



*E*Star Electric, Inc.*

Around The House

MARCH, 2010

NEWS THAT HELPS THE FAMILY.



How To Choose The Perfect Area Rugs For Your Home

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When done right, area rugs can add a nice touch to any home. They're great for bringing furniture groupings together, making rooms look more appealing, adding a "warm" feeling to a room, and hiding unattractive carpet. Knowing how to choose the right area rug is the key! Let's take a look at your options...

Room-size rugs – If you're considering an area rug for a larger room, the first thing you'll want to do is measure the room. After you've measured, subtract three to four feet from the length and width. Using that measurement, find an area rug that fits closest to those dimensions. The trick here is to have a border of flooring showing around the area rug.

Dining room rugs – Measure your dining room table. Using those measurements, find a rug that is four feet longer and wider than your table. Do this to be sure the rug extends beyond the chairs when they are pulled away from the table.

Hallway runners – Typically, a hallway runner should be four to six inches narrower and foot to foot and a half shorter than the hallway.

Scatter rugs – These types of area rugs work great for small spaces like in front of a door, in a bathroom, next to a bed, in front of a fireplace, etc. You can even place a scatter rug in a walk-in closet for more appeal!

Inside This Issue:

- **Want To Sell Your Life Insurance?**
- **Daylight Savings Time Begins!**
- **Is Your Partner A Procrastinator?**

Plus much, much more!!!



"You didn't hear it from me, but the other hares in the office think you're getting your work done too quickly."

Steps To Take When Poisoning Is Suspected

The Centers for Disease Control and Prevention has this important information for you. If you suspect that a child or adult has ingested poison, first, remain calm.

* If the victim is awake and alert, call the Poison Control Center at 1-800-222-1222. It is open 24/7.

* Be prepared to give the victim's age and approximate weight.

* Describe the substance. Read from the container if available.

* Never make the victim vomit unless instructed to do so by Poison Control.

* Give your address and

phone number. Stay on the phone for instructions from the emergency operator. The specialist may need to call you back.

Poison Prevention

Medicines: Turn on a light when you give or take medicines. Read medication directions. Keep medicines in their original bottles.

Store in a safe place where they can't be reached by children or teenagers.

Household cleaners and chemicals: Keep chemicals, cleaners and beauty products in their original containers. Always read the label before using.

Never mix cleaning products together. Doing so could produce toxic gases. Wear clothing that covers the skin when you spray pesticides or other chemicals. Open the windows and use a fan when using chemicals in the house.

Protecting young children:

Keep drugs and chemicals in childproof cabinets that children can't reach. Don't take medicine in front of children, since they often try to copy adults. When giving children a medication, never call it "candy." Caution guests not to leave drugs where children can find them. Don't leave your own next dose on the counter.

Want To Sell Your Life Insurance?

The idea of selling your whole life insurance for a nice chunk of cash can sound appealing. Here's how it works.

* A broker will offer you a settlement worth a certain fraction of your policy's face value, which is generally more than the cash value amount.

* The broker then sells your policy to a buyer who will pay the premiums on the policy. When you die, the policy buyer gets the face amount.

One example given by Smart Money: A 75-year-old man with \$1 million in

life insurance might get \$250,000 now from a life settlement. The investors would get \$1 million when he dies.

* For some people, the life settlement is a great choice. If they are struggling to make their insurance payments, if their beneficiary or spouse has died, or if they really need the money, it can be a good move.

The life settlement business is growing rapidly. It rose from \$2 billion in 2002 to an estimated \$18-19 billion through June 2009, according to The Economist. Of life

settlements made in 2008, more than half of the policies were less than four years old.

* The business is not regulated by the federal government or most state governments. Life settlement companies don't have to disclose how they value policies, what fees they charge or what commissions they pay.

Caution: After a life settlement, you may owe capital gains taxes on the proceeds, and you might not be able to get more life insurance if you need it.

**DAYLIGHT
SAVINGS TIME
BEGINS!**

Sunday, March 14,
2010:

Daylight Saving Time
Begins

Spring forward!

Set clocks ahead one
hour

E*Star Electric, Inc.

Around The House Tip Of The Month:

**“Ultra-Thin Wall Tile Also Attractive For
Floors.”**

Installing tile on bathroom or entry floor can be a difficult and costly venture. Here's a better idea.

Instead of individual tiles, use porcelain slabs. They offer a substantial cost savings for installation. The 1/6-inch to 1/8-inch slabs can be installed right over an existing wall or floor. Some are available in 48-inch to 52-inch sizes.

The larger formats on floors or walls provide a very fresh look. They are also a quick fix for counters or cheap wood paneling. The tile is like a laminate or wood veneer but with the substantial look of, say, a slate.

They have fewer grout lines, which makes for a more seamless, cleaner look.

For around bath tubs and for kitchen back splashes, ceramic has always been the top choice. Today, tiles can be made of stone, cement, cork, leather or metal, as well as porcelain. All of these tiles are very tough because of they are fired at very high temperatures. Porcelain is less porous than ceramic tile and is even frost proof.

In porcelain, there is practically no surface that can't be duplicated, including fabrics such as linen, lace, satin, velvet, burlap and various leathers.

More unusual uses for tile include:

Line a bookshelf, pave a window sill, or create a frame for a mirror.

You could design a tile "rug" for a bath, entry or use it to perk up stair risers.

A ceramic-covered table top is attractive as is a tiled bathroom vanity.

Forward March Sudoku

How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9. The difficulty rating on this puzzle is easy.

	7			1				
			3		2			
		2			8	1		
	2	3	1					
4					5			
						5		1
	1				4	6		3
7	9			8				4
2			6					9

Healthy Lifestyle Cuts Risk Of Serious Diseases

A big study of people ages 35 to 65 shows that having just four healthy habits reduces your risk of diseases such as diabetes, heart disease and cancer by almost 80 percent.

The research by the Centers for Disease Control and colleagues shows the association with four lifestyle factors: Not smoking; eating a diet high in fruits, vegetables, and whole grains and low in meat consumption; getting a half-hour daily of moderate exercise; and avoiding obesity.

Diabetes risk was most sharply reduced by a healthy lifestyle, while cancer was affected the least. Avoiding obesity was most effective in reducing risks, followed by not smoking.

The potential for avoiding society's biggest killers through healthy living is "enormous," say the researchers.

LET'S WELCOME OUR NEW CLIENTS THIS MONTH INTO OUR "E*STAR FAMILY"

Here are some of our new clients that became members of our "E*Star Family" this past month. I'd like to welcome you and wish you all the best!

Lowery Woodward, St Petersburg, FL
Carol Shepard, St. Pete Beach, FL

We are giving recognition to our new clients and our superb friends who are kind enough to refer their neighbors and relatives to us.

No More Than 5 To 9 Teaspoons A Day

The American Heart Association recommends cutting back on sugar

The heavier you are, the more work your heart has to do. That's one reason why the American Heart Association is looking for the causes of weight gain and obesity.

At this time, they are focusing on sugar. It is one of the main culprits in the rising obesity rates in the United States. The association wants everyone to cut way back on added sugar in their diets. For the first time since 2006, it is presenting new guidelines that recommend sugars added in processing, cooking or at the table total no more than 100 calories a day for women and 150 calories a day for men. That's five to nine teaspoons.

It's a drastic reduction from the 22 teaspoons per day in the present American diet, which is a total of 355 calories. The amount of sugar in the American diet has increased by 19 percent since 1970.

One can of non-diet soda can put a woman over the limit. Sweetened drinks are the main cause of increased sugar consumption since 1970

Most Women Want Mammograms For Cancer Screening

One Gallup Poll shows that many American women under age 50 plan to ignore new recommendations about mammograms. But the poll also shows that most women sharply overestimate their risk of developing cancer.

A week before the poll was taken, the U.S. Preventive Services Task Force suggested that most women don't need routine mammograms until age 50.

Many of those polled thought the panel based its conclusions on cost, even though the task force report included only scientific studies.

Forty percent of those interviewed estimate that a 40-year-old's chance of developing breast cancer over the next decade is 20 percent to 50 percent. The real risk is 1.4 percent, according to the National Cancer Institute.

The task force didn't rule out mammograms under age 50, but suggested that women talk to their doctors about the benefits and risks of screening, which include false alarms and unnecessary treatment such as a biopsy.

Few women realize that for several decades, doctors have hotly debated the use of regular mammograms for women under age 50.

BRING YOUR PATIO BACK TO LIFE!

If you have a porch or patio, now is a great time of year to enjoy it! However, if your patio is coated with dirt, moss, or mildew, chances are you won't want to use it.

The best way to clean your patio is with a pressure washer and this nifty home-brew solution. Using a gallon of water, mix in two cups of bleach and a tablespoon of TSP. TSP is tri-sodium phosphate and can be purchased at any paint or home-improvement store.

Apply the solution and scrub the patio with a stiff brush. Leave the solution on for at least 10 minutes and then rinse it away with a pressure washer. Remember to protect your plants and bushes! **That's all there is to it!**

For Better Mental Health: Do Housework, Gardening Or Play A Sport

Digging in the dirt has long been known as a way to relax and "let the world go away." The great thing about fooling around with plants: If it's your yard or garden, you can do whatever you want whenever you want and as fast or as slow as you want.

Now, researchers at the University College in London say organizing

your space (not dishwashing or other routines) for about 20 minutes can have the same stress-busting effect. They found that engaging in a domestic project for just 20 minutes at a time on one to three days a week reduced the odds of psychological distress by 24 percent.

Sports activities showed the greatest psychological

benefits and the clearest relationship between increased activity time and greater mental well-being.

Whether a physical activity is on the tennis court, in the garden, or in the house, it reduces mental distress.

Is Your Partner A Procrastinator?

Deal with it...or live with it

Though men are most often called household procrastinators, women can be just as guilty but in other ways. With the guys, procrastination takes such forms as not fixing the dripping faucet, letting their closet pile up with clothes that haven't been worn in a decade or avoiding a needed trip to the doctor or dentist.

Women, on the other hand, may put off going to the grocery store until the cupboards are bare, not leave for an appointment until they will be late, or put off checking the tires on their cars until one goes flat.

Whichever one you are, if you are a do-it-now type of person, a procrastinating partner can be pretty annoying.

Some say there is no cure and you just have to realize that you can't change another person. If you're not willing to settle for that, consider these causes of procrastination and possible solutions given by Chicago consultant Rita Emmett:

Fear: If being afraid they can't do the job is the cause, ask "What if ...?" Thinking of possible outcomes could help to overcome fear. Or tackle the project with him or her.

Poor estimation of time: Consider back-timing. If they need to have a gift delivered by a certain date, talk about how long it takes to ship it, indicating when the gift has to be bought.

Power trips: Procrastinators know that when they are late for a date or meeting, others will wait for them. Point out how important it is that they be there on

time. Other steps:

* Set false deadlines. Say you have to leave at 6:00 instead of 6:30.

* Give the procrastinator just one thing at a time to do with one deadline. No big to-do lists.

* Remove the distractions. When it's time to do it, keep the kids away, field phone calls and turn off the TV.

* Tell the consequences. Say if the faucet isn't fixed, you will call a plumber who will charge \$100 an hour.

* Give rewards. Say you'll watch all the ball games with him on Sunday if he does this on Saturday. Say you'll cook dinner if she loads up the cupboards.

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Name _____

Address _____

City, State, Zip _____

Home Phone _____

Name _____

Address _____

City, State, Zip _____

Home Phone _____



Yes! Feel free to use my name as a reference when you contact the referrals!

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6	7	8	4	1	9	3	2	5
1	5	9	3	6	2	4	8	7
3	4	2	7	5	8	1	9	6
5	2	3	1	4	7	9	6	8
4	6	1	8	9	5	7	3	2
9	8	7	2	3	6	5	4	1
8	1	5	9	2	4	6	7	3
7	9	6	5	8	3	2	1	4
2	3	4	6	7	1	8	5	9

At E*Star Electric, we are famous for quickly responding to the service needs of our wonderful customers. After all, if something electrical has stopped working properly; the customer wants it to work again – FAST! For this reason, we make scheduling service calls a priority. We offer 24 hour electrical service because we know that disruptions can happen at any hour of the day or night.

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