

## “Healthier” Carrot Cake...That Even the Easter Bunny would Love!

Carrots give carrot cake a health-halo effect—people think it's health food, but it's usually very high in fat & calories. But this version has about 40% less calories & 50% less fat than most. First, there is less oil in our batter. Then skip the butter in the frosting (don't worry, it's still light & smooth). To ensure the cake is moist, we add nonfat buttermilk & crushed pineapple.

### Cake

1 20-ounce can no sugar added crushed pineapple	1/2 teaspoon salt
2 cups whole-wheat pastry flour, (see Ingredient Note)	1 1/2 cups granulated sugar
2 teaspoons baking soda	3/4 cup nonfat buttermilk, (see Tip)
2 teaspoons ground cinnamon	1 teaspoon vanilla extract
3 large eggs	1/4 cup unsweetened flaked coconut
1/2 cup canola oil	
2 cups grated carrots, (4-6 medium)	
1/2 cup chopped walnuts, toasted (see Tip)	

### Frosting

12 ounces reduced-fat cream cheese, (Neufchâtel), softened  
 1/2 cup confectioners' sugar, sifted 1 1/2 teaspoons vanilla extract  
 2 tablespoons coconut chips, (see Ingredient Note) or flaked coconut, toasted

**Preparation** -To prepare cake: Preheat oven to 350°F. Coat a 9-by-13-inch baking pan with cooking spray. Drain pineapple in a sieve set over a bowl, pressing on the solids. Reserve the drained pineapple & 1/4 cup of the juice. Whisk flour, baking soda, salt & cinnamon in a medium bowl. Whisk eggs, sugar, buttermilk, oil, vanilla & the 1/4 cup pineapple juice in a large bowl until blended. Stir in pineapple, carrots & 1/4 cup coconut. Add the dry ingredients & mix with a rubber spatula just until blended. Stir in the nuts. Scrape the batter into the prepared pan, spreading evenly. Bake the cake until the top springs back when touched lightly & a skewer inserted in the center comes out clean, 40 to 45 minutes. Let cool completely on a wire rack. To prepare frosting & finish cake: Beat cream cheese, confectioners' sugar & vanilla in a mixing bowl with an electric mixer until smooth & creamy. Spread the frosting over the cooled cake. Sprinkle with toasted coconut.

**Tips & Notes -Ingredient Notes:** Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets & natural-foods stores. Store in the freezer. Large thin flakes of dried coconut called coconut chips make attractive garnishes. Find them in the produce section of large supermarkets or at melissas.com. **Tips:** No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk": mix 1 tablespoon lemon juice or vinegar to 1 cup milk. To toast chopped walnuts & coconut chips, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant & lightly browned, 2 to 5 minutes.

Courtesy of: EatingWell.com



# Symbiont Service Corp.

Go Green • Go GeoThermal

“One Company, One Call, Complete Comfort!”



4372 North Access Road  
 Englewood, Florida 34224  
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## The Symbiont Shout

March/April 2011



## Featuring Boca Raton High School

The new pool at Boca Raton High School is now complete. This 50 meter (720,000 gal.) competition pool with dive well, will use a Symbiont GeoThermal system to maintain an 82F pool during both the winter and the summer.



The system uses two 6" wells as the heat source (and sink) and six PH215-RV heat cool units. Estimates show that the school will save tens of thousands of dollars (annually) when compared to heating with natural gas.

This savings will really add up over the 15-20 year life of the Symbiont units, but what the swim team will love is a cool pool in the summer.



The cooling feature of the geothermal system will allow the serious lap swimmers to train hard all summer long, and that is something that a gas heating system cannot do.

## GeoThermal Heating & Cooling Systems:

# Fascinating Facts

Courtesy of GeoExchange

- ☆ The U.S. Environmental Protection Agency has identified geothermal heat pumps as a technology that significantly reduces greenhouse gas and other air emissions associated with heating, cooling and water heating residential buildings, while saving consumers money, compared to conventional technologies. For every 100,000 units of typically sized residential geothermal heat pumps installed, more than 37.5 trillion Btu's of energy used for space conditioning and water heating can be saved, corresponding to an emissions reduction of about 2.18 million metric tons of carbon equivalents, and cost savings to consumers of about \$750 million over the 20-year-life of the equipment.
- ☆ Geothermal heat pump systems, also known as “geoexchange,” are the most energy efficient, environmentally clean, and cost-effective space conditioning systems available, according to the Environmental Protection Agency.
- ☆ Geothermal heat pumps strengthen U.S. energy security. Every 100,000 homes with geothermal heat pump systems reduce foreign oil consumption by 2.15 million barrels annually and reduce electricity consumption by 799 million kilowatt hours annually.
- ☆ Geothermal heat pumps are efficient. The use of geoexchange lowers electricity demand by approximately 1 kW per ton of capacity.
- ☆ Geothermal heat pumps are environmental. They generate no on site emissions and have the lowest emissions among all heating and cooling technologies.
- ☆ Geothermal heat pumps save money. Schools now using geothermal heat pump systems save more than \$25 million in energy costs – meaning more money for books, equipment and teachers. Homeowners can save 25 to 50 percent on home electric bills compared to conventional heating and cooling systems. Electric bills for a 2,000 sq. ft. home can be reduced to as low as \$1 a day, using a geoexchange system.
- ☆ Geoexchange systems represent a savings to homeowners of 30 to 70% in the heating mode and 20 to 50% in the cooling mode, compared to conventional systems.



A PROUD MEMBER OF **GEOEXCHANGE**

**Symbiont Service Corp.**  
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A Proud 2011 Sponsor of Dollars for Mammograms!



Tammy Birdsong, Karen King, Sandy King, Debi Krieger  
 NOT PICTURED: Holly Howarth

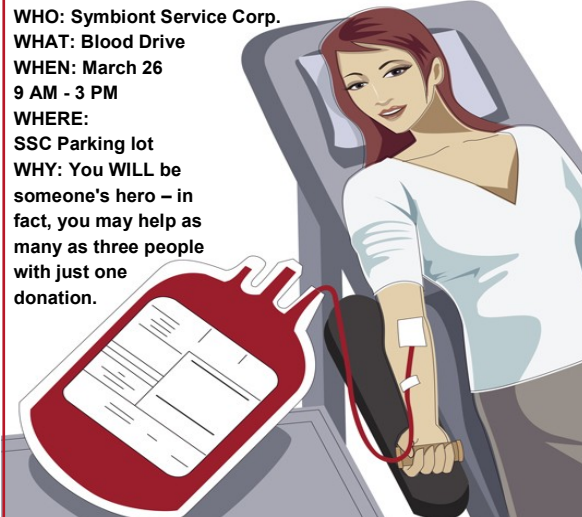
**5K Friend Day**  
 sponsored by Suncoast Baptist Church, Charlotte County Homeless Coalition and Zoomers Running and Triathlon Club of South West Florida. All proceeds go to the Homeless Coalition. Participants -Karabeth Bigford, Joanna Garcia, Liz Gomez

## ENDING HUNGER ONE STEP AT A TIME CROP HUNGER WALK

Each year some two million CROP Hunger Walkers, volunteers, & sponsors put their hearts & soles in motion, raising some \$16 million per year to help end hunger & poverty around the world & in our own communities. Our local efforts are making a huge difference. Participants - Sandy King & Karen King

## YOU'RE INVITED!

**WHO:** Symbiont Service Corp.  
**WHAT:** Blood Drive  
**WHEN:** March 26  
 9 AM - 3 PM  
**WHERE:** SSC Parking lot  
**WHY:** You WILL be someone's hero – in fact, you may help as many as three people with just one donation.



### CONTACT US

We're here to help!  
 Speak to a “live” person for after-hours emergency service!



### OFFICE HOURS

8:00 AM - 5:00 PM

### PHONE

941.474.9306

### WEBSITE

GeoThermalFlorida.com



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# ... and the Winners are !!!



**CAI Southeast Tradeshow 01/22/11, Signature Grand, Davie**  
**Towel Tote Winner: Evelyn Perl, CMCA, mgr.,**  
**Mystic Pointe Condo #2 Tower #100**

CAI Suncoast Tradeshow 02/04/11, Tampa Convention Center, Tampa  
 Towel Tote Winner: Charlie Apjohn, Grand Horizons HOA

PBCMA Condo Fest 2011 Tradeshow 02/05/11, Crowne Plaza Hotel West Palm Beach

Towel Tote Winner: Claudia Bennis, Phoenix Management Services

CAI West Florida Mini Tradeshow 02/10/11, Pine Shores Presbyterian Church, Sarasota

Towel Tote Winner: Barbara Fleming, Wildewood Springs II #1

Mystery Booth Winner: Neil Crane

CAI South Gulf Coast Chapter Tradeshow 02/11/11, Alico Arena, Ft Myers

Towel Tote Winner: April Keating, American Property Management Services

CAI Mid Florida Tradeshow 02/24/11, Hollywood at the Hilton, Orlando

Towel Tote Winner: Pam Fauer, Sentry Management Clermont

CAI West Florida Tradeshow 03/04/11, Manatee Convention Center, Palmetto (Mike)

Towel Tote Winner: John Bock, Longboat Harbour Owners Association Inc

## NATIONAL CAI SHOW

Boca Raton Resort & Club

501 East Camino Real

Boca Raton, FL 33432

May 5th & 6th

12:00 PM to 3:00 PM

Stop by to see us at

Booth #216



Leprechauns visited Jim's office!

### Why Use Surge Protectors?

When correct power (a clean sine wave) is supplied within design limits to an electrical device, you can expect a long & productive life. "Correct Power" is not the Norm. If your power usage is 120 to 600 volts, it is not uncommon to incur up to 6000 volts in what is known as Spikes, Surges & Transients, or SST's. These anomalies are always above the design limits of electrical devices. Surge protectors (suppressors) eliminate damage & failures of sensitive equipment stopping catastrophic failures of computers, automation controls, HVAC systems, electronic lighting controls, office equipment & factory machinery. Reduces long term degradation & extends the life of electronic equipment, motors and electrical system components.

### Call Today!

Protect your units from lightning & power surges

**Three Phase Surge Protector (\$149.66 installed)**  
**Single Phase Surge Protector (\$119.87 installed)**

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### THE EXTRA MILE

SYMBIONT INSTALLERS & SERVICE TECHNICIANS FREQUENTLY NEED TO STAY OUT OF TOWN TO COMPLETE WORK SO THAT THEY CAN PROVIDE THE TIMELIEST SERVICE & INSTALLATIONS POSSIBLE. DURING THE 31 DAYS IN JANUARY & THE 28 DAYS IN FEBRUARY OUR GUYS ACCUMULATED DAYS AWAY FROM THEIR LOVED ONES WAS: 51 DAYS IN JANUARY & 71 DAYS IN FEBRUARY!

WHAT A BUNCH OF "GOOD EGGS"!



### Employee Anniversaries

April



Terry Cicchella  
 Pool Heating Energy Consultant  
 11 years



Bruce Carr  
 Accounts Payable / Purchasing Agent / Inventory Associate  
 8 years



Dave Lennox  
**PREMIER DEALER™**  
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### Continuing our Education to Better Serve Your Needs

#### "Maintenance of Traffic" State of Florida Safety Training



Chris Woppman



Chris Nickles



Jay Matuson



Judd Goff



Karabeth Bigford



Liz Gomez



Bruce Carr

#### Excel "Basics" & Excel "Beyond the Basics"

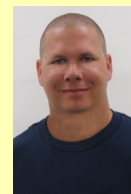
#### Basic Refrigeration for Air Conditioning Technicians



Joel McGonigal



Jake Bigford



Danny Gray

#### Excel "Power User"



Rick Krieger

