

Focus on

COMFORT

In Memory of Maw Maw

Spring / Summer 2017



My Grandmother, Armatha suffered from Alzheimer's disease and watching its effects on her was an eye opening experience. I believe that the Lord has a purpose for everything that happens in this world and in our lives but this was hard. My Grandmother loved the Lord with her whole heart for her whole life. She lived out the ways the bible taught and loved so sweetly and tenderly that she is tremendously missed by all of us.

My 10 cousins and I, we loved our "Maw Maw Maxey." See, at Maw Maw's house you never went hungry. If she knew we were coming she would always have some of our favorite things cooked and lined up on her brown counter tops. If we were lucky, she had tea cake dough in the freezer for us. Like little drops of heaven, we would devour every single little ball of raw tea cake goodness she had saved and then we still ate those fresh tea cakes she had stored in that brown cookie jar. Those tea cakes made her a celebrity in little town of Diboll, Texas. She would always make them for everything.

Maw Maw's tea cakes always had this one defining look that I could easily identify, three finger imprints. See, when she made her tea cakes she would sing a little jingle and as we would listen and watch her with the fine particles of flour filling the air, she would pat her fingers into that dough to make a perfectly round delicious cookie with three small finger prints right in the middle. I can still hear her meek voice singing "and you pat it, you pat it, patty pat pat it" as she made dozens and dozens of tea cakes.

Those three finger imprints in each cookies spoke more than anything else I remember about my Maw Maw. Those fingers had hugged and helped 11 little grandchildren and numerous other neighborhood kids grow up, fingers that flipped through the pages of a tattered and used

Bible every. single. day. Fingers that held my sweet Paw Paw's hands for over 50 years, fingers that would clap together and sing to make little babies dance a jig for as long as I can remember. Those fingers were also out stretched to Jesus when the Lord called her home. It was sad to watch her memory deteriorate and her body grow weak. She became confused, and easily upset and disoriented as time progressed, and the disease ravaged her mind.

We were all so upset to see someone who had so selflessly given of herself to so many other people now have to suffer with this terrible disease. But we never lost faith in the Lord because she taught us better.

Even when her mind and body were riddled with Alzheimer's, she never gave up her seat on the pew at church. I remember the Christmas celebrations full of homemade Christmas candy and delicious Thanksgiving meals full of family. She would sit on this white stool in her kitchen and talk with us, laugh with us and just love us.

McWilliams and Son chose to support Alzheimer's Awareness because of our Maw Maw. Because she was our light, our sweetness and our tea cake maker. She is our muse, our purpose for fighting for a cure for Alzheimer's. We remember the good times before the disease. I remember her by the quaint Christmas tree in her living room or standing at the stove with a wooden spoon. I remember what her Bible cover looked like and that worn out blue bible that my Mama gave her as a gift for watching me and my sister and brother all summer while my mom went to college. I was 8 years old that summer and Maw Maw's house was one of my favorite places to be. Now, we "go purple" for Maw Maw. I thank the Lord every day for memories. Sweet, sweet memories.



The McWilliams & Son family is dedicated to Alzheimer's Awareness and we encourage you learn more and share your stories on our Facebook page.





R-22 (Freon) Phase-out:

What Does This Mean to Me?

In an effort to reduce consumer reliance on ozone-depleting substances, the Environmental Protection Agency (EPA is phasing out the production of hydrochlorofluorocarbons (HCFCs). The release of these harmful chemicals into the atmosphere is eroding Earth's protective ozone layer, which contributes to erratic climate changes.

One of the targeted HCFC substances is R-22, a refrigerant used in air conditioners and heat pumps manufactured before 2010. Since this chemical will be obsolete by 2020, homeowners will be greatly impacted when servicing and repairing existing air conditioners.

Although consumers are not required to replace systems or convert units, as supplies of R-22 become limited, prices are already rising and Freon will eventually become difficult to obtain as stockpiled supplies dwindle. Additionally, only EPA-certified technicians will be able to reclaim and use the outdated refrigerant.

ENVIRONMENTALLY-FRIENDLY FREON ALTERNATIVES

New systems utilize alternative refrigerants that are eco-friendlier. The common replacement is **R-410A**, which is sold under a variety of brand names, usually known as **Puron**. Carrier® proactively began using Puron in 1995, 14 years before regulatory requirements were enacted. Today, Puron sets the standard for high-efficiency residential and commercial cooling systems.



Since Puron is more highly pressurized, it cannot be used as a substitute for R-22 Freon. Simply put, it would be like converting a gas engine to run on diesel fuel – an impossible task without overhauling the entire system.

While you can convert the compressor, evaporator and condenser, it is more cost-effective to completely replace the HVAC system with one that is built to handle R-410A.

UPGRADING YOUR AC SYSTEM

If you need to replace your aging unit in the Lufkin and Nacogdoches areas of Texas, then check out the extensive selection of Carrier central air conditioning systems available through McWilliams & Sons. Modern Energy Star products use energy more efficiently, which means that you will likely see a noticeable decrease in your monthly utility bills.

Contact McWilliams & Son today at (888) 762-0166 to find out if the installation of a new unit by our NATE-certified technicians qualifies you FOR UP TO \$1,400 IN REBATES!

Join us for The Longest Day Fundraiser to benefit Alzheimer's Awareness!

Make a donation to Alzheimer's Awareness and receive a hamburger plate as a 'Thank You' gift from McWilliams & Son!

KICKS 105.1 will be live giving away prizes and GRILL 105 will be cooking up burgers! The Alzheimer's Association of Lufkin and Nacogdoches will be there to help you sign up to join the WALK!

McWilliams & Son will have a photo booth set up for "Who do you go purple for?" **PLUS** - we'll be giving away purple ribbon magnets and other fun prizes. Our purple Alzheimer's van will be there too!

The event will be held **Wednesday, June 21st from 11am to 1pm** at McWilliams & Son Lufkin office, located at 918 E Denman Ave.



Please come out and help us support Alzheimer's Awareness!



Breathe Easier

Seven Steps for Healthier Home

Many Americans may be breathing a little more easily if they heed a few hints on how to clean up the air in their homes.

That's because according to the U.S. Environmental Protection Agency, levels of some indoor-air pollutants can be two to five times higher—with some as much as 100 times higher—than the levels outdoors. Today's tightly sealed homes help conserve energy. However, they also can trap pollutants, such as pollen and dust mites, mold, carbon monoxide and other toxic gasses that can aggravate allergies and asthma, as well as other health problems. Homeowners can overcome these problems by removing particulates from the home and preventing pollutants from getting in.

Here are seven steps from engineers and other experts that may help:

- Don't let anyone smoke in the house.
- Invest in a carbon monoxide detector to ensure the air is free of deadly carbon-monoxide gas.
- Maintain low relative humidity in the house to control dust mites. Consider purchasing a humidity detector or dehumidifier.
- Wash bedding at least once per week. Consider allergen-impermeable covers for mattresses, box springs and pillows.
- Use paints, stains and solvents labeled low VOC for Volatile Organic Compounds. These are products that don't emit toxic gasses. And make sure to have adequate ventilation in any room where chemicals are used.
- Properly vent fireplaces, wood stoves and other hearth products, ovens and dryers to the outside.
- Consider installing a central vacuum system. It can remove up to five times more dirt and allergens than a conventional vacuum, without blowing air into the living area that can stir up dust. In fact, a clinical study of allergy patients found that the superior dust removal of a central vacuum system improved patients' symptoms by up to 61%.

Call McWilliams & Son today to learn how we can make your home a healthy home!

Duct Alert!

Do you know dirt in your ducts can be hazardous to your health? The air ducts designed to make your home comfortable may be making you sick.

Dirt deposits in your air ducts can act as food for organisms such as dust mites, bacteria and mold. We use advanced machinery to scrub and vacuum your ducts, without the use of harsh chemicals, leaving you with clean, fresh and virtually contaminant free air.

Give us a call and we can provide you with a free, no-obligation estimate.



BEFORE

AFTER



SPRING MEANS POLLEN AND THAT CAN SPELL TROUBLE FOR MANY PEOPLE

Unless you upgrade with **“Indoor Air Quality”** add-ons from **McWilliams & Son!**

The change of season starts with you experiencing watery eyes and sneezing. Allergy sufferers, familiar with the perils of high pollen, have learned to stay indoors. From eye allergies (conjunctivitis) to skin reactions (dermatitis), spring pollen spells trouble for many people by making a large impact on quality of life. Fortunately, you can control spring pollen triggers and make

your home a dramatically healthier place for you and your family by filtering the air, controlling humidity, and cycling fresh outdoor air into the home. These add-ons can help reduce allergies, prevent asthma, and even boost productivity. Give **McWilliams & Son** a call today to learn how we can help you breathe easier in your home!

Get Your Home Comfort & Clean in 2017!

McWilliams & Son has a menu of clean air packages that will have your family breathing clean air!

Our 'Comfort And Clean in 2017' Packages are all on the menu and exactly what your family ordered to start breathing clean air in your home. Let's start with selecting the package that fits your home and budget:

ESSENTIAL CLEAN PACKAGE:

- ☑ Thorough Duct Cleaning
- ☑ Whole Home Professional Cleaning by Merry Maids
- ☑ Ultra Violet Sanitation System

ULTIMATE CLEAN PACKAGE:

- ☑ Includes the Essential & Premium Clean Package plus a Whole Home Air Purification System

PREMIUM CLEAN PACKAGE:

- ☑ Includes the Essential Clean Package plus an Air Purification System

Contact McWilliams & Son today to learn more about our Comfort And Clean 2017 Packages!

NOW ↓↓

As part of your package, **Merry Maids®** will complete ceiling to floor cleaning to eliminate dust in your home, which includes:

- **GENERAL CLEANING** - doors, window sills, blinds, tables, chairs, knickknacks, picture frames, baseboards and vacuuming sofas and chairs.
- **HIGH DUSTING** - ceiling fans, light fixtures, air intake vent covers, and knocking down cobwebs.
- **KITCHEN AND BATHROOM SANITIZING** - sinks, tubs, toilets, fixtures, countertops, and cabinet doors.
- **VACUUMING AND WASHING FLOORS**

merry maids
Relax. It's Done.™



We're not comfortable until you are!

McWILLIAMS & SON HEATING AND AIR CONDITIONING

Community Corner

At McWilliams & Sons, we take pride in our work and our community. Our Technicians not only provide our customers with the best possible home comfort, they are also NATE Certified. Read the article below to learn why NATE-certification makes the difference in your home comfort. We also invite you to enjoy a family recipe from one of our own!

Should You Care if your Technician is NATE Certified?

Have you ever questioned whether or not your HVAC professional really knows what he's doing? When you insist on working with a NATE-certified technician, you'll never have to wonder again. Once you understand what NATE is and the benefits it can offer, you'll never settle for anything but the best again.



What is NATE?

For 16 years, the non-profit organization, North American Technician Excellence, has had a mission to set the standard high for services rendered in the heating, ventilation, air conditioning and refrigeration industry. Through a rigorous testing process that was developed by a panel of HVAC experts, technicians must demonstrate their superior knowledge and skill sets. A technician can train and test in as many specialty areas as he or she desires. These specialty categories include A/C, air distribution, heat pumps, gas and oil furnaces and senior HVAC efficiency analysis, among others.

How can NATE certification benefit me?

When you make the decision to work with a NATE-certified technician, you can expect a number of benefits such as:

- **EFFICIENT SYSTEMS** - HVAC system installations and maintenance require precise attention to detail. NATE technicians understand exactly what needs to be done to ensure that your system will always run efficiently throughout their full lifespan.
- **SUPERIOR SERVICE** - NATE technicians are trained to ensure service is performed properly and in a timely manner.
- **CUSTOMER SATISFACTION** - Multiple industry surveys show customers are more satisfied with the service received from NATE-certified technicians in comparison with technicians who have lacked NATE training.



Many of our technicians proudly wear the NATE-certification on their uniforms. Contact the professionals at McWilliams & Son for all your home comfort needs.

BRAD'S FAMOUS KOLACHE RECIPE



Brad, shown above with his lovely wife, Amber, and daughter, Maddi.

I grew up in a densely populated Czech region of Texas, Shiner to be more specific. **Kolaches** were a staple at family gatherings, bake sales, and almost any gathering where food was being served! Once I moved even an hour out of this area, I was often disappointed when I heard 'kolaches' were being brought for breakfast only to see what actually are sausage rolls or what Czechs call *klobasniky*. While sausage rolls are still delicious, they can disappoint a Czechs' mouthwatering nostalgia for the sweet fruit filled pastry. A traditional Czech kolache is a round or square-ish pastry made with sweet yeast dough, filled with fruit or cheese, and often topped with a crumble topping also known as *posipka*. Below is a recipe to make traditional Czech style kolaches. Warning... it's not for the weak willed baker! Recipe yields 2 ½ dozen kolaches.

SWEET DOUGH INGREDIENTS

- ¾ c. milk
- ½ c. sugar
- 2 tsp. Salt
- ½ c. butter or margarine
- ½ c. Warm water
- 2 pkg. Dry yeast
- 1 egg
- 4 c. all-purpose flour

FILLING AND POSIPKA TOPPING INGREDIENTS.

- 2-3 cans of favorite pie fillings
- 1 c. sugar
- ¾ c. flour
- ¼ c. melted butter
- Poppy seed pie filling
- Blueberry or cherry pie filling
- 3 pack of dry yeast

Sweet Dough - Scald milk, stir in sugar, salt and butter, cool to lukewarm. Combine water and yeast in large bowl. Stir until dissolved. Beat in milk mixture and egg. Add half the flour, beat until smooth. Stir in remaining flour to make stiff batter. Cover tightly and refrigerate dough at least 4 hours or overnight. Once ready to bake preheat oven to 350°F.

Posipka Topping - combine sugar, flour, and melted butter and mix until resembles coarse meal.

Punch down the dough, knead briefly, cover, and let rise in a warm, draft-free place until nearly doubled in bulk, about 1¼ hours. Punch down the dough again, knead briefly, divide in half, form into egg size balls, onto oiled cookie sheet and brush with melted butter and let stand for 10 minutes. Make indentions in center and fill with fruit fillings. Sprinkle topping on top of fruit filling, bake at 350° for 15-20 minutes or until slightly golden. While warm brush with melted butter and enjoy!



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When you call McWilliams & Son, you'll get the quality service we've built our reputation on for three generations. Backed by our 100% Satisfaction Guarantee, we are Lufkin and Nacogdoches' trusted choice for heating and air conditioning.



Don't Miss These Special Offers to Keep You and Your Family Comfortable!

UP TO \$1,400 ON A NEW AIR CONDITIONING SYSTEM!

Rebates range from \$0-\$1,400 depending on equipment purchased. Contact McWilliams & Son Air Conditioning for complete details.

UP TO 60 MONTHS No Interest Financing Available!

With approved credit. Contact McWilliams & Son for details.

GET YOUR HOME COMFORT AND CLEAN! WHILE YOUR FAMILY BREATHES CLEAN AIR!

Take advantage of our Comfort And Clean program which offers great discounts when you select a package designed for a healthier home! See details inside!

Proudly Serving All of East Texas... Call us today!