

CRAIG'S RECIPE CORNER



Craig's Creamed Chipped Venison or Beef

- 6-8oz Dried cured Venison or Beef sliced and chopped
- 1- pint half and half
- 1- pint whole milk
- 1- 10oz Can Cream of Mushroom soup
- 1- stick butter
- 1/2 cup flour
- Salt and pepper to taste

On medium heat, in 3 quart sauce pan combine butter and venison. Heat until butter is melted and bubbly, add flour and stir until combined. Add half and half, milk and mushroom soup. Heat until thickened, do not boil, salt and pepper to taste.



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Comfort Pro CHRONICLES

SPRING/SUMMER 2018

IAQ? What is IAQ and how can Comfort Pro help?

Indoor Air Quality (IAQ) has become an increasingly important environmental concern. IAQ describes how inside air can affect a person's health, comfort, and ability to work. According to the Environmental Protection Agency (EPA), your exposure to air pollutants can be up to 70 times greater indoors than outdoors. The American Lung Association estimates that most people spend 60% to 90% of their time indoors, making clean indoor air very important.

Poor IAQ is caused by lack of fresh outdoor air, poor ventilation of heating and air-conditioning systems, mold, excess moisture, high humidity, and indoor activities like smoking or remodeling. Health effects from indoor air pollutants may be experienced soon after exposure or, possibly, years later.

Immediate health effects include irritation of the eyes, nose, and throat, headaches, dizziness, and fatigue. Many immediate effects feel like those from colds or other viral infections. Luckily, such effects are usually short-term and treatable. The likelihood of immediate reactions to indoor air pollutants depends on several factors including age and preexisting medical conditions. Long-term health effects may show up years after the exposure has occurred. These conditions, which include some respiratory diseases, heart disease and cancer, can be severely debilitating or fatal.

However, there are steps to take to ensure good air quality. The right mix of temperature, humidity and air filtration are vital to making your indoor air healthier and easier to breathe.

Comfort Pro improves indoor air quality through proven strategies: purification, ventilation, humidity control, and elimination. Also, one major advantage to any of the products recommended below is the systems clean the air without producing ozone, a known lung irritant.



Purification PureAir™ Air Purification System

The PureAir™ Air Purification System cleans the air in your home or office of common particles like allergens, mold, mildew, odors, and chemical vapors virtually eliminating harm you can't see.

Benefits:

- Excellent Quality - Exceeds hospital intensive care/operating room filtration levels.
- Cleaner Air - Reduces ozone in your home and chance of negative health effects.

(Continued on inside)



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Meet the Comfort Pro Team

Luis Velasquez

Luis Velasquez is a man of many tastes. Heralding from Boston, MA and raised in Reading, PA, Luis grew up loving all of Boston's sports teams, as well as the chillier weather so it is no surprise autumn is his favorite season.

"I love the feel and smell of the fresh crisp fall air. I love the color changes of the foliage and the fact that my birthday is the beginning of the fall season. Plus you have Halloween, and Thanksgiving, two of my favorite holidays, it is the best! What more could you want in a favorite season," said Luis.

Why did you choose to work for Comfort Pro?

After graduating from Reading High School, I attended York Technical Institute where I received my HVAC certifications and training. Having acquired the necessary tools, I then needed to complete a "ride along" with a local HVAC company. After contacting Comfort Pro and shadowing a Comfort Pro service technician for two days, I knew that I had to work for Comfort Pro!

In two days I heard from workers of their love for the company, as well as its family-run roots. Being a family man myself, with a wife, a daughter and two sons, the idea of working for a company that was grounded in family values was exactly what I was seeking in a place of employment. And as a member of Comfort Pro's sales team, it is a fulfilling feeling knowing I am helping customers select the right heating and air conditioning system, for their family's home, that will be efficient, fits their budget and lasts for many years.

What are some things you enjoy about doing your job each day?

I enjoy coming into work each day with the hope that I'll be able to help a customer find a solution to their needs.



What do you do when you are off the clock?

I enjoy exercising, hiking, horticulture, and playing with my three dogs: Brutus a 7-year-old French bulldog Boston terrier mix, Doug a 7-year-old French/English bulldog mix and Max a 2-year-old yellow Lab.

Vacations?

I hope to return to Jamaica, my favorite vacation spot and where I got married! In Jamaica, the food is delicious and the people are compassionate. After a return trip to Jamaica, I hope to reach the number one destination on my bucket list, Japan.

What are five things you can't live without?

I couldn't live without Amazon, my phone, internet, great quality socks, and some good chicken wings!

Favorite quote?

Before you speak, let your words pass through three gates; Is it true? Is it necessary? Is it kind?

(Continued from Cover)

Ventilation Ventilation Control System Benefits:

- Automatic monitoring of outdoor temperature and indoor humidity making sure the air coming into your home is not too humid, hot, or cold.
- Motorized damper controls the amount of outdoor air entering your home, never allowing more than what's needed.
- 24-hour timer helps reduce energy costs.

Humidity Control Healthy Climate® Whole-Home Dehumidifiers & Healthy Climate® Whole-Home Power and Bypass Humidifiers

Healthy Climate® Whole-Home Dehumidifiers effectively remove excess moisture from the entire home, a single area or a combination of both. They help reduce dust mites and mold that thrive in humid environments as well as protect home furnishings and wood from moisture damage. One major advantage of the Healthy Climate® Whole-Home Dehumidifiers over portable units is no need to empty buckets of water!

Healthy Climate® Whole-Home Power and Bypass Humidifiers maintain optimal comfort during heating seasons by minimizing problems associated with dry air such as skin irritation, sore throats and respiratory problems. The Healthy Climate® Whole-Home Power and Bypass Humidifiers are easier to use than portable units because there is no need to constantly fill and clean units!

Elimination Healthy Climate® UV Germicidal Lights

Using the power of maximum intensity ultraviolet light Healthy Climate® UV Germicidal Lights help to dramatically reduce concentrations of microorganisms like mildew,

bacteria and mold inside the equipment. Healthy Climate® UV Germicidal Lights use the highest UV light intensity on the market while having no ozone emissions, a known lung irritant.

We're here to help you stay healthy and improve your air quality! Don't wait! Call Comfort Pro, 610-926-4200, to schedule an appointment and find out how you can improve the IAQ in your home or business.

Sources: epa.gov, osha.gov, lung.org, totalhealthmagazine.com, ashrae.org

IAQ FACTS

FACT: Studies have shown that two out of three indoor air quality problems involve the HVAC system.

FACT: More than 50 million Americans suffer from allergies or asthma.

FACT: One out of six people who suffer from allergies do so because of the direct relationship to fungi and bacteria in air duct systems.

FACT: Respiratory irritants can circulate within the ducts and enter the room through the registers.

FACT: Most commercially available fiberglass furnace filters are less than 7% efficient.



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5 Spring Activities for You & Your Best Friend

Spring is in the air and not only you but your four-legged best friend is ready to spend time outside again together! Here are five fun Spring activities for you and your best friend to share!

1. Hiking:

Now that the Winter weather has concluded, your dog is going to want to stretch their legs again! Find a nearby hiking trail or the favorite local spot and bring your best friend along. Remember to bring some water for them, as well as check their paws afterwards for any trail debris. They'll be super happy for some new smells and fresh air!

2. Playing Catch:

Don't have time to leave the house? Take your dog in the backyard and play a couple rounds of fetch. Grab a Frisbee and let it rip! This will help with their coordination skills, as well as get them out and moving. Plus, it will get you moving too!

3. Doggy Play-Dates:

Just like humans need social interaction, dogs do too. Taking your dog out to dog parks and introducing them to other pooches will help their social skills and overall demeanor. Better yet, if you have a friend with a dog, all of you can go out and have a fun time!

4. Open Space:

Take your dog to a big field and just let them

run! Being in the house all of the time can be frustrating for dogs that are extremely active; letting them run around in an open space can help utilize their energy. Plus, who doesn't want to see their dog's ears and tongue flapping in the wind?

5. Sandy Paws:

As Spring approaches, so does warming temperatures. Try heading to the coast with your pup and enjoying a day on the warm beach. The heat won't be as intense as summer, making it more beneficial for your pet. Also, the beach has many sticks, open space, and other dogs that your pooch can interact with. Just remember to bring sunscreen for yourself!

www.TheAnimalRescueSite.com

