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# THE BEST COOLING SYSTEM FOR YOUR HOME

Warm temperatures are finally here again, and now you have to deal with keeping your house cool on the hottest days.

If you've spent years with open windows and fans doing little to nothing and would like to install a system that provides cooling for your family, you have options.

## CENTRAL COOLING

If you have a furnace already, this option is the simplest and most common choice. It consists of a duct coil connected to an outdoor condensing unit. The biggest benefit is that you can cool your entire house using the same system that provides heating.

## DUCTLESS MINI SPLIT

If you don't have a central furnace with ductwork, a ductless mini split can provide cooling to one room at a time.

If you have an open concept layout, one unit can take care of your kitchen, living room and dining room if it's sized right. Smaller rooms will need separate units which is the main downside of a decentralized system.

Multi split units, which have one outdoor unit and multiple indoor units can serve most or all of your house depending on how much you are willing to spend and how many spaces need cooling.

## WINDOW UNIT

Window units are packaged cooling systems that steal a portion of your window to provide cooling to that particular space. As with the ductless mini split, you are limited to only the space in which the unit is installed. In general, they are not aesthetically pleasing but their lower cost makes them an attractive option for a homeowner on a budget.

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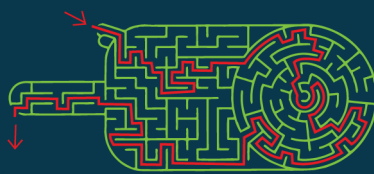


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## MINIMIZING YOUR SCREEN TIME



ANSWER KEY

CAN YOU MAKE IT THROUGH THE  
**MAZE**  
BEFORE THE  
POPSICLE  
MELTS?



START!

FINISH

You have probably heard that too much time in front of a screen can be detrimental to your health, with kids being even more susceptible. The long term effects of recent increased screen time through online learning and remote working are still being studied, however the results probably won't be encouraging. Here are some tips for limiting your screen time to necessary work and occasional recreational use.

### PAY ATTENTION TO THE SYMPTOMS

Technology is so ingrained in our lives that it can be hard to connect it to our tiredness, depression, irritability, and other symptoms. This is especially true for children, in who it can cause lethargy, anxiety and a loss of motivation.

### SCHEDULE TIME TO BE BORED

Screens tend to naturally fill the blank spaces in our days, with phones and tablets always within reach. Make time specifically to "do nothing" and let your mind wander. Sit by the window, lay on your couch, and let silence fill the air. You might notice a boost in your mood and creativity.

(CONT. P3)



## JOKE CORNER!

Do fish get to go on summer vacation?

No, because they're always in a school!

Which letter of the alphabet is the coolest?

Iced "T"!

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## ENJOY A \$79 A/C Tune-Up

KEEP YOUR SYSTEM RUNNING SMOOTHLY!

SINGLE USE ONLY. CANNOT BE COMBINED WITH OTHER OFFERS. OFFER EXPIRES 9/15/21.

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## MINIMIZING YOUR SCREEN TIME (Cont.)

### GET OUTSIDE

There's nothing like fresh air and nature to calm you down and take you away from the internet, videogames and scrolling through social media. Go for a walk without your phone, spend an hour in the woods, or simply hang out in your backyard without a device in hand. Leave the laptop on the desk and enjoy the outside.

### START LATE, FINISH EARLY

What you do in the morning sets the tone for your day, so don't pick up the phone right away. Write in a gratitude journal, take a few minutes to meditate, and have coffee with your spouse before sitting in front of a screen.

Of course, start work on time but don't spend time before that watching sports recaps or playing a quick video game. Shut down all screens at least an hour before bedtime, if not more, and stick to it.

You'll sleep better and your days will be more productive.

### TURN IT OFF

All devices have an "off" button and if you find that extracting yourself from their spell is painful, turn them off completely and walk away. Aside from work-related items, take a week or two off the recreational screen time to lower your screen time and improve your mood, creativity and overall health.

Hopefully, these tips help you and your family to put screens in their place: as servants, rather than masters.



# AHI POKE BOWL

[Delish.com/cooking/recipe-ideas/a26146740/ahi-poke-bowls](https://delish.com/cooking/recipe-ideas/a26146740/ahi-poke-bowls)

## TIPS

- Go fresh, not frozen. Freezing can compromise the texture and appearance of the tuna, so better to go fresh if possible.
- Look for pieces without white streaks. Those white streaks are connective tissue, and they're VERY CHEWY.

## INGREDIENTS

- 1/4 c. low-sodium soy sauce
- 2 tsp. rice vinegar
- 2 tsp. sesame oil
- 1 tsp. freshly grated ginger
- Pinch of crushed red pepper flakes
- 2 green onions, thinly sliced, + more for garnish
- 1 tsp. toasted sesame seeds, + more for garnish
- 1 lb. (sushi-grade) ahi tuna, cut into pieces

## (For Serving)

- Cooked rice
- Sliced avocado
- Sliced cucumber
- Edamame
- Shredded carrots
- Sliced radish

## INSTRUCTIONS

- 1) *This recipe makes four servings.* Cook 4 servings of rice. Cut tuna into small pieces, making sure to cut out connective tissue.
- 2) In a large bowl, whisk together soy sauce, rice vinegar, sesame oil, ginger, red pepper flakes, green onions, and sesame seeds.
- 3) Add tuna and toss to coat. Refrigerate for at least 15 minutes, up to 1 hour.
- 4) To serve, add rice to the bottom of four bowls. Top with tuna and toppings of your choice. Garnish with more green onions and sesame seeds before serving. *Enjoy!*

