critical year round, but if you're lacking outdoor air, it can affect you just as much in the spring.

(Cont. on pg.2)

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## Top Spring HVAC Considerations (Cont.)

At the tail end of the flu season, you need fresh, clean air day and night. If allergies are an issue, this is even more reason to ensure you have enough filtered outdoor air entering your home. Even if you're comfortable enough to open a window one day, you may have to go back to an enclosed space for the next week.

### Temperature Swings

As cold weather makes way for the heat of summer, your HVAC system has to deal with both heating and cooling, sometimes on the same day. Temperature changes can cause issues so you need to ensure that your HVAC system can keep you comfortable regardless of these changes. A thermostat that automatically switches between heating and cooling will help you on those difficult days when nature just can't decide. Additionally, having a

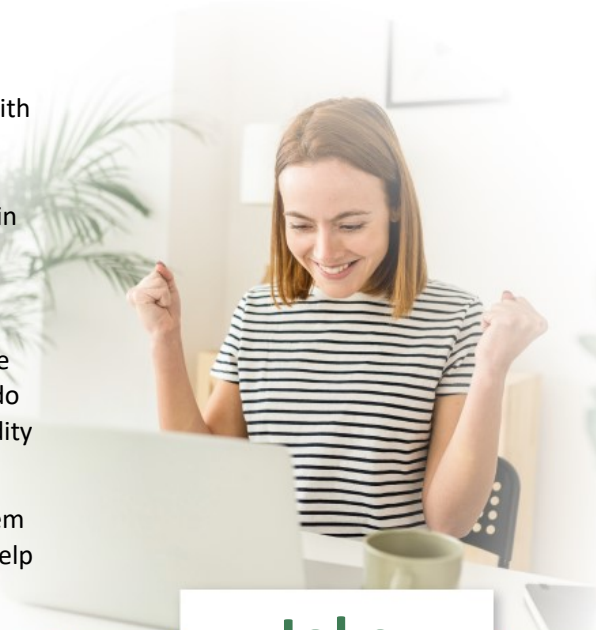
furnace and air conditioner that work efficiently at part load will help lower your energy consumption and ensure that your equipment functions well for many years to come.

### Humidity Problems

When the temperature changes, humidity tends to follow suit. If your HVAC system isn't equipped to deal with these changes, you can end up with moisture problems even at lower temperatures. Condensate may form in new places as cooler surfaces meet moist spring air. Depending on where you live, you may need additional dehumidification to deal with this time of year until your air conditioner can do the full time job of dealing with humidity in your home.

If you need help with your HVAC system this spring, give us a call and we can help

you keep your home's air at the right conditions for your family.



## Joke Section

**I used to be into fan fiction but I changed to air conditioner fiction...**

Because it was cooler.

**What do you call a survivalist with air conditioning?**

A chilly prepper.

## Make Hard Decisions With These Tips

There's nothing like a tough decision to stop you in your tracks, especially if it would bring a major change into your life. As the new year rolls around and you examine your current circumstances, you may find yourself dealing with an important decision. Instead of the usual list of resolutions, you might need to focus on that one choice that will have the biggest impact for you and your family. Here are some tips to help you through the process.

### Determine Your Priorities

At the core of every decision is knowing what's important. Choices aren't always between a "good" and a "bad". All your options may have benefits. In fact, the more benefits they have, the harder the decision. Do some deep thinking and soul

searching if needed to determine your priorities. The closer an option aligns with your highest priority, the more likely you are to be satisfied with that choice.

### Consider Making Temporary Changes

Some decisions are daunting because we think they mean big, permanent change. While that is true in some cases, there's a chance you may be able to "try out" an option temporarily before making a commitment. For example, instead of going all in on a new project, you can scale it down and give it a timeline.

Make Hard Decisions With These Tips (Cont.)

Regroup and Review

Depending on the type of decision, you may be able to tweak as you go and learn from your experience. You're not necessarily stuck with your initial decision. If possible, part of the process should be to reassess your position and make any changes necessary.

Ensure That You're Not in a Place of Desolation

Avoid making major decisions when depressed, anxious or desperate. If you're feeling as if you "have no choice", you're more likely to make a poor decision. Set aside time when you're in a good mood and energetic so you can think clearly and assess properly.

Seek Guidance

Chances are, there's someone in your social circle who faced a similar situation and who can provide guidance or at least give important feedback. An external perspective might be just the thing to give you the clarity you need to make that important decision. Exercise caution with this step as the wrong person can derail your efforts.

Remember that you are the one making the choice and will have to live with the consequences. Use the counsel of others for examples of success or failure, but don't ignore your own feelings or your own sense of what's best. We hope that with these tips you will be able to make hard decisions with greater confidence.

Coupon Corner

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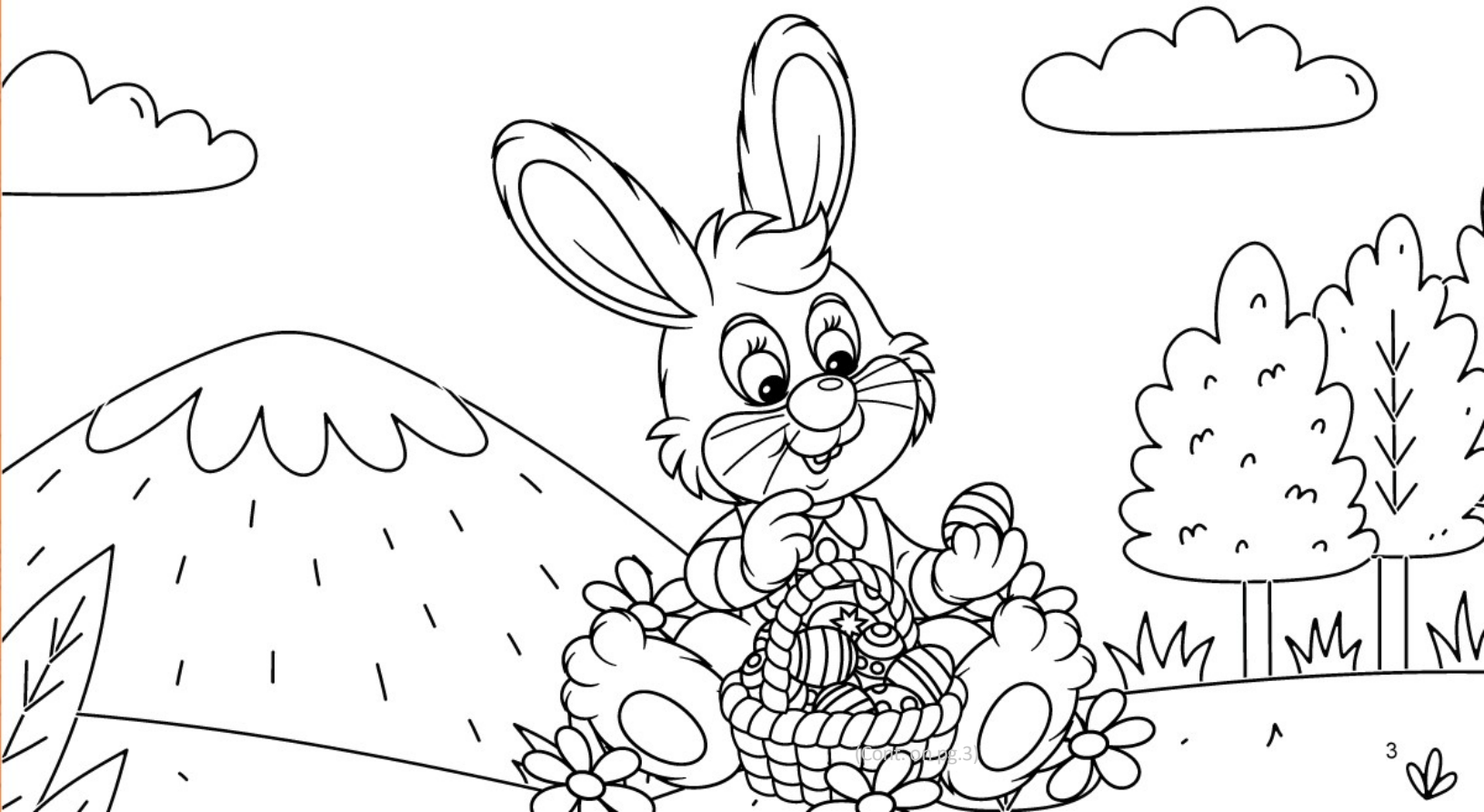
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Use your creativity with this Spring Coloring page.





# CAJUN SHRIMP

(1 serving) <https://www.acouplecooks.com/cajun-shrimp/>

## Ingredients:

- 1 ½ pounds medium shrimp, deveined and thawed if frozen (tail on or peeled)
- 1/2 teaspoon kosher salt
- 2 teaspoons Cajun seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons olive oil

## Directions:

Pat the shrimp dry. In a medium bowl, mix the shrimp with ½ teaspoon kosher salt, the Cajun seasoning, garlic powder and onion powder.

In your largest skillet\* (cast iron or stainless preferred), heat the olive oil on medium high heat. Add the shrimp and cook for 1 to 2 minutes per side until just opaque and cooked through, turning them with tongs. Once cooked through, serve immediately.