



SPRING INTO SHAPE!

Staying in shape is hard when you have kids going to soccer practices 3 nights a week and fast food chains on every street corner. The easiest thing to do is run through McDonald's and grab a burger for everyone, but even when you don't have time to cook a meal for your family you can still make wise eating decisions. Next time you need a quick bite to eat order smart! Try these healthier alternatives:

- McDonald's: Premium Caesar Salad with Grilled Chicken and low-fat balsamic vinaigrette dressing with a Fruit 'n Yogurt Parfait- 375 Calories
- Taco Bell: Fresco Chicken Soft Taco with Pintos 'n Cheese- 330 calories
- KFC: Kentucky Grilled Chicken Breast with mashed potatoes (no gravy) – 310 calories
- Jack in the Box: Grilled Chicken Strips with apple slices and caramel dip- 320 calories

Is going to the gym too boring and repetitive for you, or is it that you just can't seem to find the time anymore? Here's some practical and fun ways to get moving this spring:

- Zumba: Fitness dancing to spicy Latin music; The YMCA even offers Zumba Gold classes for citizens age 50 and over!
- Kangoo: Strap on spring-loaded boots to bounce your way through this cardio workout (experts say it reduces impact up to 80%). Gold's Gym as well as many other family-owned gyms in the St. Louis area offer classes.
- Office Workouts: No time for anything else? Tighten your core by doing scissor kicks under your desk. Try not to sit still for hours; take a lap around the building on your break.



Living healthy can improve your mood, increase your energy and make you feel better all around. No matter what you do, even if it's as simple as taking the stairs this week, your body will thank you.



FROM THE DESK OF JEFF MILLER

Wow! What a winter we just experienced. We have not had one like that in a long time. Well, I don't know about you but I am ready for the warm weather. It is time for everyone to get their houses, yards, and flower beds ready for the spring and summer that is right around the corner. They say it is going to be a hot and humid summer after such a long, cold winter. If that is the case, we need to come out and service your equipment to help prevent any major costly breakdowns this summer and keep an eye on the Indoor Air Quality (IAQ) in your home. As we tighten up our homes to keep a handle on the energy usage, we need to make sure the carbon monoxide, carbon dioxide, humidity and Volatile Organic Compounds (VOCs) do not elevate to a level that could adversely affect health. If you have any questions or concerns about the air quality in your home, please give us a call.

On a personal note, I want to genuinely thank you for all the cards, emails, and texts expressing your concerns for the passing of my mom and dad, as well as the constant prayers and words of encouragement for our daughter Cheyenne. The past two years have been quite challenging, but Cheyenne is doing well in school. With the help of many she is continuing her stellar academic journey. Her friends, teachers, nurse and tutors play a significant role in her continued success. She is also playing Power Soccer for DASA (Disabled Athlete Sports Association). She is having a blast. Our son Skyler is doing well also. He continues to play hockey and aggravate Cheyenne. Actually, he is a great little brother for her. Again thank you for your continued loyalty to both the Al-Don and Miller family.



314-567-5585
www.al-don.com

ATTENTION AMEREN CLIENTS: IT'S COOL TO BE A COOLSAVER!

As a part of Ameren UE's Coolsavers program, you can add a personalized Ameren Efficiency Report to your regular maintenance tune-up and receive a



COOLSAVERS \$75 REBATE!
an ActOnEnergy® program

Mention this option when you call to schedule your appointment or to the technician when he arrives!

THERE'S A PRODUCT FOR THAT!

Did you know your heating and cooling system can do more than keep your home a comfortable temperature? Here are some common complaints people have, and products we have that could be your remedy!

Complaint:	Remedy:
Bloody nose	Humidifier
Dry Skin	Humidifier
Too hot upstairs	Full house zoning system
Mildew smell in basement /crawl space	Dehumidifier
Allergies	Air purifier/ Electronic Air Cleaner
Recurring respiratory illness	Air purifier/ Electronic Air Cleaner

Did You Know...

The hottest ever recorded temperature in the entire world was in Death Valley, CA on July 10, 1913, with a temperature of 134 degrees! The coldest ever recorded temperature on earth was in Vostok, Antarctica on July 21, 1983 with a temperature of negative 127 degrees!

Don't forget to call us to schedule your spring maintenance check!

(314) 567-5585

DON'T GET CAUGHT UNPREPARED

We don't ever think it will happen to us, but as you may recall, last summer's tornados hit home. Some of our customers were directly affected, and most of us know families whose lives were impacted by this natural disaster. This year, be prepared for whatever may come our way.

A good first step is to have a safe room in your home. The ideal place is a basement or an interior room with no windows on the lowest floor of the house, like a bathroom or a closet. Keep a disaster supplies kit equipped with essentials for your family to survive 3 days in that room.

Consider having a tornado/ earthquake valve installed, this shuts off your gas if your house is hit, protecting your family against explosions. Call us for pricing on a valve!

If you are caught in a tornado and are outdoors or in a mobile home or car, try to find shelter immediately. If this is not possible, lie in a ditch or overpass away from anything that could be thrown at you by the wind. Remember to protect your head and neck.

Tornado season is April through June, but tornados can happen at any time. Go over an emergency plan with your family to keep everyone safe this season!

GO GREEN THIS SPRING!

Protect the Earth you live on. We only have one!

- Recycle your cell phones and computers
- Support local farmers markets (you can find one near you at localharvest.org)
- Look for the label- Energy Star
- Buy high efficiency light bulbs
- Take advantage of your neighborhood's recycling route
- Use organic cleaning supplies like Clorox Green Works Bathroom Cleaner

Local Business Partner: Disabled Athlete Sports Association

Disabled Athlete Sports Association (DASA) is a non-profit organization whose mission is to give those with physical disabilities an opportunity to play sports, while promoting self esteem and encouraging children to seek their highest level of independence. DASA provides year-round sport activities instructed by volunteer coaches. There are a variety of sports offered, including power soccer, which Cheyenne plays. Thanks to DASA, Cheyenne can continue to play the sport she loves. Help support Cheyenne and many others by joining DASA in their 2014 Charity Golf Tournament, on May 12. Information about the tournament and ways to give can be found on their site.

Website: dasasports.org.
DASA Office: (636) 477-0716



**DISABLED
ATHLETE
SPORTS
ASSOCIATION**

FREON'S NOT SO FREE

Your air conditioner needs coolant, just like your car. Without the proper amount of refrigerant in your system, it simply will not work. Air conditioning refrigerant, or Freon, absorbs the heat in your home to circulate cold air back through your vents. If your air conditioner was made before 2010, it most likely uses R-22 Freon. Having the right amount of Freon in your system is necessary to keep it running correctly, and the older your unit is, the more likely you are to have a leak in your system. The bad news is that R-22 contains CFCs (ozone-depleting chemicals), causing the Environmental Protection Agency to order a gradual phase-out of the product. By January 2015 the U.S. is required to reduce its consumption of R-22 by 90 percent, and by 2020 the refrigerant will be virtually obsolete. What does this mean for you? The growing scarcity of R-22 means prices have skyrocketed, and they will only continue to rise as the months go on. Fortunately, there is another option: R-410A Freon is CFC-free and helps protect the environment. Regrettably, a switch to R-410A requires a replacement of your condenser and indoor coil because it is not compatible with the new Freon. The question then arises, "If my system uses R-22, should I continue nursing my unit with costly repairs, or go ahead and make the switch?" In the end, it's really up to you, but here are some things to consider:



- You will have to switch to R-410A eventually, and many companies have special offers for upgrading before your unit goes out.
- Switching to R-410A means upgrading to a more efficient unit with a brand new warranty, granting you lower utility bills and repair costs for years.
- Upgrading before the heat hits means avoiding untimely breakdowns that leave your family hot for hours or even days, taking time off work, and possible emergency service fees.
- Even though it may seem out of your budget to dish out a sum of money now, getting a new unit saves you money in the long run and usually qualifies for rebates and financing.

**If you have questions about how R-22 affects you, feel free to give us a call at the office.
We are always happy to educate our customers so you are prepared for what lies ahead.**

AROUND THE LOU

Don't sit inside on the couch all summer! Enjoy the St. Louis season with your family outdoors! You'd be surprised at all the great things this city has to offer.

The Muny- America's oldest and largest outdoor theatre, located in Forest Park: free seating available.

City Garden- A sculpture park with glowing fountains you can play in!

Located in the heart of downtown on Market Street: free of charge.

St. Louis Zoo- Take the kids to see the new stingray exhibit! Zoo admission is free, and the stingray exhibit is free before 10:00AM.



Missouri Botanical Gardens- Take a walk through beauty blooming all around you. \$8 for adults, children 12 and under are free. *Half price for St. Louis City/County residents* Located on Shaw Boulevard.

Grant's Farm- Visit this interactive zoo of cuddly farm animals, fun for kids of all ages. Admission, tram rides, and all shows are free. Located on Gravois Road.

Creve Coeur Lake- Take a hike around the lake, play some sand volleyball, or just bask in the sun. A great place to take the family for a relaxing day free of charge. Located off of HWY 364 on Maryland Heights Expy.

FOOD FOR THOUGHT...

The New York State Department of Health reported that children breathe 30-60 times per minute, while adults breathe 12-20 times per minute. What does this mean for our children? They are breathing about three times more of the air around them and are especially sensitive to air quality.

Have you ever heard the saying "Take care of your car, and it will take care of you."? It is the same way with your heating and cooling system! Just like your car, your system needs routine maintenance to keep it running properly.



Don't forget to like
Al-Don on Facebook and
follow us on Twitter
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¡SE HABLA ESPAÑOL!

Whole Fruit Popsicles

WHAT YOU NEED: 1 popsicle mold, enough popsicle sticks for each mold, a few of your favorite fruits, and 1 bottle of white grape juice.



INSTRUCTIONS:

- Fill the popsicle molds 2/3 of the way with the white grape juice.
- Slice your fruits and put a few slices into each mold without overflowing them.
- Put them into the freezer for 2 hours. The popsicles should be starting to set.
- Stick a popsicle stick into each mold half way through.
- Let freeze for 4 more hours.
- Take out of the molds and enjoy your homemade creation!

Try these tasty combinations!

Peach, Mango & Pineapple

Banana & Strawberry

Blackberry, Raspberry & Strawberry

Pineapple, Mango & Strawberry

Mango, Strawberry, & Peach

Strawberry & Kiwi

We at Al-Don Appreciate Our Customers and Repay You with Good, Honest Workmanship and Integrity.

FREE SECOND OPINIONS

Our loyal customers have found they can trust the diagnosis from our technicians whenever they have issues with their heating, air conditioning and indoor air quality systems. However, do you have friends who do not have a reliable company to turn to? Are they concerned about the truthfulness of the suggestions others have made? Let us come out to evaluate the unit and make sure you and yours are being dealt with honestly. We offer free second opinions to anyone and everyone. If you want the peace of mind our second opinions bring, contact us:

(314) 567-5585 ~ WWW.AL-DON.COM



11740 Lackland Industrial Drive
Saint Louis, MO 63146



\$20.00 REPAIR COUPON

Good towards any repair made on equipment. Does not apply to Diagnostic Fee or Emergency Service Fee. One coupon per customer per service. Coupon must be presented at time of service and payment.
Offer not valid with any other discounts.

Amana
Heating & Air Conditioning