

Table of Contents

Page 1

Your HVAC Spring To-Avoid List

Page 2

Your HVAC Spring To-Avoid List
(cont)

Why Owning A Pet Is Awesome
Your Company Coupon Corner

Page 3

Why Owning A Pet Is Awesome
(cont)

Joke Section
Game: Connect Four

Page 4

Recipe: Fettuccine with Shiitakes
and Asparagus

©2022 Service Roundtable

YOUR HVAC SPRING TO-AVOID LIST

What's better than a do-to list?

A to-don't list! When it comes to your HVAC system, avoiding certain behaviors and ensuring you don't neglect proper maintenance is critical to keeping your system functioning. Winter might be fading away (for now) but spring and summer have their own challenges. Not to mention indoor air quality is important year-round.

To protect your family's health and keep your HVAC system in top shape, here is your spring to-don't list.

Leave that dirty filter in your furnace

Okay, this is technically a to-do since it's telling you to replace your filter, but neglecting your filter leads to dust in your ductwork, increased allergen levels, and a struggling blower. Replace your filter this spring to avoid poor indoor air quality and the issues that come with it.

Spring clean everything except your furnace room

If your furnace room also functions as storage space, this is a definite to-don't. This spring, add the furnace room to your spring clean up list so your equipment has the right amount of clearance for safe and efficient operation.

Neglect a tune up

Neglecting your HVAC equipment is another habit to change this spring. Add this to the top of your to-don't list for the season, and you'll reap the benefits for the years added to your equipment's lifespan. Even though we're moving out of the "furnace season", this is a great time to address any possible issues your furnace may have developed from keeping you warm all winter. Tuning up your air conditioner during this colder season will also prepare you for the sweltering heat before it becomes a problem.

YOUR HVAC SPRING TO-AVOID LIST (CONT)

Ignore your ventilation

Ventilation is critical regardless of the season, but if you have allergies that act up in the spring, it may be tempting to shut all the windows and recirculate air to avoid outdoor allergens. That's not the solution. A robust ventilation system gives you the benefit of outdoor air without exposure to allergens from outside. Ensure that your exhaust systems work, and consider a heat recovery ventilation system with high efficiency filters to get the benefit of outdoor air without the allergens.

Leave your thermostat turned up

As the temperature outside rises, you might take this opportunity to experience an early summer indoors. However, this wastes energy and is unnecessary for you to maintain indoor comfort levels. If you have a programmable thermostat, lower your setpoints as the weather improves, or do it manually as needed.



If you need help with any of these to-don't items (and a better to-do list), give us a call and we can help you get the most out of your HVAC system this spring.

WHY OWNING A PET IS AWESOME

Dogs are known as man's best friend. Cats... still planning to rule the world. Regardless of the animal that's invited into your home to join the family, there's no debate that having a pet can bring joy and laughter into your life (not to mention tons of opportunities to make funny animal videos).

If you're on the fence about getting a pet, here are five reasons to go for it!

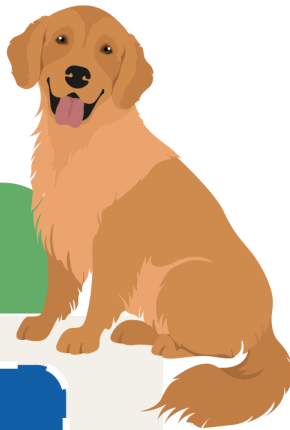
Pets lower stress levels

There's a reason people turn to cat videos for stress relief. Animals are funny, loving, and innocent. Being in their presence has a tendency to put things into perspective. That deadline? Not important while the puppy chases his tail then wags it at you. Your awful day at work melts away when your cat greets you with arrogant purrs to let you know that you missed him (and not the other way around).

They lower blood pressure and reduce risk of heart disease

Less stress means lower risk of heart disease. Laughter and cuddles with furry friends bring down blood pressure as they lower overall stress levels. Even watching fish swim around in their bowl or tank can bring you peace as the world's chaos fades away.

COUPON CORNER



ENJOY
\$40 OFF
A HEATING OR AC
REPAIR

SINGLE USE ONLY. CANNOT BE COMBINED WITH ANY
OTHER OFFER. EXPIRES 4/30/22

ENJOY A
\$79
AC TUNE-UP

SINGLE USE ONLY. CANNOT BE COMBINED WITH ANY
OTHER OFFER. EXPIRES 4/30/22

WHY OWNING A PET IS AWESOME (Cont)

You'll have increased fitness

Dogs in particular need daily exercise just like humans, but we're more prone to drop the ball and binge watch our favorite TV show. When your pet needs a walk on the other hand, there's no ignoring it. You're forced to stick to an exercise routine, reaping the benefits of increased fitness.

Less depression

Again, funny cat videos. Pets bring joy and comic relief that not even the best animal videos can capture. They also comfort you when things just aren't working out and you're feeling low. There's no resisting a loving look from puppy eyes. Combine this with regular exercise and your risk of depression drops.



CONNECT FOUR

Pets teach children how to care for others

Children in particular can benefit from taking care of a pet, and they learn lessons that stay with them throughout their lives. Compassion for those in their care, responsibility, and the ever challenging "doing things I don't feel like doing" are skills that will help them to achieve balance and success as they grow. Ultimately, having a pet is about expanding the love in your family to include a special animal and can be beneficial to humans and animals alike.

JOKE SECTION

The control for the air conditioner was so far away

It was not even remotely close

What does winter fat turn into?

Spring Rolls.

How to play:

- Players must connect 4 of the same colored discs in a row to win.
- Fill in one disc at a time.
- Players can be on the offensive or defensive.
- The game ends when there is a 4-in-a-row or a stalemate.
- The starter of the previous game goes second on the next game.

Round One

Winner: _____

Round Two

Winner: _____





FETTUCCHINE WITH SHIITAKES AND ASPARAGUS 4 Servings

Ingredients

- 3 Tbsp olive oil, divided
- 1 bunch asparagus, trimmed, cut into 2 inch pieces
- Kosher salt and freshly ground black pepper
- 2 Tbsp unsalted butter
- 8oz. shiitake mushrooms, stems removed, caps sliced
- 1 small shallot, finely chopped
- 1 tsp chopped fresh oregano
- 1 tsp chopped fresh thyme
- 12oz. dried or 1 lb. fresh fettuccine
- 3oz. Parmesan, grated (about $\frac{3}{4}$ cup), plus more for serving
- 4 large egg yolks*

Preparation

Step 1 Heat 2 Tbsp. oil in a large skillet over medium-high heat. Add asparagus, season with salt and pepper, and cook, stirring occasionally, until just tender, about 4 minutes. Transfer to a plate.

Step 2 Heat butter and remaining 1 Tbsp. oil in same skillet over medium-high heat. Add mushrooms, season with salt and pepper, and cook, tossing often, until tender, about 5 minutes. Add shallot and cook, tossing occasionally, until softened, about 2 minutes. Toss in oregano, thyme, and asparagus.

Step 3 Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 1 cup pasta cooking liquid.

Step 4 Add pasta, $\frac{1}{2}$ cup pasta cooking liquid, and 3 oz. Parmesan to skillet. Cook, tossing and adding more pasta cooking liquid as needed, until sauce coats pasta, about 2 minutes; season with salt and pepper.

Step 5 Divide pasta among plates and top each with yolks and more Parmesan.

*Raw egg is not recommended for infants, the elderly, pregnant women, people with weakened immune systems...or people who don't like raw eggs

www.bonappetit.com/recipe/fettuccine-with-shiitakes-and-asparagus

