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# Comfortable LIVING Fall 2023



## Your Air Conditioner's Key Components

When you turn on your air conditioner, do you ever wonder about the components that work together to keep your house comfortable? Most residential AC's are comprised of two coils (one indoor and one outdoor), a compressor and expansion device. Connecting all these is the refrigerant piping. The purpose of this whole system is to transfer heat from inside your home (thus cooling it) to the outside. Here are the basic components of this amazing technology.

### Evaporator Coil and Fan

The evaporator coil usually sits in your supply ductwork off the furnace or may be inside a ductless standalone unit mounted on your wall or floor. Cold

refrigerant passes through this coil and the fan blows warm air over it. Heat is transferred to the refrigerant, cooling the air before it's circulated throughout your house.

### Condenser Coil and Blower

Once the heat is transferred to the refrigerant, it has to be rejected to the air outside. This takes place in the condenser section, which, like the evaporator, consists of air blowing over refrigerant coils. It removes heat from the refrigerant so it can be returned to the evaporator to get more heat from your home's air. Keeping this area clear will allow for proper airflow so your condenser can do its job to maintain your indoor temperature.

### Compressor

The refrigerant inside the evaporator and condenser coils would not be able to transfer heat properly if it's not at the right pressure. The refrigerant must be pressurized by the compressor before it enters the condenser. This is the workhorse of your air conditioner where the most energy is consumed.

### Expansion Valve

On the other side of the process, you have the expansion valve. This lowers the refrigerant pressure from its condenser pressure to that required by the evaporator. This is a relatively small component but make no mistake, your air conditioner wouldn't work without it.

### Refrigerant

The refrigerant in your air conditioner is the heat transfer medium that allows heat to be removed from your home and rejected to the outside. It's like a train carrying heat from one place to another as it passes through the coils, compressor


and expansion valve.

### Condensate drain

When air is cooled, some of the water vapor in it condenses. This water, called "condensate", must be discharged to a nearby floor drain or may be pumped

to one further away (using a condensate pump).

If you need help with any of your air conditioning components to stay comfortable all year, give us a call.



## Tips for Conquering a Long To-Do List

If you've ever told yourself that there just aren't enough hours in the day, it's likely that your to-do list is too long. Some of it can't be avoided and you just have to face it and push through. Some of it, however, is self-induced as you struggle to say no and end up overcommitted. Regardless of the reason behind your lengthy task list, here are some tips to help you conquer this monster.

### Prioritize

At first glance, it might seem like every item on your list needs to be done (due yesterday, of course). If you examine it more closely, you'll see that's not the case. Some items are urgent, some are important, some are both and some don't even belong on your radar.

Start with a brain dump then arrange your tasks according to importance and urgency. Make sure to include daily items like making dinner, watching your favorite show and watering the garden.

### Eliminate

Once you have a clearer picture of which tasks are the most important, it's time to shorten your list. This can be difficult if others are expecting you to do those tasks so start with the time sinks. This could include things like attending your third cousin's birthday bash. Note that these are not being postponed but completely eliminated.



### Selective Procrastination

Procrastination is usually the tool we use to avoid important tasks. In this case, however, we're being selective about postponing less important items in order to attend to more important tasks. Be careful with this one though. It's tempting to just put off the yucky stuff but all you'll end up doing is increasing your stress level.

### Delegate

While it's true that no one can do these tasks as well as you can, there comes a point where you have to hand things off. Choose less critical items and delegate them to someone able to handle them. The aim is to free up time by handing off easier items so you can do the higher value tasks.

### Create Blocks of Time For Longer Tasks

Sometimes our to-do lists grow because we don't assign time to get things done. If this is the case for you, create a calendar event and let others know you'll be working on something. It's one thing to add "clear out garage" to your list but another to actually get it done. Assign a block of time to that task and stick to it.

Hopefully these steps will help you get on top of your to do list so you can accomplish your goals and keep your sanity intact.

# Joke Section

Why did the school get rid of the furnace?

**It was caught smoking in the bathroom.**

My furnace broke down on me.

So I'm having a housewarming party.

## HVAC Dash

It's a Cold Day and a Customer Needs Their Furnace Repaired!  
Get the HVAC Technician To the Customer's Home.



## Coupon Corner

**\$1000 back**

### Heat Pump Rebate

Tech Clean California Rebate for Heat Pump  
Furnace Replacement  
EXPIRES DECEMBER-28-2023

**\$200 OFF**

### UV Air Purifier

SINGLE USE ONLY. CANNOT BE  
PAIRED WITH ANY OTHER OFFER.  
EXPIRES DECEMBER-28-2023



## *Argentinean Skirt Steaks*

<https://www.allrecipes.com/recipe/241031/argentinean-skirt-steaks/>

### **Ingredients:**

- 1 ½ pounds skirt steak, trimmed & cut into 2 ½" wide pieces.
- 1 ½ tablespoons olive oil.
- 1 teaspoon adobo seasoning, or to taste.
- 1 tablespoon butter.

### **Directions:**

- Season skirt steak pieces all over with adobo seasoning.
- Heat olive oil and butter in a large skillet over medium-high heat. Cook steak in hot oil and butter, turning often, until steak begins to firm, and is reddish-pink and juicy in the center, 6 to 8 minutes.

### **Cook Note:**

To ensure they're cooked all the way through, consider putting them in the microwave on a microwaveable serving platter for another minute or two.

