

CRAIG'S RECIPE CORNER



Shrimp Tacos

1lb	Peeled Shrimp	1 tsp.	Everglades Heat or Old Bay (available online)
1/2	Onion Minced	3 Tbs.	Flour
1	Jalapeño Pepper Minced (remove seeds)	2 Tbs.	Cholula Chili Garlic Sauce
1	Clove Fresh Garlic Minced	2 Tbs.	Chopped Fresh Cilantro
1/2	Stick Butter		Juice of 1 lime

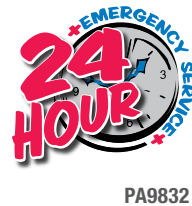


If you have any questions
please email me at
cweisman@comfort-pro.com.

In a large saucepan melt butter, add garlic, onions and Jalapeño. While that's simmering season shrimp with Everglades Heat or Old Bay and then dust with flour and toss to remove excess flour. Increase heat in pan to high and add shrimp toss till shrimp start browning. Take off heat add Lime juice, cilantro and Cholula. Place a few shrimps in your favorite taco shell add fixings of your choice and enjoy.

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Comfort Pro CHRONICLES

FALL 2020

DO YOU KNOW YOUR IAQ?

While you are safe at home, Comfort Pro is here to remind you about the importance of Indoor Air Quality. Indoor Air Quality (IAQ) describes how inside air can affect a person's health, comfort and ability to work.

Why is it important?

- 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.

What is the cause of poor IAQ?

- Poor ventilation
- Maintenance of heating & air-conditioning systems
- Mold/excess moisture
- High humidity
- Indoor activities.

How can I improve my IAQ?

- Duct cleaning
- Ventilation
- Humidity control
- Filtration.

The right combination of temperature, humidity and air filtration are vital to making your indoor air healthier and easier to breathe.

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

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.

**It's Time for Your
25 Point Precision
Heat Inspection!**

**Schedule Your WatchDog
Appointment Today!**

Please Call **610-926-4200**



**610.926.4200
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MEET THE COMFORT PRO TEAM

Jeff Mills has been in the heating and air conditioning industry for twenty-five years and he has been with Comfort Pro for six of those twenty-five years. Jeff started as a technician and his hard work has led him to his current position of installation manager. His normal day at work consists of inspecting Comfort Pro's job sites, advising technicians on installation or repair questions and assisting where and when needed.

One of Jeff's favorite things about working at Comfort Pro is the people he works with. He enjoys the company of his coworkers and the owners of the company.

"I like who I work for and I like who I work with," says Jeff, "it's a laid-back environment with the same strong work ethic."

At the end of the day Jeff goes home to his daughter LeeAnn and their dog Steela. LeeAnn is 14 years old.

"LeeAnn is actually named after both of her grandparents Lee and Ann," Jeff explained.

When Jeff isn't working, he is usually spending time with LeeAnn or he is out fishing. He likes to go fishing in his spare time due to the relaxation aspect of it.

Jeff was born and raised in Reading and received his education from the Hamburg school district. Needless to say, he has spent the majority of his life dominating the streets of Berks County and it doesn't come as much surprise that Jeff is an all-around Philadelphia sports fan. His favorite sport

to watch is football and he does not have a favorite player, so you will find him cheering on his Eagles equally!

Unlike his consistent love for Philadelphia sports teams, his taste in music is all over the place. Jeff enjoys all different types of music. It all depends on his mood.

"My music selection changes routinely," Jeff says, "I will go from country, to hard rock, to whatever, it changes all the time."

Jeff's favorite quote is one that he coined on his own. This shows that Jeff is always ready to tackle any obstacles or challenges he may face in life...

**“Inevitability
is the lack of
effort applied
to change.”**



Molly's Yard: Autumn Approaches

Crispy fall air is right around the corner. With all the commotion surrounding the preparation of fall, it is important to make sure that your furry friends are happy and healthy throughout the season too. Comfort Pro is here to give some helpful tips to keep your pets safe this fall and into the winter.

DOGS CAN GET THE FLU TOO

Not just humans can catch the flu, doggies can too! Canine flu and Bordetella, aka "kennel cough" are airborne diseases that any dog can catch. If you see a dog coughing, keep your dog away and make sure to avoid touching the coughing dog. Kennel cough is very contagious and can last for up to a couple days or it could become very severe.

BACK-TO-SCHOOL SUPPLIES

Now that fall is here, that means back to school! Make sure to keep all of the back-to-school supplies out of reach from your animals. They might think that colored pencil looks tasty, but in reality it can block them up and cause them a lot of pain.

SNAKES

During this time of the year, snakes start to get ready to hibernate. Always make sure to know what the different types of snakes look like in your area,

poisonous and not. Research where those snakes tend to hang out and hibernate and avoid walking your dog there.

ALLERGIES

Just like people, dogs struggle with allergies. Dog allergies have very similar symptoms to humans, examples include sneezing, coughing, itchy skin, and watery eyes. If you notice these symptoms, take your dog to the veterinarian to discuss about further plans about allergies.

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