

Community Events

Punta Gorda

Parks that Teach—1st Saturday September—May

Guided tours will be led by the University of Florida's Master Gardeners, individuals who have completed an extensive training course in gardening sponsored by the University of Florida. As you walk thru the pathway, you will view the unique ecosystems of the mangroves, identify trees and shrubs, and learn how these plants can fit into your home landscape. For more information call 941-764-4340 for reservations.

Throwback to the 50's

Fishermen's Village (941) 639-8721

TIME: 12:00 PM - 4:00 PM 10/27/18

PRICE: Free Take a step back in time at the second annual Throwback to the '50s! Live music, dance contests, family friendly activities!



11/03/18

Location: Laishley Park, 120 Laishely Court, Punta Gorda, FL

Phone: 941-347-7061

Time: 12:00 PM - 10:00 PM

The 3rd Annual Big Orange Music Festival will feature 6 Bands right on the Peace River in Laishley Park. Please feel free to bring blankets and lawn chairs to enjoy the beautiful surroundings and the great music, food trucks and vendors!

Visit www.bigorangemusicfestival.com for complete details and ticket information.



Start your Christmas shopping early! Visit the Cultural Center for unique crafts and great food! Visit their website at TheCulturalCenter.com for more information!



Downtown Street Party in Punta Gorda. Free admission, bring your own chair. For more information visit their Facebook page!



Pumpkin Roll

Ingredients

**3/4 cup all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
2 teaspoons pumpkin pie spice
1/4 teaspoon salt
3 large eggs
1 teaspoon vanilla extract
1 cup granulated sugar
2/3 cup pumpkin puree
powdered sugar**

Instructions

Line a 15 x 10 jelly roll pan with parchment paper making sure the paper hangs over edges so you can easily remove the baked cake.

In a bowl whisk all dry ingredients together and set aside. In a separate bowl whisk eggs and sugar for one minute, add pumpkin puree and vanilla whisk until just combined. Fold in flour mixture, do not over mix, fold until just combined. Spread onto jelly roll pan and bake until top springs back, dependent on oven 10 to 15 minutes—do not over bake! Filling: Beat filling ingredients together and refrigerate until ready to use. Take cake out of oven, quickly slide parchment paper onto heat-proof surface and gently roll from the short side. Twist ends of parchment paper to keep it tight and let cool completely. Once cooled, unroll gently (inner most part with still curl), spread with cream cheese filling (I use a pastry bag to fill inner most curve) and then re-roll, cover and refrigerate for at least one hour. Sprinkle with powdered sugar if desired, slice and serve.



CREAM CHEESE FILLING :

**1 brick cream cheese (room temp)
1 cup powdered sugar, sifted
6 tablespoons butter, softened
1 teaspoon vanilla extract**

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Four Seasons Air Customer Newsletter

Thermostat

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Improving Your Indoor Air Quality

Improving indoor air quality is important for everyone, but it can be a matter of life or death for some with asthma, respiratory conditions, or compromised immune systems. If you suspect that your indoor air quality is not as good as it should be, here are a few things you can do to improve it.

Keep Your Floors Clean

It's very common for dust, dander, and other air pollutants to settle on the floor, but it usually doesn't take much for it all to get worked back up into the air you breathe. Sweeping-- or better yet, vacuuming-- and mopping can safely remove many of these irritants and allergens. Choosing a vacuum with an effective HEPA filter is the best option for cleaning to improve your indoor air quality.

Monitor Your Humidity Levels

Your humidity level isn't likely to be something you think about everyday, but it's important to monitor it if you want to improve your indoor air quality. A high humidity level can encourage the growth of mites and molds, which means big trouble for your indoor air quality. A humidity level of 30-50% is best. If your humidity levels are higher than they should be, consider a dehumidifier to bring the levels down to a healthy range.

Replace Your Air Filters

Always pay attention to the recommended replacement time for the air filters you use, and make sure they are replaced with new ones when they should be. Air filters are amazing for removing contaminants from the air, but old filters that have been used too long can become clogged. Remember that fresh filters are the most effective filters.

Get Potted Plants

Plants work as natural air filters and are a great way to boost your indoor air quality. Even NASA has done research on utilizing plants as a solution for improving the air quality in space vessels. Just make sure the plants you choose are non-toxic if you have pets (or small children) who may be tempted to try a nibble.

Hot Help? Call 4 SEASONS AIR CONDITIONING, INC.

ENDS 11/15/18

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Four Seasons is happy to announce that Mike and Chris are back!

Guess Who's Back!



941-206-6131

A competitor is telling our customers
that we use Sub-Contractors!

We received several calls from customers regarding sub-contracting. A competitor told some of our customers that Four Seasons Air was contracting out their maintenance work. Four Seasons does not sub-contract their work. We had one of our customers turn in a copy of a maintenance agreement they thought was one of ours.

This competitor got ahold of one of our maintenance contracts, covered our logo and used it as their own! Unbeknownst to the competitor, they were trying to sell a maintenance contract to one of our customers. Thankfully our customer alerted us to the situation right away. Four Seasons is asking that if you have had this happen to you, please call our office at 941-206-6131 or email us at info@4SeasonsAC.com right away!



EMERGENCY SERVICE 24/7/365

Dryer Vent 50% off Cleaning Off regular pricing

*save even more if completed during regular maintenance!

Use Your Pool Year 'Round

Basic Pool Heat Pump Maintenance

Maintain good airflow

Your pool heat pump requires proper airflow to operate at maximum efficiency. So, keep the area around the pool heat pump free from obstructions like branches and bushes. The better your pool heat pump can "breathe", the better it'll perform.



Keep it clean

On a similar note, make a habit to practice some simple housekeeping, and remove any debris buildup (leaves, twigs, pebbles, etc.) that begins to collect on or around your unit.

Avoid water?

Despite the fact that pool heaters constantly deal with water, persistently exposing the unit's internals to water can do serious damage. This can sometimes be caused by flooding or sprinkler systems. Avoid internal water damage by keeping your pool heat pump in dry, elevated spot away from sprinklers.

Keep it in shape

Simply using your heat pump is one the best things you can do for it. Routinely running the unit promotes good water circulation and helps prevent internal corrosion and debris buildup. Of course, don't forget to give your pool heat pump the love it deserves with an annual service call – it's the easiest way to keep your unit in tip-top shape for years!

**Include your Pool Heater on your Maintenance Contract
Call for details & pricing today!**

Customer Appreciation Special for November

**Free Duct Cleaning when you install any
new AC system—A \$400 Value!**

*Not valid with other coupons, no cash value, not valid on prior installations
before 10/1/18. Up to 10 drops. Call us for complete details!*

Valid from 10/1/18 thru 11/30/18

www.4SeasonsAC.com

We Love Our Customers!

Fall Home Maintenance

An estimated 2,900 clothes dryer fires in residential buildings are reported to U.S. fire departments each year and cause an estimated 5 deaths, 100 injuries, and \$35 million in property loss. Clothes dryer fire incidence in residential buildings was higher in the fall and winter months, peaking in January at 11 percent.

Failure to clean (34 percent) was the leading factor contributing to the ignition of clothes dryer fires in residential buildings. Dust, fiber, and lint (28 percent) and clothing not on a person (27 percent) were, by far, the leading items first ignited in clothes dryer fires in residential buildings. Fifty-four percent of clothes dryer fires in residential buildings were confined to the object of origin. For more information visit FEMA.org!

Warning signs you may need a dryer vent cleaning; towels and heavier articles take more than one cycle to dry; the outside of your dryer feels unusually hotter than normal, you've never cleaned your dryer vent. Visit 4SeasonsAC.com for more information and additional coupon savings.

**Preventive Maintenance
for your dryer**



**Don't let your dryer
start a fire!**



941-206-6131 | 4SeasonsAC.com | Questions@4SeasonsAC.com

2 and 3 Year Discounted Contract Rates Available - Call for Details

EMPLOYEE *Spotlight*

Valerie just celebrated her 20th anniversary working at Four Seasons Air. When Val is not working, you can usually find her at the baseball field or out and about town with her husband Scott and her three boys Scotty, Nicholas and Jason. Val does a super job at Four Seasons as our Sales Coordinator!

**Meet
Valerie**



Call Val to schedule a free estimate to upgrade your system!

