

Summer 2023

COMFORTABLE LIVING



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www.airtro.com



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Prepare Your AC for Hard Work

Air conditioners are hard-working pieces of equipment, and the best way to keep yours going is to prepare it ahead of time with the proper maintenance. If anything will fail, it will do so during the hottest days. Here's how to get your air conditioner ready to work hard this coming summer (and for many summers to come).

Have It Regassed

If you have a refrigerant leak or your air conditioner is old, you may need to have it regassed so it can continue to perform properly. Call in a professional to review and if you do have a leak, ensure that it is repaired before regassing.

Clean Coils

Clean coils are important for proper heat transfer between the air and your refrigerant. A buildup of dust and gunk will reduce this heat transfer and cause issues with performance. You need to have both indoor and outdoor coils clean in order to maximize your air conditioner's performance.

Clear Area Around Your Condensing Unit

If the space around your outdoor unit is cluttered, this could hamper airflow - airflow that's critical to provide the cooling your unit needs to remove heat from your home. If there's brush or debris too close to

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your unit, remove it so your air conditioning can “breathe” properly and keep your house cool.

Check Outdoor Unit For Damage

Cracked or bent fins, damage to refrigerant piping, dents... have a look at your condensing unit to see if there's any visible damage that can affect its performance and indicate bigger issues. For a more thorough review, have a specialist inspect your air conditioner.

Shade Your Outdoor Unit

A condensing unit performs at a higher efficiency when it is cooler. On the hottest days, a unit in the shade will outperform one in direct sunlight. If possible, consider some

sort of shade for your unit, taking care to maintain clearances.

Change Your Filter

Your furnace blower operates for both heating and cooling and has been running all winter long. If you haven't done so already, replace it so your system can perform at its best during the hottest time of the year.

Check Your Condensate Pump and Lines

If you have a condensate pump, check to make sure it's working before the cooling season starts. Ensure that the lines are clear and fill the container with water to verify that the pump comes on. If you're concerned about whether



it's working or not, have a professional check it so you can reduce the risk of a puddle next to your unit this summer.

If you need to get your air conditioner ready for this coming summer, give us a call and we can help you prepare.

Tips For Improving Focus

It's hardly news that most people have lost the ability to focus for extended periods of time. With electronic devices feeding us dopamine hits as we scroll through social media or read bite-sized snippets of news, extended focus has been tossed along with the paper books we used to read. Expectations have changed as well, with multitasking becoming the new norm, even at work. If you're tired of your mind taking its own trips, leaving you unable to sit through a task to completion, here are some tips to help you improve your focus.

Examine The Impact

Are your relationships suffering

because your mind wanders when you should be listening? Were you passed over for a promotion at work because of poor performance? Are you feeling as if your life is made up of a string of incomplete tasks and unfulfilled goals because you keep jumping from thing to thing? Use this as motivation whenever you feel your resolve waning.

Consider Your Environment

There's only so much you can do to overcome the chaos around you. Your surroundings affect your ability to get on task so you can achieve a healthy workflow. Clutter and other distractions pull you

Joke Section

My girlfriend's AC is broken so I'm moving out.

I love her air-conditionally.

My HVAC guy is pretty unprepared.

When he comes over, he better have his ducts in a row.

(Cont. on pg.3)

Tips for Improving Focus (Cont.)

away from whatever you need to focus on. Noise or nearby temptations like screens add to the difficulty when you're trying to focus. Look around and start to clear some space for you to think. Start by turning off your phone and setting boundaries so people know that you're unavailable for a period of time during the day.

Simplify Your Life

There's only so much you can do in a day, week, or lifetime. Accept the fact that you need to make choices and remove items from your task list. It might not happen overnight but the fewer responsibilities and projects you have to deal with, the easier it will be to focus on each one of the important ones.

Block Out Time To Do A Sustained Task

This opposite of multitasking allows you to build your "focus muscle" so you can relearn how to focus for longer periods of time. Reading a book for a specific length of time daily is one such task that can get you on the road to better focus.

Do Regular Mind Dumps

You may be distracted because of too many concerns, worries, plans, or demands. A mind dump puts it down on paper so you have it recorded and don't have to worry about forgetting something important.

Developing your ability to focus

will improve your life in multiple ways. Be gentle with yourself and remember that even with the challenges, the results are definitely worth it!



Coupon Corner

\$950 Sale

Patriot Air Cleaner

UVC AND HYDROXYL IONIZATION
INDOOR AIR QUALITY SCRUBBER
EXPIRES AUGUST-11-2023

\$2000 OFF

Selected new Lennox Equipment

GET UP TO \$2000 IN REBATES FOR
SELECTED LENNOX EQUIPMENT
EXPIRES AUGUST-11-2023

Find the Beach Fruit

Count the each fruit on the beach and write the number you find!



Balsamic Chicken Kabobs

<https://www.aheadofthyme.com/balsamic-chicken-kabobs/>

Ingredients

chicken - boneless skinless chicken
beasts or thighs.
Salt and pepper
balsamic vinegar
Honey - feel free to sub with maple
syrup.
olive oil

Italian seasoning - feel free to sub with
dried oregano.
garlic powder
vegetables - Such as red bell peppers,
red onion, zucchini, mushrooms, corn,
and tomatoes all cut into small pieces.

Directions:

Cut chicken cubes and season with salt and pepper. Combine balsamic vinegar, honey, olive oil, Italian seasoning, and garlic powder in a mixing bowl. Mix well and add to the bowl of chicken (Reserve 3 tablespoons). Toss well to coat all the chicken. Cover and refrigerate for at least 1 hour. (or overnight for the best results). Skewer the chicken and veggies. Season all over with a little bit of salt and pepper, to taste.

Grill the skewers. Preheat grill over medium high to 450F. Place skewers on the grill for 5 minutes on each side or until the internal temperature for the chicken reaches 165 F. (Don't overlap skewers.)

Brush the reserved sauce over the skewers on both sides and grill for another 1-2 minutes.

Plate skewers and let rest for 5 minutes. Your guests will be so satisfied.

