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Annual Maintenance
only **\$184**
Spring & Fall
Tune Ups

Single system. \$50 for each additional system

0% Financing
up to **60**
Months

Expires 6/30/14

the
comfort
Zone

Your Best Investment in Comfort

A Maintenance Agreement from Ful-Bro assures your central air system will run smoothly and save on energy bills.

Dirty equipment quickly loses capacity and costs you more to operate. A system that is regularly cleaned and tuned will significantly reduce your monthly utility bill and will help prevent costly breakdowns.

Surveys and studies by utility companies prove that a clean, well-serviced system will:

- Restore capacity by 1/2 to 3/4 tons.
- Improve humidity control.
- Reduce running time.

A Ful-Bro Maintenance Agreement will provide you with a complete precision tune-up and professional

cleaning for your system two times per year.

But the benefits don't end there. Investing in a Maintenance Agreement will also give you priority customer status. That means anytime you call, even the busiest time of the year, you will be moved to the top of our list. Waiting for days for service will be a thing of the past.

You'll also receive a discount on parts and labor for any repairs you may need. Plus you'll never pay an overtime charge.

So for the best investment in comfort you can make, call us today for a maintenance agreement for your home and business. Our full staff of residential and commercial technicians is standing by to serve you.

SAY CHEESE!!

A smile is a facelift everyone can afford. But a big smile can do more than make you look great. One study from the University of California shows it lowers stress and aids recovery after working on a stressful task.



Study co-author Sara Pressman reports that people who make a full smile will also perform better on their next task. The smile's non-threatening message sends a signal to the brain of safety. This translates to a lower heart rate and a reduced stress level.

Some experts say only a genuine smile confers health benefits. Other studies show that the intensity of a smile can help predict life satisfaction over time and even longevity, according to psychologists at Yale. However, a "polite" smile activates the muscles around the mouth and does little else.

So smile like you mean it. Practice smiling—in the mirror, in the mall, anywhere. Smile at everyone and see how you feel. Your smile will have a positive impact on others. They will feel as if they are smiling themselves. Who knows—you'll probably be rewarded with a smile in return.

the
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Spring
Summer 2014

IS BIGGER REALLY BETTER?

or, what size should your central air conditioner really be?

The answer is simple in theory—get one large enough to do the job. But in practice, determining the right size unit involves using a complex formula that takes into account many elements.

Ful-Bro is trained to analyze your cooling and heating needs by taking into consideration the climate zone, size of the house, directional orientation, R-Value of insulation, tightness of envelope and U-value of the windows—just to name a few. With that information, precise recommendations for the size and type of unit can be made.

Too often an inexperienced or poorly trained contractor may suggest a much larger unit than needed. The results of this over capacity can be serious, such as: The unit cycles too often so proper dehumidification is rarely achieved. With heavy moisture still in the air, the interior may be cool, but it remains damp and feels like a

cave! To be comfortable, reducing the humidity is just as important as reducing the temperature.

This frequency cycling also means a unit is not likely to reach its maximum efficiency rating, so the operating cost will be higher than it should be. It is like an automobile that gets better mileage when driven on an Interstate highway versus the stop and go of city driving.

Ask Ful-Bro for a sizing and energy analysis. You might be surprised at how much more comfort you can get for less money!



get the Inside Story

Welcome to the Spring/Summer edition of The Comfort Zone, a newsletter published by Ful-Bro.

It was a long, cold winter and I'm sure you're as ready for summer as we are. But to enjoy summer in comfort and with minimal stress, now is the time to get prepared.

Check out our article on vacationing with children. A little upfront work can keep them occupied and you happy! And if this is the summer to replace your central air system – getting a bigger system won't necessarily make you more comfortable. Read it and see why. Plus we'll help you get a jump on spring cleaning and breathing easier.

But the big news we want to share is our new award. Ful-Bro just received recognition from Carrier for our 45 long years as a Carrier dealer. Not everyone achieves this milestone and we couldn't have done it without you!

So keep in touch. Remember, Ful-Bro is here when you need us.

Sincerely,
Pat Benton
Ful-Bro



SPRING CLEANING TIME

While dusting, vacuuming and de-cluttering are at the top of the list, don't forget your air conditioning system. Changing your air filter on a regular basis will help keep your cooling and heating systems running smoothly and efficiently.

How Often?

It's commonly recommended to change your air filter a minimum of every three months. But, under certain circumstances, you should change your filter monthly, such as:

- ❖ Someone smokes inside the home.
- ❖ You live near a construction site.
- ❖ Your HVAC system runs for six months or more out of the year.
- ❖ Someone in your home suffers from allergies.
- ❖ You live in a windy area.
- ❖ You have a large outside garden.
- ❖ You have a fireplace that you use even occasionally.

Also, make sure to change your filter immediately if it is damaged, damp or has signs of mold growing on it.

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Types of Filters

Most filters are disposable and come with cells or screens that trap as much dirt, dust and debris as possible. There are different types and sizes of air filters. It is important to check and make sure you are using the correct filter for your home.

Ful-Bro even offers high efficiency filters that capture and kill bacteria, mold and airborne germs. If you're not sure which kind would work best for your system and your family – just ask us!

Changing the Filter

It may seem like a simple thing – but you would be surprised at the number of filters we see installed incorrectly! Make sure to turn off your system before taking the old filter out. When you remove your new filter from the packaging, check for any damage prior to installing. Then, the most important thing, is to make sure the **ARROW IS POINTING IN THE RIGHT DIRECTION**. It should point toward the furnace or air handler, **NOT** toward the interior of the room.

Then turn your system back on and enjoy marking off one thing on your spring cleaning list!

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FUL-BRO CELEBRATING 45 YEARS OF SERVICE EXCELLENCE



- It's a milestone many companies don't reach. Forty-five years of service. In fact, it is so rare, Carrier has given us an award for being a Carrier dealer for 45 years. And we want to say thank you. Because without loyal customers like you – we wouldn't have gotten this far.
- Back in 1967 Tom Fuller and Rufus Brous teamed up to found Ful-Bro Engineering. Rob Neely came on board in 1970. With Georgia Power, they started their business as a Georgia Power heat pump specialist installing and servicing electric heat pump systems, which they still install today.
- Later, they expanded into servicing and installing natural gas furnaces as well as commercial equipment. In 1968 Ful-Bro Engineering became a Carrier dealer and began offering Carrier products for both residential and commercial applications.
- In the '70s and '80s, Ful-Bro began installing systems in new houses located in the Dunwoody area. Many of these systems are still in use today.
- In 1983, they outgrew their original shop in downtown Chamblee and moved into their current office, which gave them the room to grow into the company they are today.
- Forty-seven years in business. Forty-five as a Carrier dealer. Ful-Bro has continued to offer their customers superior service and top rated Carrier equipment. After all this time – you know you can count on us to be there for you. Whenever.



summer time TRAVEL TIPS

The bags are packed and everyone is excited about piling in the car and heading on summer vacation. Except you. How are you going to keep your kids from going crazy the next 10 hours?!

Well, if your time in the car is 2 hours or 2 days, a little pre-planning can make the time go a lot easier.

The most important thing to remember when traveling with your kids is keeping them buckled up. Most states have laws requiring all passengers to wear seat belts, and children three and under must be in car seats in the back.

Now that safety issues are taken care of you can concentrate on the fun:

- Should you take the scenic route? Probably not. It might be scenic for you and boring for your kids.
- Also scenic routes are usually the longest and most winding, so your children could be bored AND car sick.

To make the time pass more quickly

- Pre-plan stops along the way to stretch your legs and see some of the sights.

- Bring toys or games – but avoid items with lots of small pieces.
- Involve everyone in games such as "I spy" or finding different state license plates.
- Older children will enjoy having a map of their own and helping navigate.
- Buy interesting audio books for story time while on the trip.
- iPods or portable CD players can eliminate the stress of



getting everyone to agree on a radio station.

- Bring along some snacks:
 - Bring plenty of water and healthy snacks. It's cheaper to buy these at the grocery before you leave, rather than pay convenience store prices.
 - Drinking water helps you avoid large amounts of caffeine.
 - And remember: if it has ever made your child sick at home, it's guaranteed that it will make them sick on the road.
- Now hit the road!

Steak & Tomato SANDWICHES



- Ingredients:**
- 4-6 medium tomatoes, cut crosswise
 - 3 shallots, thinly sliced into rings
 - 3 garlic cloves, smashed
 - 1/2 c extra-virgin olive oil
 - 3 (3/4-inch-thick) boneless rib-eye steaks (about 1 3/4 pound total)
 - 8 slices sourdough bread
 - 2 tbsl wine vinegar
 - 2 tpsps sugar
 - 1/2 cup finely chopped cilantro
 - 1/2 cup finely chopped mint
 - 1 bunch watercress, tough stems discarded
 - salt & pepper

- Directions:**
- Preheat oven to 500. Toss tomatoes with shallots, garlic, oil, and 1 1/2 teaspoons salt in a shallow baking dish, then arrange tomatoes cut sides up. Roast, uncovered, basting once, until tomatoes are tender but still hold their shape and are starting to brown, 35 to 45 minutes. Cool to room temperature.
 - Season each steak with salt & pepper. Grill steaks over medium high heat, turning over once, 5 minutes total for medium-rare. Transfer to a cutting board. Lightly brush both sides of bread slices with some of oil from roasted tomatoes and grill, until lightly toasted and grill marks form, about 1 minute total. Stir together vinegar and sugar until sugar is dissolved, then stir in cilantro & mint. Spread one side of each bread slice with some of herb mixture (about a tablespoon per slice). Slice steaks, then make into sandwiches with bread, roasted tomatoes, and watercress. Serves 4