

Community Events

Venice Sun Fiesta October 20, 2019

Centennial Park 200 W Venice Ave
Venice, FL 34284

The Sun Fiesta will be held on October 18-20, 2019. There will be a parade, 5k run-walk, bed races, arts and crafts, miss sun fiesta, kid's corner, live music and dancing, food, and more. Hours: Fri 5pm-10pm, Sat 9am-10pm, Sun 9am-7pm

Ask about 2 and 3 Year Discounted ESA Rates!



24/7/365 Emergency Service

North Port October Fest Fair October 26, 2019

2245 Bobcat Village Center North Port, FL 34288

This event will feature arts and crafts, kids costume contest, food and drinks, trick or treat, and lots of fun. Free admission. Hours: 1pm-7pm



Southwest Florida's Largest Haunted House!
October 25-26 Festival & Haunted House
October 27 Haunted House Only
October 31 Halloween Party & Haunted House
6000 Sq. Ft. Haunted House
Net Proceeds to benefit Charlotte High School Athletics

Contact Us!

Stop in to see us - 1592 Market Circle M-F 8A-5P
Give us a call - 941-206-6131
Email Us - Questions@4SeasonsAC.com

Craft & Food Fair Laisley Park October 13, 2019

100 Nesbit St Punta Gorda, FL
The Vendor and Craft Fair will be held on October 13, 2019. There will be arts and crafts, live entertainment, mobile dodgeball arena, vendors, food trucks and much more. Free admission. Hours: 10am-3pm

Pumpkin Bread

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| 1 1/2 cups (200g) flour | 1/2 teaspoon of salt |
| 1 teaspoon baking soda | 1 teaspoon ground ginger |
| 1/2 teaspoon cinnamon | 1/2 teaspoon nutmeg |
| 1/2 teaspoon allspice | 1 cup (240 ml) pumpkin purée* |
| 1 cup (200 g) sugar | 4 ounces (1 stick, 112 g) butter, melted |
| 2 eggs, beaten | 1/4 cup water |
| 2 teaspoons molasses | 1 teaspoon orange zest (optional) |
| 1/2 cup (120 ml) chopped pecans or walnuts (optional) | |

Preheat oven and prepare loaf pan: Preheat your oven to 350° F (180°C). Put in the middle rack of the oven. Butter the insides of an 8 x 4 x 3 -inch loaf pan.

Whisk together the flour, salt, baking soda, ground ginger, cinnamon, nutmeg, and allspice in a large bowl. Mix together the pumpkin purée, sugar, the melted butter, beaten eggs, 1/4 cup of water, molasses, and orange zest (if using) in a separate bowl.

Add the dry ingredients to the wet ingredients and stir until just combined and there is no more dry flour in the batter. Do not over-mix! If adding chopped pecans or walnuts, stir them in. Pour the batter into the loaf pan and smooth the top. Bake at 350°F (180°C) for 45 to 60 minutes (depending on your oven and the color of your loaf pan—dark pans cook the contents more quickly than light pans), or until a tester poked in the center of the loaf comes out clean. Remove from pan and cool completely: Remove from oven and let cool in the pan for 5 minutes. Then run a blunt dinner knife around the edges of the pumpkin bread to gently separate it from the pan.



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| 1 large butternut squash, peeled and cubed (seeds removed) | 3 tbsp. extra-virgin olive oil |
| 2 potatoes, peeled and chopped | Freshly ground black pepper |
| Kosher salt | 1 onion, chopped |
| 1 tbsp. butter | 1 large carrot, chopped |
| 1 stalk celery, thinly sliced | 1 qt. low-sodium chicken broth |
| 1 tbsp. fresh thyme, plus more for garnish | |

Preheat oven to 400°. On a large baking sheet, toss butternut squash and potatoes with 2 tablespoons olive oil and season generously with salt and pepper. Roast until tender, 25 minutes.

Meanwhile, in a large pot over medium heat, melt butter and remaining tablespoon olive oil. Add onion, celery, and carrot and cook until softened, 7 to 10 minutes. Season generously with salt, pepper, and thyme. Add roasted squash and potatoes and pour over chicken broth. Simmer 10 minutes, then using an immersion blender, blend soup until creamy. (Alternately, carefully transfer batches of the hot soup to a blender.) Serve garnished with thyme.

Butternut Squash Soup

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Four Seasons Air
Customer Newsletter
October 2019

Thermostat

Creepy Critters are for Halloween, not your HVAC system



Did you know that the air in your home is not as clean as you may think it is? The cause of this may surprise you. Your air ducts, used in your heating and cooling systems, can actually become one of the biggest sources of dust and dirt in your home if not properly maintained.

Keeping your air ducts clean is the best way to keep the air in your home pure and fresh. If your duct system is ten years old or more, you may want to consider having the ducts cleaned. This is especially important if you have allergies, you've noticed more dust in your home or there is a musty smell to the air coming from your ducts.

Dust, Dirt and Microbials Accumulate

In one year, the average family generates nearly forty pounds worth of dust. This doesn't even take into account the pet hair, microbials, and dust that blows in through your open windows and door. Cleaning your air ducts may make the air healthier, alleviate some allergy symptoms and give a clean fresh smell to your home.

Unwanted Critters

Rats and other vermin love attics, especially in the winter months. They also love to chew through duct work and duct tape. Dirty air ducts may look like a prime piece of real estate to a rat or mouse. These unwanted critters cause strong odors, their fur and droppings can play havoc on your allergies.

Creepy Crawlies

Your air ducts can harbor dozens of unwanted creepy crawlies, especially during the winter months. The worst part is that these creepy crawlies give you an unpleasant surprise when you see them, but that doesn't mean we want to share our home with them. *Continued, pg 3.*

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Halloween



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IAQ FAQ

Indoor Air Quality

What does Indoor Air Quality (IAQ) mean?

- ◆ IAQ refers to the air quality in your home, especially as it relates to your health and comfort.

What causes poor indoor air quality?

- ◆ Things you can see, smell, or touch such as pollen, dust, second-hand smoke, mold, pet hair and dander.
- ◆ Things you can't see or smell like carbon monoxide or nitrogen dioxide gases caused by improperly vented fuel-burning appliances such as space heaters, wood burning fireplaces, propane fireplaces, gas water heaters or gas dryers.
- ◆ Volatile organic compounds (VOCs), which are chemicals that evaporate into the air and are found in paints, cleaning supplies, hair spray, pesticides, air fresheners and dry-cleaned clothing.

What are the effects on my family?

- ◆ All of these pollutants can cause health problems such as sore eyes, burning in the nose and throat, headaches, fatigue, allergies, and asthma.

How can I make my indoor air quality better and help keep my family healthy?

- ◆ Regularly change your air filters. If you still find that you have symptoms of sore eyes, burning, headaches, etc., you may want to see if your air ducts need to be cleaned.
- ◆ Inspect fuel-burning appliances regularly for leaks and make repairs when necessary.
- ◆ Install an air purification system in your HVAC system to wash the air you breathe before you breathe it, and reduce microbials and harmful airborne particles.



R-22 is a refrigerant (freon) that was used in air conditioning systems and heat pumps prior to January 1, 2010. The United States EPA

reduced the production of R-22 in 2010. R-22 produced after January 1, 2010 can only be used for the repair of an existing R-22 air conditioning system. In other words, all new air conditioning systems produced after January 1, 2010 were designed to use the newer environmentally friendly R-410A refrigerant (freon).

A mandatory production schedule was published by the EPA for R-22 that decreased yearly production with final phase out scheduled for January 1, 2020.

How Does This Affect My A/C System?

First, the price of R-22 refrigerant has surged over the past several years and will continue to rise as production of R-22 is completely phased out on January 1, 2020. This could drive up the cost of repairing and servicing older systems still using the R-22 freon. Since R-22 refrigerant is already limited and continues to be phased out completely, availability of R-22 to air conditioning contractors will decline. In

the future all air conditioning contractors may not always be able to guarantee to have R-22 on hand. This fact alone could make it difficult to complete repairs on older R-22 systems.

What Are My Options?

If you have an air conditioning system that uses R-22, you don't have to go running out and buying a new system today. Continue to use your air conditioning system as you normally do, but you should make sure to properly maintain your unit to minimize higher maintenance costs due to mechanical breakdowns or refrigerant leaks.

For those of you that have an older system, you may want to get an idea of replacement costs for a new air conditioning system now in the event your system does fail this summer. Having peace of mind knowing what a new system will cost versus an expensive repair can help you make an educated decision instead of an uninformed one should your system have a mechanical failure this summer.

For more information on the R-22 phase out, free no obligation new system estimates and maintenance programs for older air conditioning systems, call Four Seasons Air Conditioning, Inc. at 941-206-6131.

Do's & Don'ts For Pool Heaters

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 it a habit to practice some simple house-keeping, and remove any debris buildup (leaves, twigs, pebbles, etc.) that begins

to collect on or around your the 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 a 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!

Creepy Critters are for Halloween, continued.

Did the prior owners clean the ducts?
Chances are no. Your home may be new to you, but if your new home is over ten years old, your duct system may need a cleaning. Chances are, you've never thought about cleaning your air ducts because to you – it's a new home.

Don't know if you need a duct cleaning or not?
Four Seasons Air Conditioning, Inc. can show you. They will show you pictures of the inside of your duct system before an estimate is completed. If your ducts are not dirty, why get a duct cleaning? If your duct system is ten years old or more, Four Seasons Air will give you a free duct inspection and estimate. Call and schedule your appointment today. Call 941-548-4216 and find out what specials or discounts may be available on duct cleaning!



Reduce energy usage, not comfort



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- ✓ Whole House Ductless AC

Ductless, remote controlled A/C systems professionally installed by the Experts in whole house comfort. Call us today for more information.