

# Learn Something New

While Social Distancing

**Christopher Kimball's** 



Get off that couch and dance! How many times have you said to your significant other "we should take dance lessons" Well now is the time! FREE dance lessons from Hip-Hop to Ballroom! No Excuses!



Bought a guitar with all good intentions of taking lessons? Now is the time! Fender is giving 3 months of FREE on-line lessons! Visit Fender.com and sign up today.



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FluentU lists 49 website that are offering FREE language classes!



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## Cooking from the Pantry **Chicken Tortilla Dump Dinner**

1 tablespoon canola oil Two 10-ounce cans diced tomatoes with chiles 1 cup chicken broth 1 tablespoon chili powder 1 teaspoon ground cumin 1/2 teaspoon kosher salt 5 cups shredded cooked chicken (from about 1 12 One 10-ounce bag frozen corn small corn tortillas, cut up small rotisserie chicken) One 15.5-ounce can black beans, drained and rinsed One 8-ounce block Monterey Jack cheese, shredded (about 2 cups) 1/3 cup diced red onion 1/2 cup sour cream 1/3 cup loosely packed fresh cilantro, chopped



Preheat the oven to 375 degrees F. Brush a 9-by-13-inch casserole dish with the oil.

Stir together the diced tomatoes with chiles, chicken broth, chili powder, cumin and salt in a large bowl. Add the black beans, frozen corn, chicken, tortilla wedges and half the cheese and stir to evenly distribute and moisten all of the ingredients. Transfer to the prepared casserole dish and spread into an even layer. Loosely cover with aluminum foil and bake for 25 minutes.

Raise the oven temperature to 400 degrees F. Remove the foil and sprinkle the top with the remaining cheese. Continue to bake until the cheese is melted and just starting to brown, about 10 minutes. Top with dollops of sour cream and sprinkle with the red onion and cilantro. Serve hot





**Our Response to** 

COVID-19

HALO-LED™ Whole Home

In Duct Air Purifier



replacing air conditioners is the price. But what they usually overlook is the air conditioner's size, which is • definitely one of the factors YOU should consider!

Despite what 'myth-breakers' may tell you very craftily and whatever they try to justify their arguments with, it is true that buying an AC that is too big or too small has high chances of failing at producing the results you desire. You, as a resident in Florida, need to ensure that your space is cooled just the right way, by the right sized air conditioner.

#### Determine 'How Much' Cooling (Heating) Your **Property Requires**

While deciding on the optimal size of your air conditioner, there are a number of factors you need to look into thoroughly in order to be aware of every area that may affect your property's cooling levels. Below are some of the main factors we have jotted down for you to include in your own checklist.

- Local climate (it is generally hot in Florida
- Number of floors and the total number of rooms



#### Why getting the right size of air conditioner is so important

The most common reason considered by most homeowners out there when it comes to

- Insulation levels in your house/building.
- Total count of the occupants and floor plan
- Home's square footage & your property's orientation
- Amount' of heat absorbed/gained during the day
- Types, size and direction of windows
- Your personal comfort preferences.

It sounds daunting and that's why our trained team of experts is here to help. They will be honest in suggesting you the right size of a new air conditioning unit.

#### Problems Associated With 'Too Small' ACs

If your new or current AC is too small to be compatible with your entire home's space, you're in for a hectic and 'hot' summer, especially in Florida. The temperatures will be uneven throughout your house. To fix that, you may have to run your AC for longer hours and your appliance may be 'forced' to overexert and work harder.

All of this will ultimately lead to the very things you want to avoid the most while using air conditioners: high electricity bills, excessive energy usage, speedy wear-outs and increased chances of breakdowns. The cost savings enjoyed when buying small ACs are tempting, but at the end amount to nothing other



### A Message From Greg Hamilton, Owner, Four Seasons Air

**A** s a valued Seasons Air Conditioning, Inc., I want you to know that we understand the

importance of the services we provide you. You rely on us to help keep your air conditioning systems maintained and in good working order throughout the year. We will continue to meet that responsibility day in and day out through this constantly changing situation with the COVID-19 virus.

In response to the current situation, we've implemented a company wide "Stay Safe & Healthy Plan" in our day-to-day business actions to ensure continued service to our customer. First and foremost, our plan ensures the health and safety of our employees so we can continue to service our customers. Rest assured, we are prepared to serve you. We are taking additional precautions to clean, sanitize and prevent the spread of germs.

For the most part, our technicians are outside of your home, needing only to service your air handler that is usually in your garage or attic and compressor unit located outside. With your permission, we will enter your home and check your thermostat, but if that makes you

uncomfortable, we will not enter your home. We Customer of Four have supplied our technicians with disinfectant wipes to be used on their ipads, gloves and booties when appropriate. For the time being, unless you are an extended warranty customer, no signature will be required on the ipads for service or maintenance work. As the information on the COVID-19 becomes available on a daily basis, we may have to adjust the types of calls we are able to schedule.

> As always, during our regular business hours of 8AM-5PM Monday through Friday we are continuing to schedule service and installation and are here after hours and weekends for emergency service.

Through our 35 years of serving the Southwest Florida community we have been through a lot together. We made it through the after effects of Charlie together, all our customers helped us through our devastating fire of 2006, and we'll be here for each other again through this

#### Contact Us!

941-315-6351 | info@4SeasonsAC.com www.4SeasonAC.com or Visit us Monday thru Friday 8AM-4:30 PM 1592 Market Circle | Port Charlotte, FL 33953 Like & Share us on Facebook for more specials and coupons!



who is that friendly cheerful voice that answers most of our phone lines? It's Michelle! She really is just as cheerful as her voice sounds. Michelle has been in Florida for five years, moving from Baltimore, MD. She and her husband Mark have been married for 23 years and have a beautiful daughter Ashlee. when Michelle has free time she loves to spend time with her family and paint furniture. On any given Saturday you can find her shopping for antiques at our local shops.



than increasing your appliance's operating & ac maintenance costs if that small size just isn't right for YOU!

Problems Associated With 'Too Big' ACs Using an oversized AC, in our opinion, may be even more damaging and inefficient.

This major problem is short-cycling. Short-

cycling means that your unit will cool your home-space too guickly, switch off and turn on again when need be. This vicious cycle will not allow your appliance to run continuously for the time it requires to dehumidify your air and filter it properly. This will result in undesirable moisture content in your atmosphere which can compromise your comfort level greatly and lead to irritability in the summer heat.

Moreover, needing a kick-start very often in a single day and running more frequently for shorter periods of time will drastically increase energy usage and wastage. This will increase your utility costs, the very costs you had hoped to avoid by investing heavily in a large AC unit. As discussed earlier, overrunning can damage your equipment and shorten its lifespan.

Bigger isn't always better when air conditioning units are concerned. If the AC unit is too large for your property, it just isn't the right size for YOU. Period.







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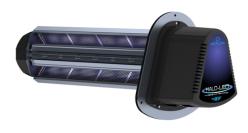
## **HALO-LED™** Whole Home **In Duct Air Purifier**

The HALO-LED<sup>™</sup> is the industry's first LED in-duct, whole home air purification system that is both mercury free and zero ozone compliant. The HALO-LED<sup>™</sup> proactively treats every cubic inch of air conditioned space, reducing airborne and surface contaminants and pollutants through bipolar ionization and revolutionary, patent pending, REME-LED<sup>™</sup> technology.

• Long-life replaceable LED cell module with 2.5x longer life than current mercury vapor UV lamp technologies

PRODUCT

Industry's first



- washable catalyst for high load environments (ie. cigar bars, smoking rooms)
- Reduces airborne and surface microbials,
- bacteria, viruses, and mold
- Reduction of smoke, odors, VOCs, allergens, dust, and particulate
- Mercury and ozone free

If you would like more information on the Halo-LED, email us at info@4SeasonsAC.com or call us at 941-315-6351 today!