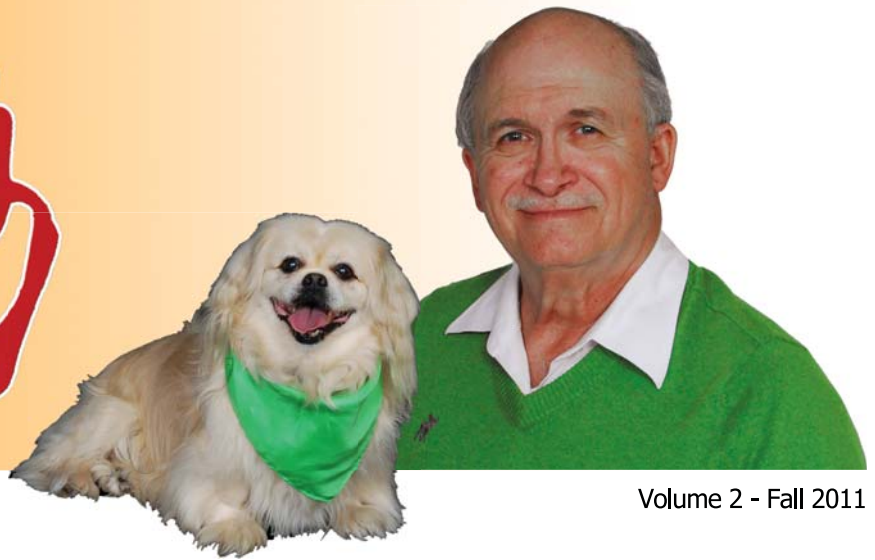




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Volume 2 - Fall 2011

## **Air Quality Effects Allergies Why Have an Air Purification System?**

Since about half of your life is spent at home either sleeping or awake, an indoor air cleaner can be a good investment. Your quality of life, as well as quality of sleep, will be greatly improved.

The EPA estimates that the air inside American homes is more polluted than the air outside. One factor is that homes are now built so much tighter and sealed up against drafts. So, what can a family do? Especially when allergies or asthma come into the picture.

Air purification systems should be considered, especially if you have completed your regular seasonal service and still have problems with your indoor air quality or allergies.

HEPA filters are made to fit your existing forced air system. They clean the air and also bring in fresh air. Other air cleaners use UV lamps or PCO cleaners to destroy bacteria and viruses. Harmful gases are broken down into harmless products with PCO cleaners.

Buying the right air purification system can be a challenge. This is why you should call Ted's Air Conditioning & Heating any time you feel your home's air quality needs attention. We can provide you with the very best solution to fit your specific needs.

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## **Exercise Now, Save Later**

Exercise is so good for so many things. We know that it helps us lose weight, keeps our blood pressure under control, improves our skin tone and gives us energy. But one thing we might not think about is how much it can benefit our pocketbook.

If you exercise now and take care of your body, you will likely incur lower healthcare premium charges and your overall healthcare costs will be reduced. Recently, the health insurance plan for North Carolina state employees announced that premiums would increase for people who were obese or who smoked. Also, people who exercised would benefit in a number of ways from the health insurance plan.

If you exercise regularly, keep your weight in check and have a strong immune system, you're less likely to need healthcare services. Exercise not only benefits health and mood but can also benefit you in a way most of us really listen to, which is through our wallet.

## Partner In Education Spotlight



The holidays are truly a time of giving. This is what Fairview Elementary School's Art Teacher, Lisa Sellers, tries to teach her students. Every year Ms. Sellers, along with her students, assemble Christmas Bags for those who find themselves spending Christmas in either Sparks or St. Edward's hospital. Ms. Sellers and a group of students and volunteers, then deliver these bags first thing Christmas morning. They include 'the sights, sounds, smells and taste of Christmas in a bag!'

"This project started when I was the winner of a very large purple stuffed dragon at our school carnival. We sold chances on it, and this was our "seed money" over 6 years ago" explained Ms. Sellers, "We are hoping to prepare and deliver 600 bags again this year. Having spent a Christmas morning with a terminally ill parent, showed me what Christmas in the hospital is like for all involved."

Donations toward the bags are welcome & needed. Items can be donated at this time to Fairview Elementary to raffle off. The money is used to buy items for the bags. Anyone wishing to donate items for the bags is also welcome. Ms. Sellers shared with us that she already has the traditional holiday "Candy Cane" treat purchased but still needs other smaller items to go inside the bags.

The bags included an orange, large jingle bells, travel size lotions, lip balms, and small Kleenex packages, some spruce, an activity booklet, a 'mini' moo from Chick-fil-a, and an inspirational bracelet along with the Christmas story. But the possibilities are endless.

It's teacher's like Ms. Sellers who make the Partner's In Education program so rewarding.

If you would like to learn more about the Christmas Bag Project go to our website at [www.tedsheatandair.com](http://www.tedsheatandair.com) and click on the Christmas Bag Icon. There you can view last year's 40/29 interview with Ms. Sellers and some of her students.

If you would like to make a donation or learn how you can help, contact Ms. Sellers at Fairview Elementary, 479-783-3214 or e-mail her at [lsellers@fortsmithschools.org](mailto:lsellers@fortsmithschools.org).



## Technology Friend or Foe?



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"Lord give me the strength to research the technology I need, the serenity to accept the technology I don't, and a teenage kid to know the difference."



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## **Sustainable Light Bulbs**

Want to save money on your energy bills while saving the environment as well? Try switching to sustainable light bulbs. Commonly called compact fluorescent light bulbs, or CFL bulbs, these bulbs save energy and money while cutting carbon emissions as compared to traditional incandescent bulbs.

There are many benefits to making the switch. For one, CFL bulbs give off a high quality, warm and inviting light. In the past, older fluorescents produced cool white light that many people felt made their homes seem industrial. The new modern CFL bulbs emit a soft light for a relaxing home environment.

Another benefit of taking the plunge and switching to CFL bulbs is efficiency. Did you know that a CFL bulb lasts up to 10 times longer than a traditional incandescent bulb? It's true! A 22-watt CFL bulb puts off the same light as a 100-watt incandescent one. While CFL bulbs are initially more expensive than incandescent bulbs, they save money over the long haul. CFL bulbs use 1/3 of the electricity used by traditional bulbs.

If you are looking for ways to do your part in helping the environment, switching to CFL bulbs in your home will make an impact in a big way. Using a single CFL bulb in place of an incandescent one will keep 1/2 ton of carbon dioxide out of the atmosphere over its lifetime.

Making this switch will not only save you money but also help save the environment.

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**Seasonal  
Savings**



## Ted's Chili

1 lb of ground beef  
1 small Onion (minced)  
1 tsp. garlic (mashed)  
dash of salt  
12 oz. can tomato sauce  
1 tbsp. oregano  
1 tsp. of cumin  
2 tsp. chili powder

Brown meat in iron skillet. Add onion and garlic. Cook for 2 minutes more. Then add remaining ingredients and simmer for 30 minutes. If too thick, just add water. For more spicy flavor, add cayenne to taste. Add one can kidney beans if you like beans. Serve with milk, cheese & crackers.

**"Man..That's Good!"**

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