

Preventive Maintenance— Pass It On!

Our customers know that, just like their cars, regular service should also apply to their central air system.

It's a fact that you could save as much as \$50 a month on cooling costs by making sure your air conditioning system is cleaned and serviced regularly. That's why you have a Robért Refrigeration Preventive Maintenance Agreement. We keep your system running at peak efficiency, prevent costly breakdowns and provide you with Priority Customer's status.



Now, we're going to do even more for you. Just tell a friend about the Robért Refrigeration Preventive Maintenance program and when they sign up for one – we'll send you \$10. That's right. And there is no limit or deadline. Every time a new maintenance customer mentions your name, you get \$10. Just another way for us to say "Thank you for your business!"



WINTER SPECIAL
FREE

10 YEAR ALL PARTS AND LABOR WARRANTY
ON ALL 14 SEER AND ABOVE
EVERREST OR AMANDA SYSTEMS

*Expires 12-31-12

the bear facts

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Fall
Winter 2012

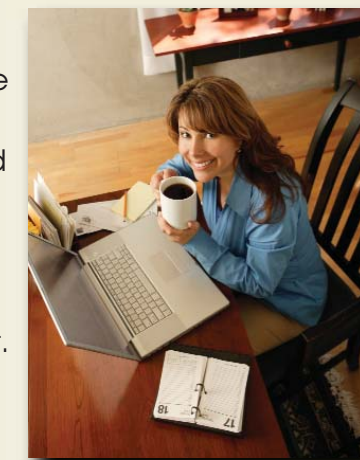
home office

Nearly 28 million people work from home at least part of the time, according to the U.S. Department of Labor. While this can save time and fuel by reducing your

commute, it may increase your home energy use. Improving the energy efficiency of your home office equipment will help you save on utility costs without hampering your productivity.

SAVE ENERGY & MONEY...

- Make sure computers and other office equipment are turned off when they are not in use for an extended period.
- Many electronic devices continue to use standby power even after they are turned off. Connect your office equipment to a power strip as a central shut-off to eliminate standby power losses.
- Set office equipment, such as printers and scanners, to automatically switch to sleep mode when not in use. In addition to saving energy, the equipment will stay cooler, which will help to extend its useful life.
- Use a laptop computer instead of a desktop. Laptops use less than one-third the energy of a typical desktop computer.
- Adjust the thermostat to the unoccupied setting. This avoids wasting energy by conditioning the entire house while you are occupying only a small portion of it. Consider using a space heater in winter or a ceiling fan in summer to maintain comfort.
- Use task lighting with energy-efficient compact fluorescent lamps (CFLs). A desk lamp uses less energy than whole-room lighting.



When purchasing new office equipment, make sure that it is ENERGY STAR qualified. ENERGY STAR certified products use less energy than standard models. According to the U.S. Department of Energy, if every home office product purchased in the U.S. were ENERGY STAR qualified, Americans would save an estimated \$75 million a year in energy costs.

get the Inside Story

Welcome to the Fall & Winter edition of The Bear Facts, a newsletter published by Robért Refrigeration.

As much as we love summer, it seems that every year we are more than ready for fall to arrive. Crisp, cool weather, the start of the holiday season, and enjoying the comforts of home. But fall is also a time for final preparations to make sure your home can stand up to winter's chill.

Check out our articles about dressing up your home so it looks warm and comfortable. Plus we have useful hints for saving energy in your home office and breathing easier when all those fall wild flowers are in bloom.

But the big news is our new Preventive Maintenance Referral program. Recommend friends and family and if they get a Robért Maintenance plan – we'll send you a check! Get all the details in the article on the back cover!

So keep in touch. Remember, Robért Refrigeration is here when you need us.

Sincerely,
Ken Robért, Jr.
Ron Robért
Robért Refrigeration



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FALL IS IN THE AIR... LITERALLY!

If you are like millions of Americans, Fall is making you sneeze. And snuffle and maybe even cough. It's allergy season and ragweed is the main culprit. But if you have a fever – it could be the flu, because it's also Flu Season! Aren't we lucky?

What can you do? When it comes to the flu – prevention is the first step. So first and foremost: Get your flu shot. Plus some everyday precautions are: Stay at home

when you are ill. Shield others by coughing or sneezing into the crook of your elbow. Wash your hands. Often.

Allergies are harder to prevent, and they account for more than four million lost workdays each year. While symptoms from allergies aren't life threatening, they are bothersome, and they could worsen asthma or other lung conditions.

One way to lessen the impact of both

allergens and cold and flu viruses is to breathe cleaner air. If these pesky particles can't get in – they can't make you feel bad. That's the good news. The bad news is the air in your home is typically more than five times more polluted than the air outside.

But we can help – with our complete line of Air Purification products. They remove up to 99.98% of particles down to 0.3 microns including:

- Dust mites
- Pet Hair & Dander
- Pollen
- Mold Spores
- Cold Germs
- Flu Viruses

Call us today for an in-home comfort consultation, and protect your family for years to come.

SMOKE ALARMS



Residential smoke alarms should be replaced after ten years, according to the International Association of Fire Chiefs (IAFC), the National Fire Protection Association (NFPA) and the U.S. Fire Administration (USFA). It is estimated that more than one third of the country's smoke alarms are past their recommended life span.

After ten years, smoke alarms can accumulate significant levels of dust, dirt or other air-borne impurities that can affect the sensors. A smoke alarm works 24 hours a day, seven days a week. That's more than 87,000 hours over ten years. It makes sense to be safe and replace your smoke alarm regularly, just as you would any other household appliance - especially one that could save your life.

DRESS YOUR HOME FOR AUTUMN



As the evenings get cooler and the morning sun takes a little longer to rise, it's time to give your home a look that

captures the spirit of autumn, adding spice and warmth to your home.

This fall, think earth-tones. Look at the leaves – changing colors to vivid reds and pinks, bright oranges and yellows, and even subtle copper and browns. These colors also enhance the produce of the season, such as pumpkins, corn, apples, squash and gourds.

Simply add a mix of these items to both the inside and outside of your home to immediately make it feel more cozy and warm. Try using several medium size pumpkins in a line down your front stairs. Or place them in a row atop fence-posts to spread out the color. A few small pumpkins

would draw attention lined up on top of your front door or across the mantle of a fireplace.

Craft stores have grapevine or twig wreaths. Buy one and hot glue on small gourds and pumpkins, and even some fall leaves and nuts. This would make a great indoor wreath, or place it on your dining table and fill the center with pillar candles for an inexpensive and long lasting centerpiece.



Small gourds and mini pumpkins make great candle holders. Cut off the top and scoop out the amount needed to fit your candles. Hot glue any candles you have on hand to a cork coaster for added stability. Remember – once you carve out the gourd, it will only last a few days. So this is something you may want to try for a dinner party. You can expand on the theme by hollowing out several squash or larger gourds and using them as soup bowls. Not up to all that scooping? Just do one larger one and use it to hold dip. But, line the inside with foil to prevent the squash from

changing the flavor of your dip!

Remember, simple natural touches can create a lot of charm and warmth. And often you don't have to look any further than your local farmer's market. So take a walk outside to get inspired.

Chicken Chili with White Beans

Ingredients:

- 2 (15.5-oz.) cans great northern beans, drained, rinsed
- 1 1/2 cups cubed cooked chicken
- 1 to 2 jalapeño chile peppers, halved, seeded, chopped
- 1 tsp ground cumin
- 2 tbl olive oil
- 2 cloves garlic--minced

- 1 medium onion
- 1 tsp dried oregano
- 1 cup chicken broth
- salt & pepper to taste
- 1/2 cup sour cream
- 1tbl chopped fresh cilantro
- 6 oz. shredded cheddar cheese

In a large skillet over medium heat, cook onion, jalapeno, oregano and cumin in oil for 3-4 minutes or until vegetables are crisp-tender. Add garlic; cook 1 minute longer. Measure 1 cup of the beans; mash beans slightly with fork. Add remaining beans and chicken to the vegetable mixture. Add chicken stock and salt & pepper. Reduce heat; cover and simmer 15-20 minutes, stirring occasionally. Stir before serving. Sprinkle with cheese. Garnish with sour cream and cilantro if desired.



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