



11740 Lackland Industrial Drive
St. Louis, MO 63146

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GARLIC LEMON BAKED TILAPIA

Ingredients:

- 4 tilapia
- Kosher salt
- Freshly ground black pepper
- 5 tbsp. butter, melted
- Freshly chopped parsley, for garnish
- 2 cloves garlic, minced
- 1/4 tsp. crushed red pepper flakes
- Juice and zest from 1/2 a lemon
- 1 lemon, sliced into rounds

Directions:

Preheat oven to 400°. Season tilapia with salt and pepper and place on a small baking sheet.

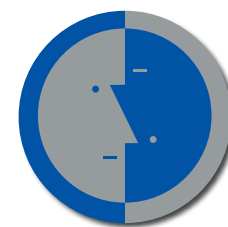
Mix together butter, garlic, red pepper flakes, lemon juice, and zest then pour over tilapia. Place lemon rounds on top and around tilapia.

Bake tilapia for 10 to 12 minutes or until fish is fork-tender. Plate with cherry tomatoes, asparagus, and lemon.

Source: <https://www.delish.com/cooking/recipe-ideas/a19665918/oven-baked-tilapia-recipe>



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THE ENERGY EXTRA NEWSLETTER

AL-DON INDOOR AIR QUALITY SPECIALISTS, 11740 Lackland Industrial Drive, St. Louis, MO 63146 • 314.567.5585 • www.al-don.com

Specializing in providing healthy, safe and comfortable indoor air quality for over 60 years.

OPTIMIZING YOUR HVAC FOR WORKING FROM HOME

Back in the old days, when we spent workdays at the office, commercial HVAC systems would be optimized for employee performance. Since working from home became the norm, we're left to our own devices to make sure we have the best conditions for performing at our best.

Besides the right workstation ergonomics, you need to ensure that the air quality is suitable for the hours you spend working. Here are some HVAC tips for optimizing your work from home performance.

VENTILATION

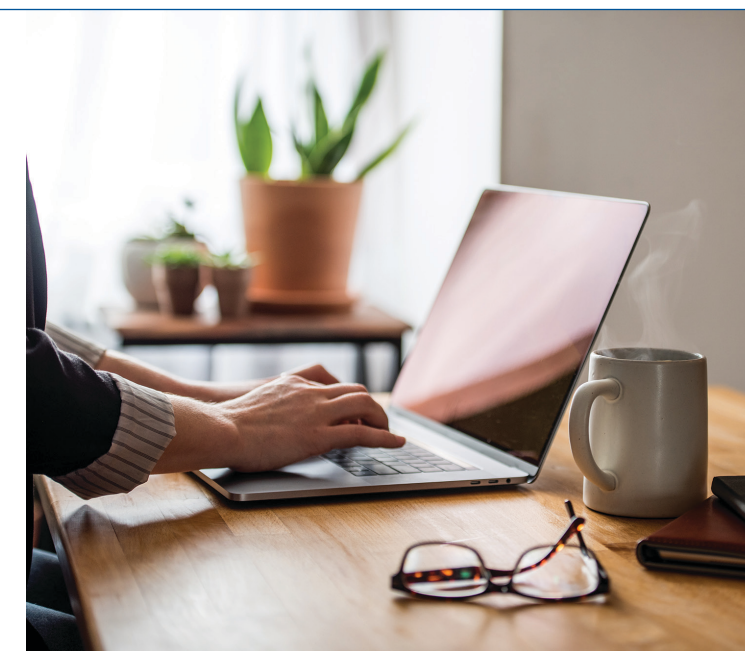
A poorly ventilated space results in a buildup of carbon dioxide, volatile organic compounds and pathogens, each of which can make you sick. Even without actually getting sick, you'll find yourself getting headaches, feeling tired and other-wise unable to perform at your best.

The human body needs fresh air for good health and that affects your ability to work from home. Rather than deal with the difficulties of low energy and struggle through each day, make simple upgrades to your HVAC system to introduce more ventilation.

Ensure that, at a minimum, you have exhaust fans that work and operate regularly. Ideally, add a whole-house ventilation system with an energy recovery ventilator so you minimize your energy consumption while boosting your work efficiency.

TEMPERATURE

Temperatures too high can make you drowsy. A hot workspace will cause you to lose electrolytes and reduce your brain's ability to process information. At the same time, a room that is too cold



will also prevent you from concentrating enough to get your work finished. Shivering is distracting at the very least and any level of ongoing discomfort while working will affect your ability to work. Have your furnace tuned and make modifications as necessary to keep your space at the right temperature so you can perform at your peak.

HUMIDITY

Humidity causes issues ranging from mold growth in your home to dry mucus membranes. Your health is affected by humidity issues and that affects your performance. Something as simple as dry skin can be a distraction even if you're not faced with more severe humidity issues in your home. Consider adding a humidifier to your home's HVAC system with proper humidity control so that you're not faced with humidity that's too high or low, especially during cold weather.

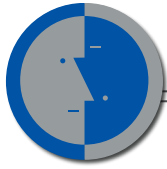
Give us a call if you need help getting your home's HVAC system working at its best so you can work at your best!

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\$150 OFF
THE REGULAR PRICE

Get ready for the rainy season and end the damp-basement, musty smell! Have an APRILAIRE whole-house DEHUMIDIFIER installed.



Installed without ductwork using existing electric. Cannot be combined with any other offers. Expires on 6/30/21. Please call for more details.

My friend called and said he was sick of his fireplace exhaust vent...

Sounds like another case of the flue.

When I got home I realized my husband had shut off all the A/C vents...

Definitely not cool.

SAVE \$100

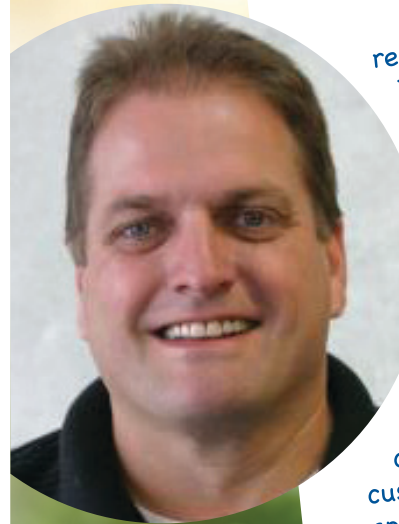
Air Purification with "Air Scrubber Plus"

Get RESULTS by attacking pet and cooking odors, air pollutants, VOCs (chemical odors), smoke, bacteria, viruses, and mold spores in your home so your family can breathe easier!



Cannot be combined with any other offers. Expires on 6/30/21. Please call for more details.

FROM THE DESK OF JEFF MILLER



I'm sitting on my back deck enjoying this incredibly beautiful Spring day reflecting on the changes and challenges everyone has experienced recently. It has been very overwhelming trying to navigate through the pandemic both professionally and personally. Trying to keep our family, the Al-Don team, and our clients/customers healthy and safe has been a never-ending battle. Thank goodness we have been successful so far.

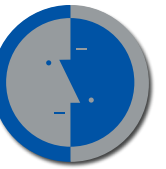
We have been able to help find solutions for our customers' heating, air conditioning, and Indoor Air Quality (IAQ) needs during the pandemic. Whether it has been replacing HVAC systems because of age or to improve energy efficiency, improving comfort through zoning systems, or improving filtration, ventilation, and humidification/dehumidification, Al-Don has been here to help.

As we progress through Spring and into the Summer months, Al-Don will continue to implement safe practices/procedures for taking care of our clients/customers, as we have for over 60 years. Call Leslie, our dispatcher, to schedule an appointment or visit our website to schedule.

Another update on Cheyenne and Skyler: Cheyenne has been doing her part by following the CDC protocols to keep her safe and healthy. We are very happy to report that she has received both vaccinations. She is continuing her education at St. Louis University where her professors have been very helpful. Skyler has graduated from American Trade school and is working full time gaining the experience and field knowledge he needs to provide the high level of expertise our customers expect. He is doing quite well.

If you should have any questions or would like your air conditioning system evaluated, give us a call. We are here to help you obtain information to make the right decisions for your situation. Thank you for allowing us to serve you for all these years. Your loyalty is very much appreciated. The Al-Don Family wishes you a safe, pleasant and comfortable spring and summer. If we can help in any way, just let us know.

Sincerely, Jeff Miller



CHANGE YOUR MINDSET ABOUT CLUTTER

Reducing clutter in your house is a great way to start off the year. It might seem daunting, but the impact on your mental and physical health is well worth it. So set aside some time and start clearing out your home. Easy, right?

Not for everyone. Removing stuff from our lives isn't always as clear cut as the gurus make it out to be. Here are some tips that will make it easier to say good-bye to clutter.

IMAGINE OPEN SPACE

Instead of focusing on the negative (getting rid of), think about the positive aspects. Your house automatically gets bigger by removing extra stuff. Whether it's as big as a piece of furniture or as small as a stack of papers, the space will open up as soon as extra items are out the door.

TAKE NOTE OF WHAT YOU USE

It's no use throwing out stuff you know you'll need or are currently using, unless you plan to use another tool for the same task. At the same time, it's easy to hold on to things for "possible future use" or "just in case". Before you start decluttering, make notes of what your family frequently uses.

LET GO OF GUILT

Guilt may be one of the things holding you back from getting rid of loose items in your home. Even as you try to clear your home, you may feel guilty about holding on to items, as much as you feel guilty about getting rid of anything. If you are clear on what you need and want, release the guilt holding you back.

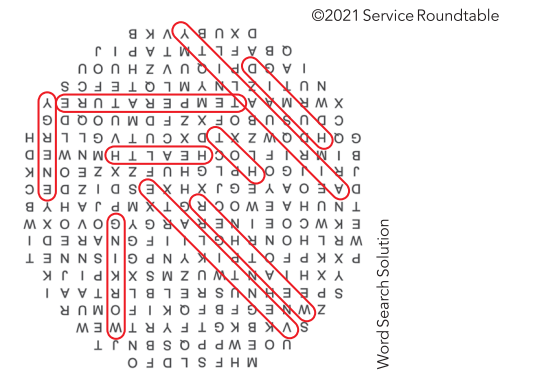
SOMEONE ELSE CAN USE IT

Instead of thinking of it as getting rid of your stuff, consider the fact that someone else will actually make use of items that have been sitting in the bottom of your drawer. If it helps, think of it as a gift of your generosity. Instead of holding on to three coats, give one to someone who would otherwise struggle during winter.

LET GO OF THE PAST

Mementos are sometimes the hardest things to remove from our lives. Touching them seems to bring back the warm fuzzies of that time when we were young, the kids were little or life seemed easier. Instead of keeping baby toys belonging to your eighteen year old, consider taking a photo or commissioning a small painting for really special items.

Once you get into the right mind-set, removing clutter from your home will become easier and you'll enjoy your home even more.



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Word Search Solution

M H F S L D F O
U O E W P P Q S B N J T
S V K B K G T F Y R T W E W
Z W N E G F B F Q K I F O M U R
S P E E H N U S R E L B L R T A A I
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SPRING/SUMMER WORD SEARCH

- HEALTH
- AIR QUALITY
- TEMPERATURE
- ENERGY
- WORKING
- HOT
- VENTILATE
- HUMID
- WEATHER

MIA WANTS TO KNOW IF YOU'VE BEEN HAPPY

with the service that Al-Don provided in your home or business. If you are, please go to our website, www.al-don.com, and leave a Google, BBB, or general review.

If you aren't, please call us immediately so that we can remedy this situation!

Four paws and no elbows make it hard for a dog, but Mia says "be sure your humans wash their hands and cover their coughs and sneezes!"

