


# Anchor Heating & Air's **HOME**sense

*Smart & simple ways to  
enrich your home living*

 770-691-0259

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

## Keep Your Home Fresh This Spring

Spring is here, and with it comes the perfect opportunity to embrace fresh air and sunshine. To keep your home comfortable and ready for the season, here are some simple spring HVAC tips to ensure your system is working effectively:

**Replace Air Filters:** With flowers blooming and trees shedding pollen, springtime often means more allergens in the air. A clean filter will help maintain indoor air quality and prevent your HVAC system from overworking. Check your filters monthly and replace them as needed to keep the air in your home fresh and clean.

**Optimize Thermostat Settings:** Spring weather can fluctuate between warm and cool days. Adjust your thermostat to match your daily needs, or better yet, invest in a programmable thermostat to maximize energy savings while maintaining comfort.

**Seal Air Leaks:** As you open and close windows and doors more often,

check for drafts or gaps that could let air escape. Sealing these leaks not only keeps your home comfortable but also prevents your HVAC system from working harder than necessary.

**Inspect and Clean Vents and Registers:** Dust and allergens can build up in your vents during the winter months. Regularly vacuum or wipe down your vents and registers to ensure optimal airflow throughout your home.

**Consider a Professional Tune-Up:** Spring is the perfect time to schedule your seasonal tune-up by a certified technician. We can ensure your HVAC system is in peak condition and ready for the warmer months ahead.

By following these simple tips, you'll enjoy a more comfortable, energy-efficient home this spring. If you have any questions or need assistance, don't hesitate to reach out—we're here to help!

# MY WORD

By Barry W. Tysor



Hi Friend,

Spring is here, and it's time to ensure your home stays comfortable as temperatures rise. We're grateful to be the team you trust to keep your home's air flowing smoothly during this season of renewal.

At Anchor Heating & Air, we're here to ensure your cooling system is in top shape. Whether it's a pre-season check-up, repairing any lingering winter issues, or upgrading your system for better efficiency, our experts are ready to help. Don't let rising temperatures catch you off guard—a well-tuned system is key to a relaxing and stress-free spring.

Thank you for choosing us to help keep your home comfortable. Breathe easy and enjoy the season with the peace of mind that your HVAC system is ready for whatever spring brings.

Until next time,

Barry W. Tysor



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## Is Your HVAC System Spring-Ready?

Spring's mild temperatures provide a great opportunity to prepare your HVAC system for the warmer months ahead. Here are a few signs it might be time for an upgrade to ensure your home stays comfortable:

**Frequent Repairs:** If your HVAC system seems to break often, those repair costs add up. Upgrading to a new, reliable system could save you money and give you peace of mind.

**Rising Energy Bills:** Older HVAC systems lose efficiency over time, which means they're using more energy. A modern, energy-efficient system can reduce your utility bills.

**Inconsistent Temperatures:** Are some rooms too warm while others stay cool? This uneven performance may indicate your system is struggling to distribute air properly. A new system will ensure even cooling.

**Unusual Noises:** Rattling, banging, or whistling sounds from your HVAC system often signal that components are wearing out. A quieter, newer system will keep your home peaceful and comfortable.

**System Age:** HVAC systems typically last 10-15 years. If yours is nearing this age, it may be more cost-effective to replace it now before a breakdown occurs during the summer heat.

Investing in a new HVAC system not only boosts comfort but can also lead to long-term savings on energy and repair costs. If you're considering an upgrade, give us a call. Our team is ready to help you find the best solution for your home.

## Is Your System Aging

# Gracefully?

The reality is that age takes a toll on home comfort systems. If you're having frequent repairs or wasting energy dollars on an inefficient system, it can make more sense to install a newer, high-efficiency system. You'll enjoy energy savings and reliable comfort. Give **Anchor Heating & Air** a call at **770-691-0259** and we'll give you a hassle-free estimate.



## Spring Allergy Survival



Spring's blossoming flowers and budding trees are beautiful, but they also bring seasonal allergies. The sneezing and wheezing that come with the season can limit the fun. Here's how to keep your home a haven from pollen and irritants.

First, swap out regular HVAC filters for high-efficiency ones designed to trap allergens. Next, keep windows closed during peak pollen times, usually mid-morning and early evening. A HEPA air purifier can further reduce airborne particles and keep indoor air fresh.

Don't forget spring cleaning—dust and

vacuum regularly, using a vacuum with a HEPA filter to capture microscopic particles. Wash bedding weekly in hot water to eliminate allergens, and consider encasing pillows and mattresses in allergy-proof covers. Place doormats at each entry and ask family members and visitors to remove shoes when coming inside to reduce tracked-in pollen.

Finally, incorporate indoor plants like peace lilies or spider plants, which can improve air quality while adding a touch of spring greenery. With these changes, you'll breathe easier and fully enjoy the fresh energy of spring.



## Lemon Asparagus Salad

### Ingredients:

- 1 bunch asparagus, trimmed and blanched
- 1 cup cherry tomatoes, halved
- 1/4 cup crumbled feta cheese
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- 2 tablespoons chopped fresh parsley

### Instructions:

1. In a large bowl, combine blanched asparagus, cherry tomatoes, and crumbled feta.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper. Stir in the chopped parsley.
3. Pour the dressing over the vegetables and toss gently to coat.
4. Serve chilled or at room temperature for a light, zesty springtime side dish that pairs perfectly with grilled meats or fish.



## We'd Like to Give You \$25

Without loyal friends and customers like you, we wouldn't have the opportunity to serve our wonderful community. To say thank you, we'd like to give you **\$25 off** your next heating and cooling system repair. We're here to help, so just give **Anchor Heating & Air** a call at **770-691-0259**, and mention this coupon for your savings.

**Hurry: Offer ends May 31, 2025**

*Ask how to double your rebate.*

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**Fresh Flower Hack.** Want fresh-cut flowers to last longer? Add a teaspoon of sugar and a few drops of lemon juice to the vase water. This simple mix nourishes the blooms and helps maintain their vibrant beauty for days. Change the water every two days for even better results. Perfect for brightening your spring spaces.



## Spring Superfoods

Spring is the perfect time to refresh your diet with vibrant, nutrient-packed foods. Here are some top picks:

- **Asparagus:** Packed with antioxidants, asparagus helps detoxify your body and supports healthy digestion.
- **Strawberries:** Bursting with vitamin C, these juicy berries boost immunity and promote radiant skin.
- **Spinach:** This leafy green is rich in iron and essential nutrients, giving you a natural energy boost.
- **Peas:** A great source of plant-based protein and fiber, peas help keep you full and energized.
- **Radishes:** Their natural peppery crunch adds a refreshing twist to salads and aids digestion.

Add fresh herbs like mint, basil, or dill to make spring meals pop. Fuel your body and celebrate the season's bounty.



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# Smart Tips for a Fresh Spring

As spring unfolds, it's the perfect time to freshen up your home and embrace the season. Here's how smart tech can help...

**Smart Irrigation** – Keep your garden blooming without wasting water. Smart irrigation systems adjust watering schedules based on weather conditions, efficiently ensuring your lawn and plants thrive.

**Air Quality Monitors** – Spring allergens can spike indoor irritants. Smart air quality monitors detect pollutants and suggest solutions to maintain optimal air quality.

**Outdoor Security Cameras** – Longer days mean more time outdoors. Install smart cameras to monitor your yard, ensuring safety while you enjoy spring evenings.

**Smart Plugs** – Control string lights or patio fans with smart plugs to enhance your outdoor space for cozy spring gatherings.

**Smart Composters** – Transform kitchen scraps into nutrient-rich compost efficiently. These innovations make it easy to embrace the freshness and energy of spring while keeping your home functional and efficient.