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- high-efficiency air conditioner or heat pump
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Offers valid on installations from: March 25 – June 14, 2013 with the purchase of qualifying Lennox products

*Offers subject to product availability. Cannot be combined with any other offer. See your participating Lennox dealer for complete details. Lennox Industries Inc. reserves the right to cancel or change this promotion at any time. Financing offer valid only through GE Capital.



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The Symbiont Shout

May/June 2013

By Candy Frey

Be a Rock Star



"Be a Rock Star with Symbiont Service Corp"

I want you to think for just a minute. Who do you know that could benefit from Symbiont Service Corp.? I bet you could think of a neighbor or friend who would like to save \$50 on an annual maintenance or service call for their air conditioner or pool heater. Now what if I told you that just for referring that friend or neighbor (NEW customers only) you too could receive \$50 off a service call or Planned Maintenance. Just ask any SSC employee for a referral star and refer a friend to become a Rock Star! Once they have used their star on any new service or even a new unit, we will send you \$50 in Symbiont Bucks to use on a future call. It's just that simple. So, how many friends do you know that could benefit from Symbiont Service Corp.? The sky is the limit, and so are the savings.



Spring Pizza

Asparagus, chives and fontina cheese top this easy pizza recipe.

Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 3 cloves garlic, minced
- 1 bunch asparagus (about 1 pound)
- 1/2 cup snipped fresh chives (from 1 bunch)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 pound whole-wheat pizza dough
- 1 cup shredded fontina or mozzarella cheese



Preparation

Position rack in lower third of oven, place a pizza stone or large pizza pan on the rack and preheat oven to 450°F for at least 15 minutes. Meanwhile, combine 2 tablespoons oil and garlic in a small bowl; set aside. Trim asparagus spears to about 6 inches long; slice any thicker stalks in half lengthwise. Toss in a bowl with the remaining 1 tablespoon oil, 1/4 cup chives, salt and pepper. Roll out dough on a lightly floured surface to about a 14-inch circle. Carefully remove the pizza stone or pan from the oven and set on a heatproof surface, such as your stovetop. Place the dough on the stone or pan and brush with the reserved garlic-oil mixture. Arrange the asparagus in a circular pattern on the dough with the tips facing out. Top with cheese and the remaining chives. Carefully return the stone or pan to the oven and bake the pizza on the lower rack until crispy and golden and the cheese is melted, about 15 minutes.

Nutrition

Per serving: 368 Calories; 20g Fat; 5g Sat; 8g Mono; 25mg Cholesterol; 39g Carbohydrates; 14g Protein; 3g Fiber; 536mg Sodium; 167mg Potassium
2-1/2 Carbohydrate Serving

Exchanges: 2 starch, 1 vegetable, 3 fat

5 servings | Active Time: 25 minutes | Total Time: 40 minutes

From EatingWell.com: March/April 2012

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We're here to help!
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OFFICE HOURS

8:00 AM - 5:00 PM

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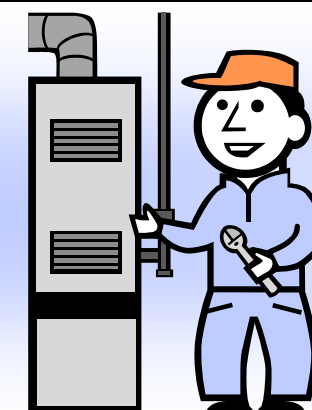
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Pool heaters installed at Riva Del Lago.



Condo owner's are able to enjoy both spas heated to 104° F.

Sharply rising gas prices four years ago prompted a search committee by our Board of Directors for cheaper alternative means of heating our 60,000 gallon pool. Keeping the pool gas budget within reason yet trying to satisfy the needs of older residents for near 90°F water temperature was a lose/lose proposition. The solution to our dilemma was proposed by SYMBIONT. We accepted the Geo-Thermal Heat Exchange proposal and I can honestly say that it has been more than just a win/win situation. In dollars and cents the change from propane to the geo-thermal heaters has been nothing short of remarkable. Our last winter season heating the pool to 82°F with propane cost in excess of \$38,000; not to mention the human toll of listening to unhappy residents who could not enjoy 82°F water temperatures. The winter season following the summer of our geo-thermal installation we raised our pool temperature to 88°F and still saved approximately \$23,000. compared to the previous year. For a property manager, even more exciting was the answer to the never ending request to make the pool water warmer. Suddenly, it was no longer the "artful dance" answer but rather: "what temperature would you like it"?! Our pool is 88°F and without any further requests to make the water warmer.

Make the change! Symbiont is the answer. I found the company to be forthright, stand up and do the right thing. There have been some problems along the way but they have been easily solved without any major expense to the Association. Regular maintenance has helped of course, as it always does.

Paul L. Faulise, CAM
Suitor, Middleton, Cox & Associates
Riva Del Lago Condominium Association, Inc.

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The beautiful warm pool at Riva Del Lago.



Riva Del Lago Condominiums



Sandy King, Symbiont Service Corp's president presenting plaque to Paul Faulise. We'd like to congratulate Riva Del Lago Condominium Association for doing their part to "Go Green" with Symbiont GeoThermal technology.

Why Drink Water? How Water & Health Are Connected

By Rachael Moeller Gorman, "Liquid Assets," Jul/Aug 2011

7 health reasons to hydrate: Find out how water impacts your health & your body, from water & skin to water & heart. Water accounts for 60 percent of our body - or about 11 gallons or 92 pounds inside a 155-pound person - and is essential to every cell. We use water to cool our body with sweat, to circulate oxygen and fuel to our organs and take away waste products via blood. But how does it impact your breath, muscles, skin - and brain function?

How Being Hydrated Affects Your Brain -Staying hydrated keeps your memory sharp, your mood stable and your motivation intact. When you're well-hydrated, you can also think through a problem more easily. Researchers hypothesize that not having enough water could reduce oxygen flow to the brain or temporarily shrink neurons - or being thirsty could simply distract you.

How Being Hydrated Affects Your Mouth -Water keeps your throat and lips moist and prevents your mouth from feeling dry. Dry mouth can cause bad breath and/or an unpleasant taste—and can even promote cavities.

How Being Hydrated Affects Your Heart -Dehydration lowers your blood volume, so your heart must work harder to pump the reduced amount of blood and get enough oxygen to your cells, which makes everyday activities like walking up stairs—as well as exercise—more difficult.

How Being Hydrated Affects Your Bloodstream -Your body releases heat by expanding blood vessels close to the skin's surface (this is why your face gets red during exercise), resulting in more blood flow and more heat dissipated into the air. When you're dehydrated, however, it takes a higher environmental temperature to trigger blood vessels to widen, so you stay hotter.

How Being Hydrated Affects Your Limbs -When you're well hydrated, the water inside and outside the cells of contracting muscles provides adequate nutrients and removes waste efficiently so you perform better. Water is also important for lubricating joints. Contrary to popular belief, muscle cramps do not appear to be related to dehydration, but, instead, to muscle fatigue, according to Sam Cheuvront, Ph.D., an exercise physiologist for the U.S. Army Research Institute of Environmental Medicine.

How Being Hydrated Affects Your Skin -When a person is severely dehydrated, skin is less elastic. This is different than dry skin, which is usually the result of soap, hot water and exposure to dry air. And, no, unfortunately, drinking lots of water won't prevent wrinkles.

How Being Hydrated Affects Your Kidneys -Your kidneys need water to filter waste from the blood and excrete it in urine. Keeping hydrated may also help prevent urinary tract infections and kidney stones. If you are severely dehydrated, your kidneys may stop working, causing toxins to build up in your body.

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| 05/31/13 (7:30 AM - 10:30 AM) | Bouchard Insurance Mini Tradeshow at Sarasota Yacht Club, Sarasota |
| 06/06/13 (4:00 AM - 7:30 PM) | CAI Central Florida Summer Managers Social at Harry Buffalo, Orlando |
| 06/08/13 (7:00 AM - 3:00 PM) | CAMP Tradeshow at Doubletree by Hilton, Deerfield Beach |
| 07/18/13 (3:00 PM - 7:00 PM) | CAI Central Florida "Meet the Manager's Mini Tradeshow" at Crowne Plaza Downtown, Orlando |
| 08/27/13 (8:00 AM - 3:00 PM) | FRPA Annual Conference Tradeshow - Hilton Orlando Bonnet Creek, Orlando |
| 08/27/13 (6:00 PM - 9:00 PM) | FRPA Annual Conference Tradeshow - Hilton Orlando Bonnet Creek, Orlando |
| 08/28/13 (8:30 AM - 12:30 PM) | FRPA Annual Conference Tradeshow - Hilton Orlando Bonnet Creek, Orlando |
| 08/28/13 (2:00 PM - 7:00 PM) | CFHLA The Heat Tradeshow - The Caribe Royale Resort & Convention Center, Orlando |
| 08/29/13 (10:00 AM - 4:00 PM) | CFHLA The Heat Tradeshow - The Caribe Royale Resort & Convention Center, Orlando |

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