

River City's One Hour Heating & Air Conditioning has been serving the Baton Rouge and surrounding areas since 1980. We promise prompt and professional service to all of our customers. "Always on time, or you don't pay a dime.™" We look forward to solving all your heating and air conditioning repair, installation and service needs. Call us now to schedule an appointment.

## Services

- Air Conditioners
- Air Handlers
- Ductwork
- Furnaces
- Heat Pumps
- Indoor Air Quality
- Maintenance Agreements
- Thermostats
- Air Conditioning Repair
- Air Duct Cleaning



## TIPS TO BREATHE EASIER DURING NATIONAL ASTHMA AND ALLERGY AWARENESS MONTH

May is National Asthma and Allergy Awareness month. River City's One Hour Heating & Air Conditioning has tips to help improve indoor air quality.

In most places the temperatures are warming, the flowers are blooming and the trees are budding. For some this also means noses are running, throats are itching and the sound of coughing and wheezing fills the air. According to the National Asthma and Allergy Foundation the month of May is peak season for asthma and allergy sufferers.[1] We spend a lot of time indoors and your indoor air quality (IAQ) can create triggers that aggravate asthma and allergy symptoms. Technicians with River City's One Hour Air Conditioning and Heating offer these tips to help:

### Spring Cleaning

Dust and clean your home frequently. Wash bed linens and clothing weekly in hot water to kill bacteria and dust mites. Use allergy proof mattress and pillow covers. Keep your pets out of bedrooms and employ ecofriendly controls against insects, pests and rodents. Complete any painting and air out your home before the peak season forces you to close the windows.

### Tune Up Time

Have your heating, ventilation and air conditioning (HVAC) system tuned up. A trained technician can clean and inspect your unit, coils and drain pans. Replace the filters for your HVAC system monthly or as required by your system's manufacturer. A clean filter helps trap dust and pollutants and helps your system operate more efficiently. Ask your technician if a state of the art UV Sterilization unit would be a good fit for your system.

### IAQ and Ductwork

The qualified professionals at River City's One Hour Heating & Air Conditioning can upgrade your air filtration system and seal leaky duct work with improved indoor air quality and efficiency in mind. We offer many services like duct cleaning to help remove contaminants and offer duct repairs and upgrades to meet new building codes. For more on what can be done to improve indoor air quality during asthma and allergy season contact One Hour Heating & Air Conditioning.

[1] <http://www.aafa.org/display.cfm?id=10&sub=99&cont=457>  
 Source: [www.onehourheatandair.com](http://www.onehourheatandair.com)



May 5 – World Asthma Day

## An Easy Way to Understand System Maintenance

**Here is an easy way to help understand how to schedule the maintenance on your heating and air conditioning system.**

One year of heating and air conditioning system age is equal to putting 10,000 miles on your car. Automotive experts agree that proper regular maintenance is the most critical thing you can do to extend the life of your vehicle. The same thing is true for your heating and air conditioning system.

On most vehicles, regular service occurs every 5,000 miles, or twice a year in this example. That's the perfect schedule for your heating and air conditioning system, too. Once in the spring before air conditioning season, and then once in the fall for heating season.

Since your heating and cooling systems consumes the most energy in your home, you'll see the greatest rewards in energy savings.

Our worry-free program keeps your heating/cooling system operating safely and at its peak performance and efficiency. In addition to maintenance, plans like our Comfort Club Program™ provides emergency repair and replacement discounts as well as same-day, head-of-the-line emergency service. All for less than 50 cents per day!

When is it time to replace your system? We use the same automotive analogy. 10 years of furnace age = 100,000 miles on your car ... a time when many people look to replace a vehicle.



**These examples don't always apply to everyone. That's why we're always available to discuss your individual needs.**

**Give us a call at  
225-341-4304.**

# REPORT "Always On Time ... Or You Don't Pay A Dime!"

## Vanilla Buttermilk Tarts

### Ingredients:

$\frac{3}{5}$  cup sugar  
 $\frac{1}{4}$  cup all-purpose flour  
 $1\frac{1}{2}$  cups buttermilk  
3 large eggs

2 teaspoons vanilla bean paste  
1 (8- or 10-oz.) package frozen tart shells  
Toppings: fresh fruit, fresh basil

### Directions

1. Whisk together sugar and flour in a 3-qt. heavy saucepan; add buttermilk and eggs, and whisk until blended. Cook over medium heat, whisking constantly, 7 to 8 minutes or until a pudding-like thickness. Remove from heat, and stir in vanilla bean paste. Cover and chill 4 to 24 hours.
2. Meanwhile, bake frozen tart shells according to package directions, and cool completely (about 30 minutes). Spoon custard into tart shells, and top with desired toppings just before serving.

Source: [www.myrecipes.com/recipe/vanilla-buttermilk-tarts](http://www.myrecipes.com/recipe/vanilla-buttermilk-tarts)



## Newer Federal Guidelines for Your Home's Central A/C

As publicized by USA Today and numerous trade publications, it is becoming a well known, and a somewhat inconvenient fact that Home Central A/C's bearing R-22 (most commonly known as 'FREON') are no longer being made. That, in conjunction with a major price hike on Freon refrigerant itself due to EPA regulations, has made it very expensive to repair these Old Freon Style systems (as much as \$900 to recharge a system)

Central A/C's today now use R410A ('PURON'), a more efficient, environmentally sound refrigerant than the Old Freon. PURON has actually been available in Home A/C's since 1996, but has only penetrated a small portion of the market because of a lack of urgency...until now.

This Freon phase out step is a Federally mandated requirement originally set in motion by the Clean Air Act of 1992. You may even remember when this happened with our cars in 1992.

However, unlike our cars, existing central A/C cannot use PURON because it is compressed at a much higher pressure and requires newer, different equipment.

Additionally, new 2015 guidelines regulating the operating efficiency also know as SEER (Seasonal Energy Efficiency Ratio) raising this minimum in our State to 14 SEER are now in place.

The combination of SEER rating increases and the phase out of the OLD Freon leaves many homeowners with non-compliant, obsolete Central A/C systems. This also leaves them between what seems to be a 'rock and a hard place' when it's time to repair or replace their A/C system.

Call River City's One Hour A/C today for more information on these new federal guidelines. Also ask about special REBATE and BUYBACK programs, as well as specialty Home Improvement lines of credit available to homeowners to upgrade and/or bring their Central A/C into compliance.

Source: 2015 Regional Standards for SEER





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Baton Rouge, LA 70817

**225-341-4304**

[www.onehourheatandair.com](http://www.onehourheatandair.com)

Home Comfort Enterprises DBA  
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# HOT DEALS & COOL SAVINGS

**SAVE UP TO**  
**\$1,250**  
ON A NEW CARRIER®  
SYSTEM PLUS 0%  
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Call River City's One Hour Air for complete details.  
Expires 7/31/2015. Cannot be combined with any other offer.

**SAVE NOW**  
**10%**  
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**SAVE**  
**\$89**  
ON PRE-SEASON  
A/C TUNE-UP

(Normally \$119) Comes with 'Breakdown Free Guarantee: if your A/C breaks down during the season, we will refund 100% of your investment for the tune up. Call River City's One Hour Air for complete details. Expires 7/31/2015. Cannot be combined with any other offer.



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\* Rebate savings range from \$0 to \$1,250 depending on equipment purchased. 36 month interest free financing available. WAC. Call River City's One Hour Air for complete details. Expires 7/31/2015.

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