

CRAIG'S RECIPE CORNER



Seafood Gumbo

- 1-32 oz can of tomato sauce
- 3-quarts unsalted chicken stock or fish stock
- 1 lb raw peeled and chopped shrimp
- 1 lb cooked chicken white or dark meat chopped
- 1 lb lump crab meat
- 1 lb smoked or andouille sausage sliced into half moons
- 6-green onions chopped fine
- 1-green pepper chopped fine
- 2-ribs of celery chopped fine
- 1-teaspoon garlic powder
- 1/4-cup dried onions
- 1/2-cup dried parsley
- 2-bay leaves
- 3-tablespoons of File' (ground sassafras)
- Frank's Red Hot sauce
- Cooked white rice

Roux

- 3/4-cup olive oil
- 1 1/4-cup flour

First make the roux. Combine the olive oil and flour in a non stick fry pan. Stir constantly on high heat till brown and smoking. Should smell nutty. Then set aside.

In a 6 quart pot, bring stock to a boil, then add tomato sauce, green onions, celery, green pepper, garlic powder, dried parsley, bay leaves and dried onions. Slow boil for 5 min then add all meats except crab meat and simmer for 30 min till all veggies are completely cooked. Add file', crab meat, then bring to boil. Then add roux in small batches till thickened. Add Franks Red hot to taste.

Serve in bowl over rice and Frank's Red Hot on the side.




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WINTER 2019

Comfort Pro CHRONICLES

Nest Pro Installers

When you think of home what words come to mind...family, warm, comfortable, and safe. Comfort Pro is proud to announce we are now Nest Pro Installers. By using innovative technology, Nest products give homeowners comfort and security.



Comfort products include the Nest Thermostat E and Nest Learning Thermostat which are energy saving thermostats. For example, Nest Thermostats will turn themselves down when you leave your house, saving you an average of \$135 to \$145 a year.

For security, Nest offers Nest Cams which are indoor and outdoor security systems offering HD video quality 24/7. The Nest Cam Outdoor, their outdoor security system, offers high quality footage that can be seen throughout the night and its camera, cable and adaptor are all weatherproof.

Other security products such as the Nest Protect smoke alarm can think, speak and alert your phone in case of an emergency. Nest Protect also detects and pin points the location of dangerous carbon monoxide gas in your home.



For additional peace of mind, you can sync all Nest compatible products with their Nest app allowing you to playback security video and get alerts on your mobile device anywhere, anytime. Becoming Nest Pro Installers allows us to provide additional quality services and products designed for everyday homeowners. Don't delay feeling secure and comfortable in your home any longer, call Comfort Pro today to have a Nest system installed.

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Meet the Comfort Pro Team

Dawn Eagle

This is the friendly greeting Dawn Eagle, Comfort Pro Service Coordinator / Office Assistant says when you call, or visit Comfort Pro. Dawn has the pleasure to assist customers with all their service needs. Whether you need a service appointment for a faulty HVAC system, are scheduling routine maintenance, need a new HVAC system or hot water heater, or want your air ducts or dryer vent cleaned, Dawn will make sure your needs are met!



Why did you choose to work for Comfort Pro?

A native of Berks County, Dawn heard of Comfort Pro prior to working there and even knew some employees. As soon as she learned of the job opening, she applied right away. "I am so happy to be a part of the Comfort Pro team. It is my second family," said Dawn.

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

One thing Dawn enjoys most about her job is talking to the customers. "It's like I am talking to my family," said Dawn.

What do you do when you are off the clock?

Dawn is the proud mother of Brody her 7-year-old son. Brody is an active boy who loves playing games and spending time on his Ipad. They live in Sinking Spring with their two cats, Ty and Lily.

Free Time?

When not spending time with Brody, you will find Dawn shopping. "I love to shop whether it be at a store or online. I love the thrill of getting a good deal," said Dawn.

What are five things you can't live without?

With her love of shopping, it is not a surprise three things she could not live without are her phone, Internet and credit cards. In addition to the items to help with the shopping, she added wine and family.

Favorite quote?

"Hello, you have reached Comfort Pro. How can I help you?"

ComfortPro Cares 2018 Winner's Story

Once again Comfort Pro ran their Comfort Pro Cares program that provided a free heating unit and installation to a family in need.

This is the eighth year that the heating and air conditioning company, Comfort Pro Inc., has provided a free Lennox heating system to a deserving Berks County family through its holiday event, Comfort Pro Cares.

The cost of the new heating system, including accessory equipment and labor, is valued at more than \$6,200, Newpher said.

Newpher was one of the Comfort Pro officials who evaluated the Negron home earlier this year.

Starting in October, churches, businesses and individuals were invited to nominate a family in need of a stable heating source. Nominees had to be Berks County residents, own their own home and have a nonfunctioning heating unit.



Watch this year's winner's story at Comfort-pro.com/about-us/cpcares

has helped families with little or no heat to get the warmth they needed for years before the Christmastime program began, Newpher said.

Article courtesy of the Reading Eagle, written by Marylouise Sholly

"I can't thank Comfort Pro enough. I have no words for what they've done for us."

- Ruth Negron

All applications were reviewed by a panel, with three finalists getting in-home evaluations by a Comfort Pro team.

Only one winner is chosen each year, Newpher said, and Negron's situation was the most dire.

"A few of the nominees had heat, but were looking to upgrade," Newpher said. "Our program is to really help somebody who needs it."

While this is the eighth official Comfort Pro Cares event, the company

"That's what we're all about: We love helping people."

**- Robert Newpher
V.P. Sales, Comfort Pro**



5 Tips for Keeping Your Pup Healthy this Winter

1. COZY COVERS: One factor that can be often overlooked in the winter time is where your dog sleeps at night. Making sure your pet has a warm place to sleep is equally as important as keeping them warm outside. Cold stone and concrete floors can pose a problem for pups, as they're more likely to retain colder temperatures. Make sure to give your pet a raised bed, or warm area to sleep in, preferably away from drafty areas. Keeping your dog's bed warm will allow older joints to rest comfortably and pups to stay healthy!

2. ANTIFREEZE IS ANTI-DOG: Surprisingly, the common winter product of antifreeze is said to taste sweet. Throughout history, there have been several stories of children and pets trying to eat it, due to its candy-like taste. However, antifreeze is extremely toxic to ingest and is fatal even in the smallest amounts. Make sure to keep your pooches out of the garage and driveway where they might be exposed to antifreeze, or other toxic chemicals.

3. HYDRATE: A common misconception for pets is that they will only become dehydrated in the summertime. On the contrary, studies show that dogs can become dehydrated just as quickly as they would in the hot sun. Make sure that your dog is receiving ample amounts of water, as well as keeping any ice away that may form on the top of outside bowls. Even if your dog likes to eat snow, remember, this is not an adequate amount of water!

4. KEEP IT COVERED: Many understand that certain dog breeds require extra layers in the winter, as their coats are not as thick as others. However, you might not be purchasing the correct coats, or layers, for your pet. It is best to invest in dog coats that extend from the neck to

tail, with full belly coverage. Also, keep in mind that coats do not protect ears, paws and tails from frostbite—so be alert when spending time outdoors with your pup in winter!

5. IT'S OKAY TO STAY: A lot of pet owners regard their dogs as children, or members of the family. Because of this love, it can be tempting to take your dog along wherever you go in the car. However, just as you would want to take care of a friend, or family member, you should think about your dog's health as well. Cold temperatures can make for harmful environments in the car—even if you're just stopping quickly somewhere. Even if you leave the car running for your dog, factors such as carbon monoxide poisoning can come into play. When it's wintertime, it's best to just leave your dog at home.

www.dogsnaturallymagazine.com

