

# THE COMFORT ZONE

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**"Whole House Performance Testing Videos on our website at [alliedac.com](http://alliedac.com)"**

## Night Sweats?

Do you ever wake up at night drenched with sweat and have to kick off the covers looking for relief? Although there are many causes of "night sweats" that are related to various medical problems, we won't get into that ... that is best left to your doctor. However, there is a type of "night sweats" that we can relate to.

You find yourself getting up in the middle of night because you are too warm and can't sleep. You go to the thermostat and find the temperature is fine and exactly where you left it but yet you feel uncomfortable. Well, in most cases the reason for this is that even though the temperature in the house is fine, and it is not hot



enough for the air conditioner to come on, there is excess humidity in the house. Being in a humid environment like Florida, humidity infiltrates into the house regardless of the temperature so what you are actually feeling in most cases is the humidity, not the heat.

Fortunately, there is something we can do about this particular situation. The reality is that in a humid climate such as ours, most of your comfort from your air conditioning system comes from the dehumidification it provides more so than the temperature. When you come into your house after being outside on a hot, humid day you feel immediate relief -

mostly because of the relative dryness of the indoor environment as opposed to the outside.

On most days during the hot, humid months in Florida your air conditioning system is running sufficiently long enough to consistently remove humidity and keep the house at a comfortable temperature/humidity. However, in the period between evening and morning quite often the temperature is not warm enough to bring on the air conditioner which would provide dehumidification. It is in this time span when many people have to get up and adjust their thermostat to become comfortable. This scenario leads to the puzzling question - **why?**

*Continued on Page 2*

## Allied Launches New Service

We are excited to announce that Allied is now certified by The Building Performance Institute (BPI) and able to offer Whole House Performance Testing.

What does this mean to you?

- Do you have rooms that aren't as comfortable as others?

- Do you ever feel sweaty or clammy even though the AC is on?
- Does your furniture seem to get dusty again just a few days after house cleaning or does anyone suffer from allergies or asthma?
- Have high electric bills,

even sometimes with a relatively new heating and cooling system?

These are things that we can evaluate with our new testing equipment.

Please contact our office for more information or visit [alliedac.com](http://alliedac.com) for informative videos.



**“Start 2013  
out right with  
a quick, easy,  
& healthy  
dinner recipe”**



## Night Sweats? ... continued from Page 1

The **answer** is the air conditioner is not running and dehumidifying the house resulting in discomfort in the home. This is a very common situation and has been occurring since the advent of modern residential air conditioning. It is often blamed on the air conditioning equipment itself when in fact the problem is not due to the system but the **CONTROL** of the air conditioning system.

Fortunately, new technology has come up with a solution for



this. Now available are much more sophisticated thermostats giving you the option of keeping your house comfortable in any situation. We currently

offer 2 models of thermostats that respond to both temperature and humidity. We have had wonderful feedback on these thermostats, and people who have them say they will never go back to just a “normal” thermostat.

So, if “night sweats” are a problem that you would like to solve, give us a call for more information or pricing.

## Recipe of the Month: **Easy Pepper Steak**

- 1 lb. round steak or London broil
- 2 green peppers
- 2 tomatoes
- 1 large onion
- 2 T cooking oil
- 1 cup water
- 1 T cornstarch
- 2 T soy sauce

Slice steak, green peppers, and onion into thin strips. Chop tomatoes into large pieces. Warm oil in frying pan or wok and add onion. Sauté about 2 min. and add steak. Cook and stir until pink is gone, then add water and cover. Simmer for 15 min. The last 5 min. add green peppers and recover.

boil, mix in cornstarch and soy sauce and simmer 1 min. to thicken. Add tomatoes and cover for 3 min.

Serve over rice.

Remove lid and bring to a

Cook Time: 25 minutes

Makes 4 servings

## Thanks to you ....

We're thrilled about our recent recognitions!

Last Fall we were voted (by you our loyal customers) the Best Of The Suncoast Silver winner in the A/C & Heating category of **The Suncoast News's** readers' poll.

We also received news that Allied was awarded a 2012 Angie's List Super Service Award! This award is the highest honor given annually to less than 5% of companies

on Angie's List.



Allied also continues to receive an A+ rating from the Better Business Bureau. We



pride ourselves on quickly solving any concerns that our customers might have regarding our service. We are honored by your confidence in us to service your a/c and heating needs.

At Allied, we continue to strive for excellence in our service, installations, and customer service through regular training of our employees and keeping up with the latest innovations in our industry.

**Thanks, again!**

# Comfort Word Search-Win \$25 Gift Card

The first correctly completed puzzle received will win a \$25 Visa gift card. PLUS, 2nd and 3rd entries received will each win a \$10 Visa gift card.

Mail completed puzzle to:  
 8628 Rees St.  
 Port Richey, FL 34668

## JUST FOR FUN

**What do farmers give their wives on Valentine's Day?**

*Hog and kisses!*

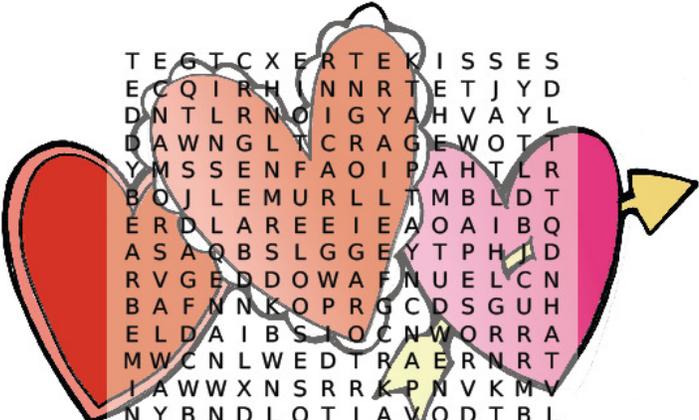
**What did the French chef give his wife for Valentine's Day?**

*A hug and a quiche!*

**What did the pencil say to the paper?**

*"I dot my I's on you!"*

### Valentine's Day



T	E	G	T	C	X	E	R	T	E	K	I	S	S	E	S
E	C	Q	I	R	H	N	N	R	T	E	T	J	Y	D	
D	N	T	L	R	N	O	I	G	Y	A	H	V	A	Y	L
D	A	W	N	G	L	T	C	R	A	G	E	W	O	T	T
Y	M	S	S	E	N	F	A	O	I	P	A	H	T	L	R
B	O	J	L	E	M	U	R	L	L	T	M	B	L	D	T
E	R	D	L	A	R	E	E	I	E	A	O	A	I	B	Q
A	S	A	Q	B	S	L	G	G	E	Y	T	P	H	I	D
R	V	G	E	D	D	O	W	A	F	N	U	E	L	C	N
B	A	F	N	K	O	P	R	O	C	D	S	G	U	H	
E	L	D	A	I	B	S	L	O	C	N	W	O	R	R	A
M	W	C	N	L	W	E	D	T	R	A	E	R	N	R	T
I	A	W	X	N	S	R	R	K	P	N	V	K	M	V	
N	Y	B	N	D	L	O	T	J	A	V	Q	D	T	B	L
E	S	P	N	J	T	R	J	X	N	C	B	L	Y	B	P

Valentine  
Cupid  
Love  
Teddy bear  
Candy  
Roses  
February  
Arrow  
Heart  
Chocolate  
Kisses  
Hugs  
Champagne

Romance  
Cards  
Be mine  
Always  
Bow  
Wings  
Candlelight  
Proposals  
Rings  
Getaway  
Engagement  
Boyfriend  
Girlfriend

## Is Our Club Membership Right For You?

Regular service of your equipment can save you thousands of dollars over the long haul in energy costs and can extend the life of your system. Plus some manufacturers require regular maintenance to keep warranties valid.

With a Service Club Membership through Allied you will become a preferred client. Your membership

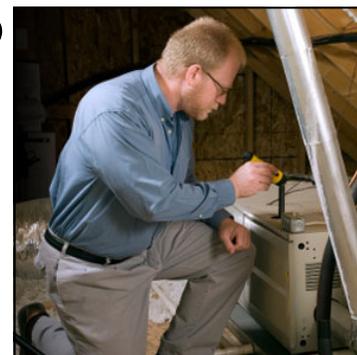
guarantees appointments and provides valuable services and discounts on repairs. Service Club Memberships are available in three levels—our most popular is the Silver.

The Silver level provides you with 2 FREE scheduled service visits a year PLUS discounts on repairs. You also receive priority service

and attention. Just for one low monthly membership fee of \$11.95.

As an added convenience, your monthly membership fee can be automatically paid from your checking account or credit card.

You can find out more details by calling our office or going to our



website at:  
[www.alliedac.com](http://www.alliedac.com)

**ALLIED**  
A/C & HEATING

Air Conditioning & Heating, Inc.

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Port Richey, FL 34668  
(727) 938-4444  
(352) 683-0799



## *Bill's Corner: Avoiding Unlicensed Contractors*

I recently discovered that a former employee of ours had been giving out his personal cell phone number to customers under the pretext of providing the customer with quicker, better service from



*From the desk of  
Bill Wright, Owner*

Allied. In reality, what he was doing was conducting a little side business ... posing as our company, doing the work and, of course, pocketing the money.

You should be advised if you had work done or intend to have work done by him that he is by no means a representative of Allied. He is not licensed, insured, bonded or a contractor in any way and was terminated because of this activity. If you need service always call our office. This assures you that all services will be handled professionally and with no future worries.

Also be aware that if any work is performed on your home by him or any other unlicensed person you assume all liability because you have no protection/recourse for substandard work done on your home. Hiring an unlicensed person puts all the liability for work performed on you, as the homeowner.

With the recent downturn in the economy, it is understandable that some people are trying to save money, but I assure you that trying to save money by hiring someone who is unlicensed in the long run will likely cost you money and probably heartaches as well.

Be Safe & Healthy,

*Bill*