



Comfortable Living Winter 2023



Air Fryer Salmon

Ingredients:

- 2 6 oz. salmon fillets
- 2 tsp. olive oil
- 1/2 tsp. seasoned salt.
- 1/4 tsp. ground black pepper
- Nonstick cooking spray
- Lemon wedges, to serve

Directions:

1. Preheat an air fryer at 400°F for 2 minutes.
2. Drizzle the flesh (top) side of the salmon with the olive oil and sprinkle with the seasoned salt and pepper.
3. Spray the inside of an air fryer basket with nonstick cooking spray. Place the salmon fillets skin side down in the air fryer. Cook for 8 minutes, or until the thickest part of the salmon flakes easily with a fork and the flesh is opaque. (An instant-read thermometer should read between 130°F and 135°F, for medium rare. You can add an extra 2 to 4 minutes to the cook time if you like salmon more well done.)
4. Serve immediately with lemon wedges.

<https://www.thepioneerwoman.com/food-cooking/recipes/a44775880/air-fryer-salmon-recipe/>

Table of Contents

Page 1:
Extend Your Furnace Life With These Tips

Page 2:
Extend Your Furnace Life With These Tips (cont.)
Why You Need To Say "No"

Page 3:
Why You Need To Say "No" (cont.)
Your Company Coupon Corner
Joke Section
Game: HVAC Math

Page 4:
Recipe: Air Fryer Salmon

Extend Your Furnace Life With These Tips

The lifespan of your equipment depends on multiple factors: the equipment itself, frequency of use, and how it's treated. When it comes to your furnace, you want to postpone replacement as long as possible. That doesn't mean ignoring the telltale signs of failure, but rather preventing them as much as possible. Some things are out of your control, like the weather and how long your furnace will be needed each season. Here are the things you can control so your furnace lasts longer and works better for your family.

Frequent Tuneups

In the commercial and industrial world, equipment maintenance is scheduled at regular intervals. It's tracked and if not done, issues are

likely to arise. Your home should be no different in terms of HVAC upkeep. Your furnace works hard and is critical for your health and safety. Regular tuneups allow it to keep working in top shape. It also allows the technicians to diagnose potential problems early so you can deal with them before they become major issues.

Clean Ductwork

You may not think that your ductwork matters to your furnace but it's all connected. A buildup of dust can affect your blower and compromise the function of components. Having clean ductwork keeps both you and your furnace healthy and boosts longevity. Win win.

Replace Your Filter

A dirty filter causes all sorts of problems. As with the ductwork, dust on your filter can blow through and affect components. You also cause issues with pressure drop across your blower which then has to work harder to move air throughout your home. You'll have less air flowing and compromised performance.

Keep Your Furnace Room Clear of Clutter

Your furnace room might have some extra space but it's not a storage closet. Too many items in there will cause problems with airflow, limiting combustion air that's critical for the burners to work properly. Not only is this a performance and longevity issue for your furnace, it's also a safety concern.

Incomplete combustion results in carbon monoxide production which is highly toxic.

Keep Condensate Line Clear

High efficiency furnaces produce condensate which needs to be removed for your furnace to work properly. Keeping condensate tubes clear is important for your furnace to run smoothly and therefore to extend its life. Make frequent checks to ensure that it remains clear for condensate to flow where it needs to go.

If you need help taking care of your furnace so it lasts longer, give us a call and we can help you extend its life.



It Shows Respect For Yourself (and Others)

Setting and keeping boundaries through the act of saying "no" when needed is a form of self respect. It also allows you to respect others when they say "no" and set their boundaries. It fosters healthy relationships as you are less likely to resent those around you who are making all the demands (and requests) that you want to say "no" to but can't.

Your "Yes" Is Worth More

When you are able to say "no" when you mean it, your "yes" then becomes genuine and more meaningful. You're no longer just saying yes to avoid conflict or to please others. You're no longer using your precious resources to carry out

tasks you'd rather not do (breeding resentment that can destroy you and your relationships). You say yes only when you mean it, honestly and completely.

Hopefully now you're clear about why your "no" is important for your overall well being. If you're used to agreeing to most requests and those around you aren't used to getting turned down, take it slow but stay the course so you'll have a healthier, happier life.

Coupon Corner

\$89.99

Furnace Tune-up

SINGLE USE ONLY. CANNOT BE PAIRED WITH ANY OTHER OFFER. EXPIRES FEBRUARY-28-2024

\$100 OFF

New Furnace Unit

SINGLE USE ONLY. CANNOT BE PAIRED WITH ANY OTHER OFFER. EXPIRES FEBRUARY-28-2024

Why You Need To Say "No"

The word "no" is so short yet so powerful. Unfortunately, many of us find it difficult to say no, often to avoid conflict. While it is important to help others in need and you can't turn your back on commitments, there are times when you just have to turn people down. Knowing when to say "no" and being able to say it firmly without giving in to pressure is important for your mental, physical and spiritual health. Here are four reasons why you need to get better at saying "no".

You Have Limited Resources

If you find that there aren't enough hours in the day, you're endlessly strapped for cash and exhausted before the day even begins, chances are you're ignoring limitations. You

only have a certain amount of time, money and energy. Use it for your priorities and say no to the rest. You'll prevent burnout and will even benefit financially from respecting those limits.

It's Important For Setting Boundaries

Saying no inherently sets boundaries. It lets others know what activities you are able or unable to carry out. It tells them what you are willing to tolerate and draws lines that they should not cross. If your "no" is weak or non-existent, your boundaries are thus weak and non-existent. Boundaries might seem limiting but without them, your life can become unbearable as you spread yourself too thin and others are allowed to dictate how you live.



Joke Section

**The best housewarming gift...
Is a furnace.**

Customer: "What brand is my furnace?"

Tech: "It's an old Buster Brown – It's brown on the top and busted on the bottom."

HVAC MATH

Solve the math problems using the HVAC icons!

=2
 =5
 =8
 =10
 =1

1. + - =

2. - + =

3. + + =

4. + - =

1. - + =