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www.ClarkComfort.com

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FOR SAVINGS THAT WILL MAKE YOU

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\$350
Rebate on Water
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Cannot be combined with any other offer. Valid for
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RECEIVE UP TO
\$1,355
On Select
Bryant® Systems!

Rebate savings range up to \$1,355 depending on
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Comfort Chronicle

FALL 2015



Our newsletter is filled with comfort solutions to make you SMILE!

HEALTHIER HOME

Today, it's all about being healthy. But what about the air in our homes? Dust, dirt, pollen and mold can make untreated indoor air up to 100 times worse than outdoor air. In fact, indoor air quality is one of the EPA's top three health concerns. Since we spend 90% of our time indoors, you'll be glad to know there are some great solutions. New air cleaners can remove bacteria, pollen, animal dander and pollutants as small as 0.01 microns. Other products such as ventilators, humidifiers, UV lamps, air purifiers and media filters can also improve your indoor air quality. These products can really help if you suffer from allergies, or live in a home with pets, infants or the elderly. They're all great, energy-efficient ways to make your home more comfortable. And healthy!



Why Does My Furnace Blow Cold Air?

You count on your furnace to keep you warm and cozy, especially during the chilly months. But what happens if it starts blowing cold air?

Know Your Heat Source

Is your home's heat source actually a furnace, or is it a heat pump? Furnaces generally use natural gas, oil, or electricity to warm the air in your home via ducts.

A heat pump is an "all-in-one" solution that uses a valve to switch between heating and cooling. Heat pumps are often preferred because they recycle heat rather than manufacture it, thereby saving valuable energy – and money. They transfer heat from one location to another, using air from the ground or outside to warm the indoor air.

Cold Air Instead of Hot Air

If your heat pump is blowing cold air it could be frozen, or there is a problem with the compressor. It could also be the normal temperature for heat pumps. If you have a furnace, ask yourself the following questions:

- 1) Is my thermostat fan on?** Your furnace doesn't run constantly, but cycles on and off. Check your thermostat fan setting. If the dial is turned to "ON," you can expect the fan to blow cooler air than when the furnace is in its "OFF" cycle.
- 2) Have I changed my furnace filter lately?** A dirty filter can shut your furnace down completely. Replacing with a clean filter can possibly solve the problem.
- 3) Is the pilot light out?** When the pilot light goes out on a gas furnace, the furnace blows cold air. Turn your gas valve off, clean the opening, and wait several minutes. Carefully reset and re-light the pilot with a match. If the problem does not resolve, contact a professional.

Don't panic if you feel cold air coming from your furnace. It's often an easy fix! Give us a call. We'll be glad to assist over the phone or dispatch one of our trained technicians.



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The Similarities Between Our Bodies and Our HVAC Systems

The human body is a complex system that requires regular check-ups and maintenance. When you care for your body, you enjoy a happier, healthier life. As it turns out, your HVAC (*Heating, Ventilation, Air Conditioning*) system also benefits from regular check-ups and maintenance.

Check-Ups for Health

To insure the best health, most people visit their doctor regularly. At these visits, your physician inspects your physical body as well as your heart rate, blood values, weight, and any other applicable measurements. By regularly monitoring your body's health, you take steps to fend off future medical problems.

Your HVAC system benefits from regular check-ups, too. Once a year, schedule your HVAC serviceman to give your system a check-up (tune-up). (Schedule twice a year if you have separate cooling and heating seasons.) During the visit, they'll calibrate your thermostat, tighten loose connections, lubricate parts, and perform any necessary cleanings and adjustments. If minor repairs are needed, they can usually make them on the spot.

Preventative DIY Maintenance

You probably take vitamins, exercise, and watch your blood pressure. You try to eat right and take any medications as prescribed. All of these healthy habits are preventative DIY measures that reduce your chance of problems down the road.

Your HVAC system also benefits from preventative DIY maintenance. Replace your HVAC filter as needed – about once a month. Keep outdoor units free of obstructions such as tree branches and other foliage. Maintain a clear, clean space for indoor supply and return registers, too. These simple behaviors, when performed habitually, help pave your way toward a healthy HVAC system.

People who take care of themselves often enjoy fewer illnesses, higher energy levels, and longer life. People who take care of their HVAC systems often enjoy lower energy bills, fewer breakdowns, and longer-lasting equipment. The choice is yours. Have you cared for your HVAC system lately?

Give us a call and find out our latest offers for system maintenance.

A LIFETIME OF Service

For over 21 years, **Rick Clark** actively served our country before coming home to serve customers. The skills he learned in systems and management in the Navy (and Army) have had a big impact on how he manages today.

Rick began active duty in the U.S. Navy in 1975 with basic training and orientation that included shipboard fire fighting, damage control management and water survival skills.

He was then assigned to an F-14 fighter squadron on board the *USS Nimitz* aircraft carrier. Rick handled navigation and instrumentation management as well as distribution, working with civilian engineers to procure and distribute aviation parts and assets.

When the *Nimitz* returned to home to Norfolk, VA in August of 1978, Rick married his sweetheart, Joan Everett. He says that if he had not met her, he would still be deployed somewhere in the world on an aircraft carrier today.

Rick and his new bride were sent to the Naval Air Station in Pensacola, Florida where he served as maintenance coordinator. Other assignments included the *USS Dwight D. Eisenhower* (aircraft carrier) before returning to civilian life in Montgomery, Alabama.

He returned to active duty with the Alabama Army National Guard. Rick says that coming from a Navy fixed wing aircraft background made the transition to rotary wing aircraft and the Army was somewhat awkward, because helicopters have a lot more moving parts and the Army had a different way of doing things.

Today, Rick credits the valuable organizational and leadership skills he learned with the military as a key to helping make **Clark Heating, Air Conditioning & Plumbing** a better company.

The Benefits of Plumbing Maintenance

There's a natural tendency for home and business owners to take plumbing for granted until something goes wrong. While it's true that plumbing problems don't pose the immediate risk to life and health that a gas leak or fire hazard would, every property owner should nonetheless take a proactive attitude to plumbing maintenance. When plumbing fails, the problem isn't just mechanical — it often goes hand in hand with significant water damage that can cost you hundreds, if not, thousands of dollars.

Plumbing Maintenance Saves Money in the Long Run

It's clear that the biggest benefit of good plumbing maintenance is that it saves you money. The time and expense you invest in small leaks today will keep more money in your wallet in the future.

Benefits Include Better Health and Preventing Water Waste

Water leaks not only damage carpets, drywall and other building materials; they also introduce an immediate bacteria risk, especially in humid locations with little air circulation such as basements and enclosed spaces under sinks.

Regular plumbing maintenance is a great way to ensure that you're saving money and engaging in good environmental habits by curbing water waste. Every leak may not be a precursor to a major plumbing disaster, but even the small ones such as a leaky toilet or faucet can add up over time.

Plumbing Maintenance: Typical Issues to Address

In colder weather, ensure your pipes don't freeze by keeping the heat at 55°F or higher and having someone regularly check on your home or commercial space while you're on vacation. Winter is also the time to turn off the water supply to outdoor faucets and leave them in the open position to drain residual water.

Protecting your plumbing is easy and cost-effective with the help of Clark Heating Air & Plumbing. They can address these and any other problems that may arise.

Clark Heating Air & Plumbing can complete other maintenance and repairs, such as the following:

- Detecting and fixing leaky pipes
- Correcting leaking toilets, shower valves and faucets.
- Unclogging drains
- Addressing sewer backups
- Replacing older water heaters and toilets
- Performing safety upgrades for seniors and others with specific needs including grab bars and ADA-compliant toilets
- Inspecting and replacing lines to the washing machine and dishwasher

Sweet and Spicy Sriracha Bacon Chicken Bites

INGREDIENTS

- 4 boneless, skinless chicken breast fillets
- ½ cup canola oil
- 2 tablespoons lime juice
- 2 tablespoons Sriracha sauce
- 1 lb bacon
- 1 cup brown sugar

DIRECTIONS

1. Whisk together canola oil, lime juice and Sriracha sauce and pour into a gallon sized plastic bag.
2. Cut the chicken into 1-inch cubes and add it to the bag and coat the chicken with the marinade. Place in the fridge for about 1 hour, turning after half an hour.
3. Take 1 pound of bacon and cut each slice into three pieces. Wrap the bacon around the chicken pieces and secure with a wooden toothpick.
4. Coat the bacon wrapped chicken in brown sugar and place on a greased broiler rack and pan. For extra heat, brush bacon with Sriracha before coating it with brown sugar.
5. Bake at 350° for 30-35 minutes rack in the middle position. Then, open the oven door slightly and broil for the bacon chicken bites until the bacon is crispy, turning the chicken every couple of minutes to prevent burning.

Recipe by:
The Gunny Sack
www.thegunnysack.com

